

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 | 6.3 | 10.0 | 8:45 AM | 10:10 AM |
| Deer Park to Muir Beach | 6.5 | 16.5 | 9:30 AM | 12:00 PM |
| Muir Beach to Cardiac Hill | 5.6 | 22.1 | 10:15 AM | 1:30 PM |
| Cardiac Hill to Cardiac Hill | 6.4 | 28.5 | 10:55 AM | 3:10 PM |
| Cardiac Hill to Finish | 3.1 | 31.6 | 11:30 AM | 4:00 PM |
| Total Mileage | | 31.6 | | |

| 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 | 6.3 | 10.0 | 8:45 AM | 11:20 AM |
| Deer Park to Cardiac Hill | 5.2 | 15.2 | 9:30 AM | 1:15 PM |
| Cardiac Hill to Finish | 3.1 | 18.3 | 9:55 AM | 2:30 PM |
| Total Mileage | | 18.3 | | |

| 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