

NO HANDS TRAIL HALF MARATHON

Half Marathon (13.5 Miles)

Wave 1			Start Time: 8:00 AM	
AS Distances	Distance to Next AS	Total Distance	Leader	Wave Cutoff
Overlook Park to No Hands Bridge	4.4	4.4	8:25 AM	9:25 AM
No Hands Bridge to No Hands Bridge	5.1	9.5	9:05 AM	11:05 AM
No Hands Bridge to Overlook Park	4.0	13.5	9:30 AM	12:30 PM
Total Mileage		13.5 Miles		

Half Marathon (13.5 Miles)

Wave 2			Start Time: 8:30 AM	
AS Distances	Distance to Next AS	Total Distance	Leader	Wave Cutoff
Overlook Park to No Hands Bridge	4.4	4.4	9:00 AM	9:55 AM
No Hands Bridge to No Hands Bridge	5.1	9.5	9:35 AM	11:35 AM
No Hands Bridge to Overlook Park	4.0	13.5	10:05 AM	1:00 PM
Total Mileage		13.5 Miles		

Half Marathon (13.5 Miles)

Wave 3			Start Time: 9:00 AM	
AS Distances	Distance to Next AS	Total Distance	Leader	Wave Cutoff
Overlook Park to No Hands Bridge	4.4	4.4	9:30 AM	10:25 AM
No Hands Bridge to No Hands Bridge	5.1	9.5	10:05 AM	12:05 PM
No Hands Bridge to Overlook Park	4.0	13.5	10:35 AM	1:30 PM
Total Mileage		13.5 Miles		

Half Marathon (13.5 Miles)

Wave 4			Start Time: 9:30 AM	
AS Distances	Distance to Next AS	Total Distance	Leader	Wave Cutoff
Overlook Park to No Hands Bridge	4.4	4.4	10:00 AM	10:55 AM
No Hands Bridge to No Hands Bridge	5.1	9.5	10:35 AM	12:35 PM
No Hands Bridge to Overlook Park	4.0	13.5	11:05 AM	2:00 PM
Total Mileage		13.5 Miles		

Denotes firm cutoff