

## Tennessee Running Tour 2018 - 2019

### Early Start Rules

1. All participants who start prior to 11:00am must maintain a pace of 13 min/mile or slower.
2. If a participant starts early and finishes faster than a 13 min/mile pace, their time will be recorded using the following scale.

5 miles – 1:05:00

6 miles – 1:18:00

10K – 1:21:00

¼ Marathon – 1:25:00

11K – 1:29:00

7 miles – 1:31:00

12K – 1:37:00

8 Miles – 1:44:00

15K – 2:01:00

½ Marathon – 2:51:00

3. Early start time will be at 10:00am except in races that are 15K or longer. However, there will only be 1 early start time.
4. Race workers will be exempt from this rule.