

California International Marathon

Est. Start Time:	7:00:00 AM
Goal Time:	2:59:00
Avg. Goal Pace:	0:06:50

Est. Completion Time:	9:59 AM
Pacing Strategy:	1 - Even Effort
Start Strategy:	3 - Fairly Fast Start
Finish (Fade) Strategy:	2 - Medium Fade

Slowest Mile(s):	07:09	First Half:	1:29:09
Fastest Mile(s):	06:42	Second Half:	1:29:51
(NOTE: If fastest mile is too fast, try a more "Even Pace" strategy or increase your Goal Time)		Difference:	0:00:41
(Positive Split)			

Notes:

- Items in RED can be changed/customized
- In "Pacing Strategy" cell, select 1,2,3,4, or 5 from drop-down list
- In "Start Strategy" cell, select 1,2,3, or 4 from drop-down list
- In "Finish Strategy" cell, select 1,2,3, or 4 from drop-down list
- Use "Start Times" tab (if it exists) to help estimate start time
- For custom pacing strategy, follow directions in column T
- For wrist band, click on "Wrist Band" tab at btm of page

What is a Reasonable Goal Time for this Race?	
Enter estimated finish time at flat, straight, marathon:	3:30:00
California International Marathon predicted time:	3:29:51
(NOTE: You must manually enter the predicted time as your Goal Time)	

Check Points

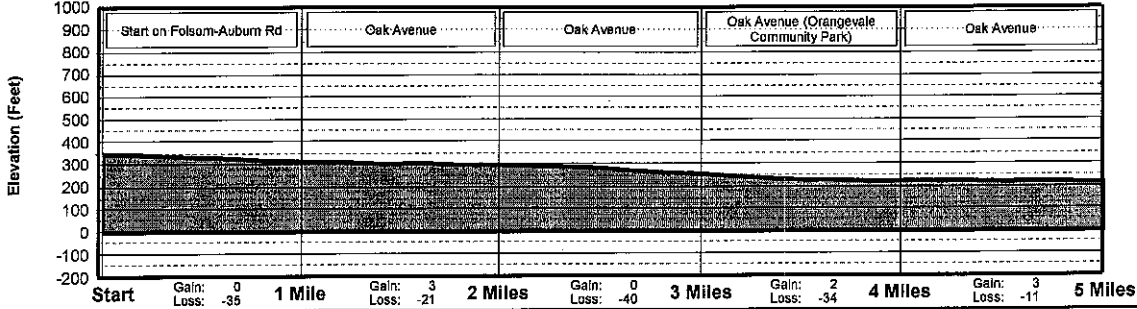
Mile	Description	Elevation		Leg Pace	Elapsed Time	Time of Day
		Gain	Loss			
0-1	Start on Folsom-Auburn Rd	0	-35	06:57	0:06:57	7:06:57 AM
1-2	Oak Avenue	3	-21	06:52	0:13:49	7:13:49 AM
2-3	Oak Avenue	0	-40	06:42	0:20:31	7:20:31 AM
3-4	Oak Avenue (Orangevale Community Park)	2	-34	06:42	0:27:13	7:27:13 AM
4-5	Oak Avenue	3	-11	06:46	0:33:59	7:33:59 AM
5-6	Oak Avenue, Fair Oaks Blvd (C-Bair-C Park)	3	-11	06:47	0:40:46	7:40:46 AM
6-7	Fair Oaks Blvd (Sundance Park)	4	-19	06:45	0:47:31	7:47:31 AM
7-8	Fair Oaks Blvd	17	-6	06:50	0:54:21	7:54:21 AM
8-9	Fair Oaks Blvd (Fair Oaks Park, Northridge Plaza)	17	-2	07:03	1:01:24	8:01:24 AM
9-10	Fair Oaks Blvd, Winding Way	5	-15	06:49	1:08:13	8:08:13 AM
10-11	Fair Oaks Blvd	2	-40	06:43	1:14:56	8:14:56 AM
11-12	Fair Oaks Blvd (Jensen Garden Park)	3	-26	06:44	1:21:40	8:21:40 AM
12-13	Fair Oaks Blvd	1	-16	06:45	1:28:25	8:28:25 AM
13-14	Fair Oaks Blvd	2	-11	06:46	1:35:10	8:35:10 AM
14-15	Fair Oaks Blvd (Hillside Shopping Center)	6	-5	06:48	1:41:58	8:41:58 AM
15-16	Fair Oaks Blvd	3	-11	06:46	1:48:44	8:48:44 AM
16-17	Fair Oaks Blvd (Five Points Shopping Center)	0	-29	06:43	1:55:27	8:55:27 AM
17-18	Fair Oaks Blvd	1	-10	06:47	2:02:14	9:02:14 AM
18-19	Fair Oaks Blvd	1	-7	06:48	2:09:02	9:09:02 AM
19-20	Fair Oaks Blvd	1	-15	06:49	2:15:50	9:15:50 AM
20-21	Fair Oaks Blvd (Oaks Shopping Center)	3	-13	06:51	2:22:41	9:22:41 AM
21-22	Fair Oaks Blvd, J Street (California State University)	2	-5	06:53	2:29:34	9:29:34 AM
22-23	J Street	5	-9	06:55	2:36:28	9:36:28 AM
23-24	J Street (Mercy General Hospital)	2	-8	06:55	2:43:24	9:43:24 AM
24-25	J Street, Alhambra Blvd, L Street (Sutter General Hospital)	3	-6	06:58	2:50:22	9:50:22 AM
25-26	L Street (State Capitol)	19	-3	07:04	2:57:26	9:57:26 AM
26-26.2	L Street, 8th Street, Capitol Mall	3	-3	07:09	2:59:00	9:59:00 AM

