MT. TAM TRAIL RUN

50 KM (7:30 AM Start)				
AS Distances	Next Aid	Total Distance	Leader	8.5 Hours
Start to Cardiac Hill	3.7	3.7	8:00 AM	8:30 AM
Cardiac Hill to Deer Park	6.5	10.2	8:45 AM	10:10 AM
Deer Park to Muir Beach	5.3	15.5	9:30 AM	**12:00 PM**
Muir Beach to Cardiac Hill	5.4	20.9	10:15 AM	**1:30 PM**
Cardiac Hill to Cardiac Hill	6.4	27.3	10:55 AM	**3:10 PM**
Cardiac Hill to Finish	3.1	30.4	11:30 AM	**4:00 PM**
Total Mileage		**30.5**		

30 KM (7:30 AM Start)				
AS Distances	Next Aid	Total Distance	Leader	7 Hours
Start to Cardiac Hill	3.7	3.7	8:00 AM	8:55 AM
Cardiac Hill to Deer Park	6.5	10.2	8:45 AM	**11:20 AM**
Deer Park to Cardiac Hill	5.2	15.4	9:30 AM	1:15 PM
Cardiac Hill to Finish	3.1	18.5	9:55 AM	2:30 PM
Total Mileage		**18.5**		

Half Marathon (8:00 AM Start)				
AS Distances	Next Aid	Total Distance	Leader	4 Hours
Start to Cardiac Hill	3.7	3.7	8:25 AM	9:10 AM
Cardiac Hill to Cardiac Hill	6.4	10.1	9:15 AM	10:55 AM
Cardiac Hill to Finish	3.1	13.2	9:35 AM	12:00 PM
Total Mileage		**13.2**		

10 KM (8:00 AM Start)				
AS Distances	Next Aid	Total Distance	Leader	2 Hours
Start to Cardiac Hill	3.7	3.7	8:25 AM	8:55 AM
Cardiac Hill to Finish	3.1	6.8	8:50 AM	10:00 AM
Total Mileage		**6.8**		

DENOTES FIRM CUTOFF