

# FOLSOM LAKE TRAIL HALF MARATHON

## Half Marathon (13.3 Miles)

| Wave 1                             |                     | Start Time: 8:00 AM |         |             |
|------------------------------------|---------------------|---------------------|---------|-------------|
| AS Distances                       | Distance to Next AS | Total Distance      | Leader  | Wave Cutoff |
| Browns Ravine (START) to NY Creek  | 6.6                 | 6.6                 | 8:39 AM | 9:55 AM     |
| NY Creek to Browns Ravine (FINISH) | 6.7                 | 13.3                | 9:19 AM | 12:30 PM    |
| <b>Total Mileage</b>               |                     | <b>13.3 Miles</b>   |         |             |

## Half Marathon (13.3 Miles)

| Wave 2                             |                     | Start Time: 8:30 AM |         |             |
|------------------------------------|---------------------|---------------------|---------|-------------|
| AS Distances                       | Distance to Next AS | Total Distance      | Leader  | Wave Cutoff |
| Browns Ravine (START) to NY Creek  | 6.6                 | 6.6                 | 9:12 AM | 10:25 AM    |
| NY Creek to Browns Ravine (FINISH) | 6.7                 | 13.3                | 9:56 AM | 1:00 PM     |
| <b>Total Mileage</b>               |                     | <b>13.3 Miles</b>   |         |             |

## Half Marathon (13.3 Miles)

| Wave 3                             |                     | Start Time: 9:00 AM |          |             |
|------------------------------------|---------------------|---------------------|----------|-------------|
| AS Distances                       | Distance to Next AS | Total Distance      | Leader   | Wave Cutoff |
| Browns Ravine (START) to NY Creek  | 6.6                 | 6.6                 | 9:46 AM  | 10:55 AM    |
| NY Creek to Browns Ravine (FINISH) | 6.7                 | 13.3                | 10:33 AM | 1:30 PM     |
| <b>Total Mileage</b>               |                     | <b>13.3 Miles</b>   |          |             |

## Half Marathon (13.3 Miles)

| Wave 4                             |                     | Start Time: 9:30 AM |          |                 |
|------------------------------------|---------------------|---------------------|----------|-----------------|
| AS Distances                       | Distance to Next AS | Total Distance      | Leader   | Wave Cutoff     |
| Browns Ravine (START) to NY Creek  | 6.6                 | 6.6                 | 10:22 AM | <b>11:25 AM</b> |
| NY Creek to Browns Ravine (FINISH) | 6.7                 | 13.3                | 11:16 AM | <b>2:00 PM</b>  |
| <b>Total Mileage</b>               |                     | <b>13.3 Miles</b>   |          |                 |

Denotes firm cutoff