Elevation/Pace Profile - California International Marathon

(Elapsed Time)
(Time of Day) (Pace)

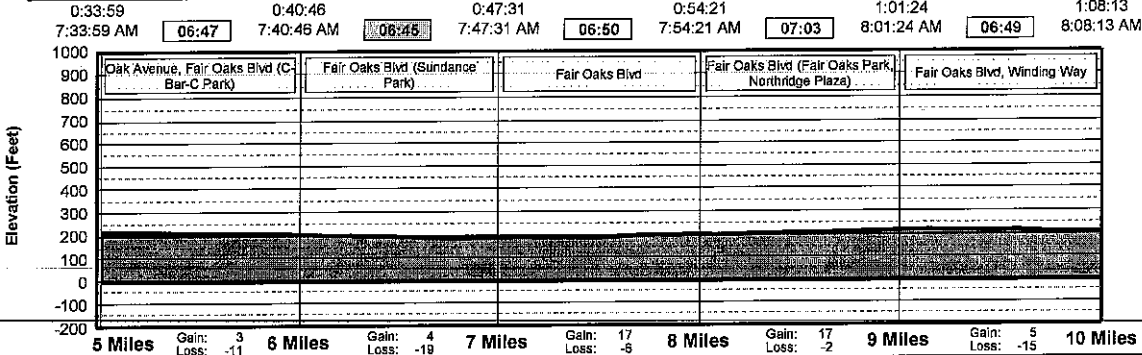
0:00:00 7:00:00 AM 06:57
0:08:57 7:08:57 AM 06:52
0:13:49 7:13:49 AM 06:42
0:20:31 7:20:31 AM 06:42
0:27:13 7:27:13 AM 06:46
0:33:59 7:33:59 AM

Goal Time: **2:59:00**

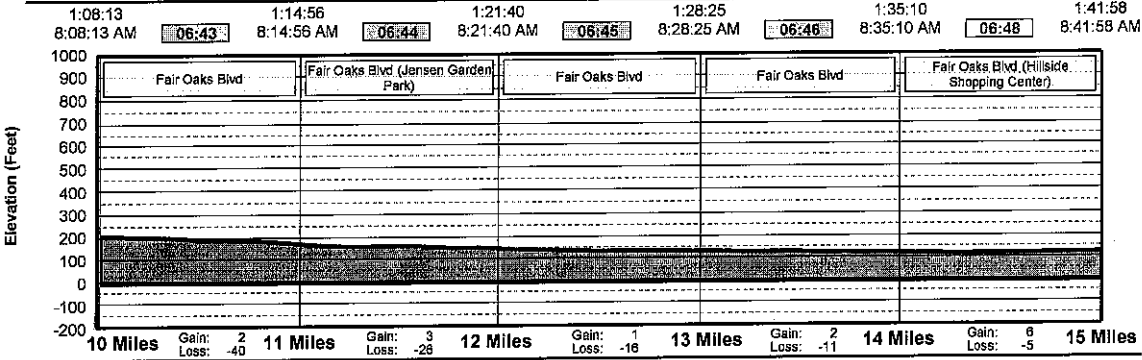


Check Points:

