

Mt. Tam Trail Run

50 KM

AS Distances	Next Aid	Total Distance	Leader	Cutoff
Start to Cardiac Hill	3.7	3.7	9:00 AM	
Cardiac Hill to Deer Park	6.2	9.9	9:45 AM	11:15 AM
Deer Park to Muir Beach	5.5	15.4	10:30 AM	1:00 PM
Muir Beach to Cardiac Hill	5.6	21.0	11:15 AM	2:30 PM
Cardiac Hill to Cardiac Hill	6.4	27.4	12:05 PM	4:10 PM
Cardiac Hill to Finish	3.1	30.5	12:30 PM	5:00 PM
Total Mileage		30.5		

30 KM

AS Distances	Next Aid	Total Distance	Leader	6 Hours
Start to Cardiac Hill	3.7	3.7	9:00 AM	9:45 AM
Cardiac Hill to Deer Park	6.2	9.9	9:45 AM	11:45 AM
Deer Park to Cardiac Hill	5.2	15.1	10:30 AM	1:30 PM
Cardiac Hill to Finish	3.1	18.2	10:55 AM	2:30 PM
Total Mileage		18.2		

Half Marathon

AS Distances	Next Aid	Total Distance
Start to Cardiac Hill	3.7	3.7
Cardiac Hill to Cardiac Hill	6.4	10.1
Cardiac Hill to Finish	3.1	13.2
Total Mileage		13.0

10 KM

AS Distances	Next Aid	Total Distance
Start to Cardiac Hill	3.8	3.8
Cardiac Hill to Finish	3.1	6.8
Total Mileage		6.8

Denotes firm cutoff