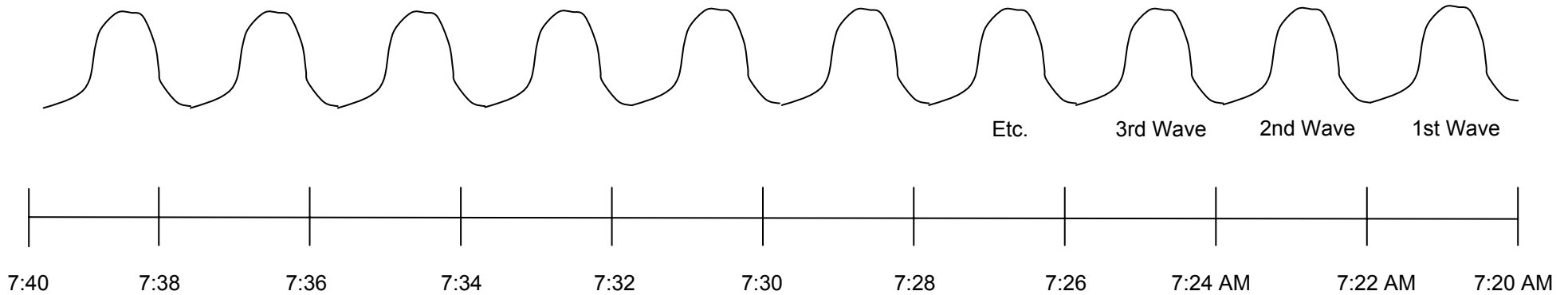
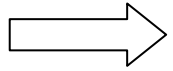


Wave Start

In a wave start, we will send smaller groups of participants off at two-minute intervals. Looking at it graphically, it appears to be a series of waves... hence the name. Since we will have short lull periods between groups, it will take twice as long for the entire field to cross the start line. You are not penalized for a slower start... except for elite runners, we will use your "chip time" for results.



In a conventional start, everyone starts when the horn goes off. There is a steady stream of runners until the entire field crosses the start line. Generally, we can get the entire field across the start line in 10 minutes (or, by 7:30 AM in this example).

Bill Ewing
Operations Director
04Jun09