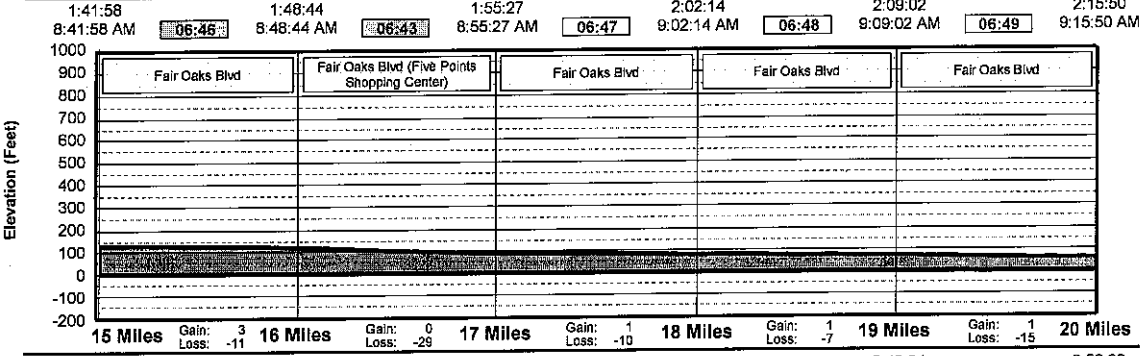
K	Miles	Elapsed Time	Time of Day
5K	3.1069	0:21:14	7:21:14 AM
10K	6.2137	0:42:12	7:42:12 AM
15K	9.3205	1:03:35	8:03:35 AM
20K	12.427	1:24:33	8:24:33 AM
Half	13.108	1:29:09	8:29:09 AM
25K	15.534	1:45:35	8:45:35 AM
30K	18.641	2:06:35	9:06:35 AM
35K	21.748	2:27:50	9:27:50 AM
40K	24.855	2:49:21	9:49:21 AM
Full	26.219	2:59:00	9:59:00 AM



First Half: 1:29:09
Second Half: 1:29:51
Difference: 0:00:42
(Positive Split)

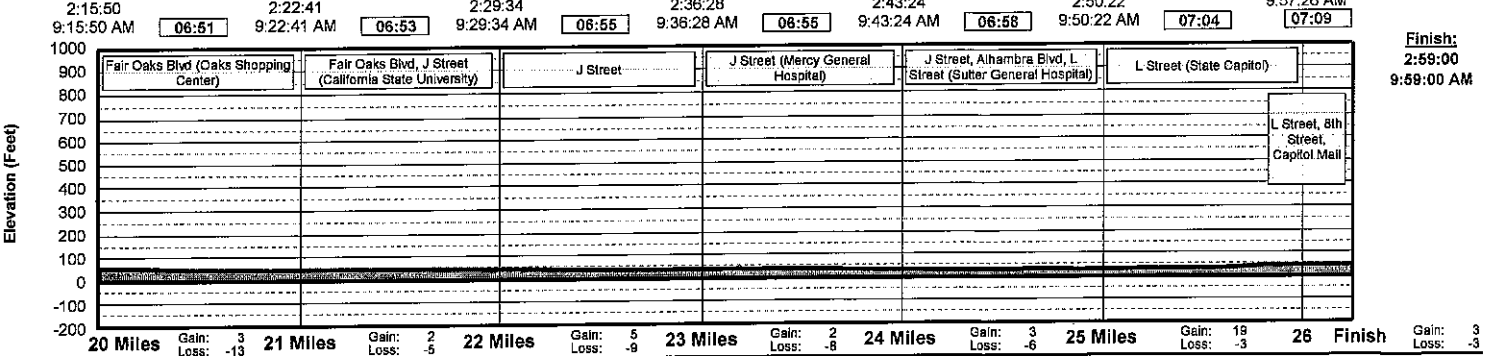


Average Pace: 06:50
Slowest Mile(s): 07:09
Fastest Mile(s): 06:42



Altitude Data:
Starting Altitude: 347
Finishing Altitude: 48
Altitude Gain: 90
Altitude Loss: -369
Net Gain/Loss: -299

Note: Elevation chart is drawn based on altitude data measured every 0.05 miles. Elevation gain/loss and difficulty factors are based on altitude data measured every 0.1 miles. (This results in some "smoothing" of the data.)



