

Mt. Tam Trail Run

50 KM (7:00 AM Start)				
AS Distances	Next Aid	Total Distance	Leader	8.5 Hours
Start to Cardiac Hill	3.7	3.7	7:30 AM	8:00 AM
Cardiac Hill to Deer Park	6.3	10.0	8:15 AM	9:40 AM
Deer Park to Muir Beach	6.5	16.5	9:00 AM	11:30 AM
Muir Beach to Cardiac Hill	5.6	22.1	9:45 AM	1:00 PM
Cardiac Hill to Cardiac Hill	6.4	28.5	10:35 AM	2:40 PM
Cardiac Hill to Finish	3.1	31.6	11:00 AM	3:30 PM
Total Mileage		31.6		

30 KM (7:00 AM Start)				
AS Distances	Next Aid	Total Distance	Leader	7 Hours
Start to Cardiac Hill	3.7	3.7	7:30 AM	8:25 AM
Cardiac Hill to Deer Park	6.3	10.0	8:15 AM	10:50 AM
Deer Park to Cardiac Hill	5.2	15.2	9:00 AM	12:45 PM
Cardiac Hill to Finish	3.1	18.3	9:25 AM	2:00 PM
Total Mileage		18.3		

Half Marathon (7:30 AM Start)				
AS Distances	Next Aid	Total Distance	Leader	4 Hours
Start to Cardiac Hill	3.7	3.7	7:55 AM	8:40 AM
Cardiac Hill to Cardiac Hill	6.4	10.1	8:45 AM	10:35 AM
Cardiac Hill to Finish	3.1	13.2	9:05 AM	11:30 AM
Total Mileage		13.2		

10 KM (7:30 AM Start)				
AS Distances	Next Aid	Total Distance	Leader	2 Hours
Start to Cardiac Hill	3.8	3.8	7:55 AM	8:35 AM
Cardiac Hill to Finish	3.1	6.9	8:20 AM	9:30 AM
Total Mileage		6.9		

Denotes firm cutoff