

Suggested Qualifying Times and Cutoffs:

The Moab Trail Marathon and Half Marathon are considered challenging courses and not recommended for beginners or those who are inexperienced. It is a trail run, not a walk. There are sections where you are “out there” in the ‘wilds of canyon country’ for long distances. If you don’t have experience hiking long distances or experience racing marathons or if you plan on walking all or most of the course, **do not enter this race!**

We suggest the following ***qualifying times*** for a road race:

Finished a marathon *under 5 hrs*

Finished a half-marathon *under 2 hrs 40 min.*

And/Or

Finished a *trail race over 10 miles in the top 70% of the field.*

We don’t want to deter anyone interested in participating, but we also don’t want to put our crew or any participants at risk. Cutoff times are posted below, as a guide, but NOTE: Cutoff times may change and **we may cut you off anywhere along the course at anytime** depending on either weather or if our medical staff deems it necessary. If we cut you off please don’t argue or complain; it is for your safety and our crew’s sanity and safety. We do want to see everyone succeed. We hope to maintain our high finish rate and our 100% safety record. Thanks for understanding.

Cutoffs= listed time plus ADD your wave start time difference to get your actual cutoff time:

½ and Marathon: Mile 9.7, aid station #2: **12:01pm**

Marathon: Mile 14, aid station #3: **1:01pm**

Marathon: Mile 23, aid station #6: **3:10pm**

***note that you must leave the aid station and be on course by these times.**

***if you miss the cutoff you will either catch a ride by race staff or walk alongside the dirt road directly to the finish, depending on your health and desire.**

***also, at aid station #4, mile 17.5 you may be required to take a short-cut to the finish if medical staff deem you ‘unfit’ to continue on the race-route.**

Finish cutoffs: *(to be eligible for finishers mug or medal):*

Half Marathon: **1:15pm (1:50 pm for last wave)**

Marathon: **4:45pm (5:20pm for last wave)**

5k: **noon (12:15pm for last wave)**