Finish:
2:59:00
9:59:00 AM

Elapsed Time and Pace	
California International Marathon	
2:59:00	
Pace	Elapsed
06:57	1 0:06:57
06:52	2 0:13:49
06:42	3 0:20:31
06:42	4 0:27:13
06:46	5 0:33:59
06:47	6 0:40:46
06:45	7 0:47:31
06:50	8 0:54:21
07:03	9 1:01:24
06:49	10 1:08:13
06:43	11 1:14:56
06:44	12 1:21:40
06:45	13 1:28:25
06:46	14 1:35:10
06:48	15 1:41:58
06:46	16 1:48:44
06:43	17 1:55:27
06:47	18 2:02:14
06:46	19 2:09:02
06:49	20 2:15:50
06:51	21 2:22:41
06:53	22 2:29:34
06:55	23 2:36:28
06:55	24 2:43:24
06:58	25 2:50:22
07:04	26 2:57:26
07:09	F 2:59:00
2:59:00	
California International	

Elapsed Time	
California International Marathon	
2:59:00	
Elapsed	
1	0:06:57
2	0:13:49
3	0:20:31
4	0:27:13
5	0:33:59
6	0:40:46
7	0:47:31
8	0:54:21
9	1:01:24
10	1:08:13
11	1:14:56
12	1:21:40
13	1:28:25
14	1:35:10
15	1:41:58
16	1:48:44
17	1:55:27
18	2:02:14
19	2:09:02
20	2:15:50
21	2:22:41
22	2:29:34
23	2:36:28
24	2:43:24
25	2:50:22
26	2:57:26
F	2:59:00
2:59:00	
California International	

5K Check Points	
California International Marathon	
2:59:00	
Elapsed	
5K	0:21:14
10K	0:42:12
15K	1:03:35
20K	1:24:33
Half	1:29:09
25K	1:45:35
30K	2:06:35
35K	2:27:50
40K	2:49:21
Full	2:59:00
2:59:00	
California International Marathon	

To create your pace band, print this page. If possible, use a laser printer because most inkjet inks bleed easily when they get wet, or use waterproof printer paper which can be ordered via the link at the bottom of this page.

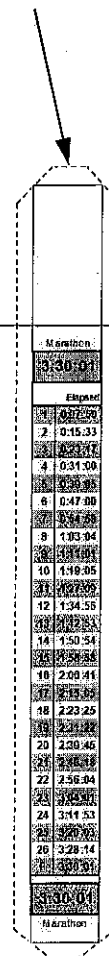
If using **normal printer paper**, cover both sides of pace band with clear packing tape before cutting it out. To help prevent moisture from bleeding in at the edges, cover front side again with third layer of tape and trim tape to within 1/4 inch of edges. Cut all four corners off diagonally (as shown in diagram below) then fold the tape over all four edges.

Sized to fit the Nike Pace Band Holder

(To add stiffness, put clear packing tape on one or both sides before cutting out and folding in half)

Fold here

California International Marathon	
2:59:00	
1: 0:06:57	14: 1:35:10
2: 0:13:49	15: 1:41:58
3: 0:20:31	16: 1:48:44
4: 0:27:13	17: 1:55:27
5: 0:33:59	18: 2:02:14
6: 0:40:46	19: 2:09:02
7: 0:47:31	20: 2:15:50
8: 0:54:21	21: 2:22:41
9: 1:01:24	22: 2:29:34
10: 1:08:13	23: 2:36:28
11: 1:14:56	24: 2:43:24
12: 1:21:40	25: 2:50:22
13: 1:28:25	26: 2:57:26
Finish	2:59:00



Notes:

Any pace band text not readable on screen will look ok when printed.

Source for Waterproof paper: <http://www.waterproof-paper.com/>