

Folsom Lake Trail Run

50 KM - 8:00 AM Start Time				
AS Distances	Distance to Next AS	Total Distance	Leader	Cutoff
Folsom Point to Browns Ravine	3.5	3.5	8:25 AM	
Browns Ravine to Planeta	3.0	6.5	8:50 AM	
Planeta to NY Creek	4.3	10.8	9:20 AM	
NY Creek to Old Salmon Falls	4.4	15.2	9:55 AM	12:15 PM
Old Salmon Falls to NY Creek	4.4	19.6	10:28 AM	1:25 PM
NY Creek to Planeta	4.3	23.9	11:00 AM	2:35 PM
Planeta to Browns Ravine	3.0	26.9	11:23 AM	3:30 PM
Browns Ravine to Folsom Point	3.5	30.4	11:50 AM	4:30 PM
Total Mileage		30.4		

35 KM - 8:00 AM Start Time				
AS Distances	Distance to next aid	Total Distance	Leader	Cutoff
Folsom Point to Browns Ravine	3.5	3.5	8:25 AM	
Browns Ravine to Planeta	3.0	6.5	8:46 AM	
Planeta to NY Creek	4.3	10.8	9:18 AM	1:25 PM
NY Creek to Planeta	4.3	15.1	9:48 AM	2:35 PM
Planeta to Browns Ravine	3.0	18.1	10:10 AM	3:30 PM
Browns Ravine to Folsom Point	3.5	21.6	10:35 AM	4:30 PM
Total Mileage		21.6		

Half Marathon - 8:30 AM Start Time		
AS Distances	Distance to next aid	Total Distance
Folsom Point to Browns Ravine	3.5	3.5
Browns Ravine to Planeta	3.0	6.5
Planeta to Browns Ravine	3.0	9.5
Browns Ravine to Folsom Point	3.5	13.0
Total Mileage		13.0

10K - 8:45 AM Start Time		
AS Distances	Distance to next aid	Total Distance
Folsom Point to Browns Ravine	3.5	3.5
Browns Ravine to Folsom Point	3.5	7.0
Total Mileage		7.0

Denotes firm cutoff