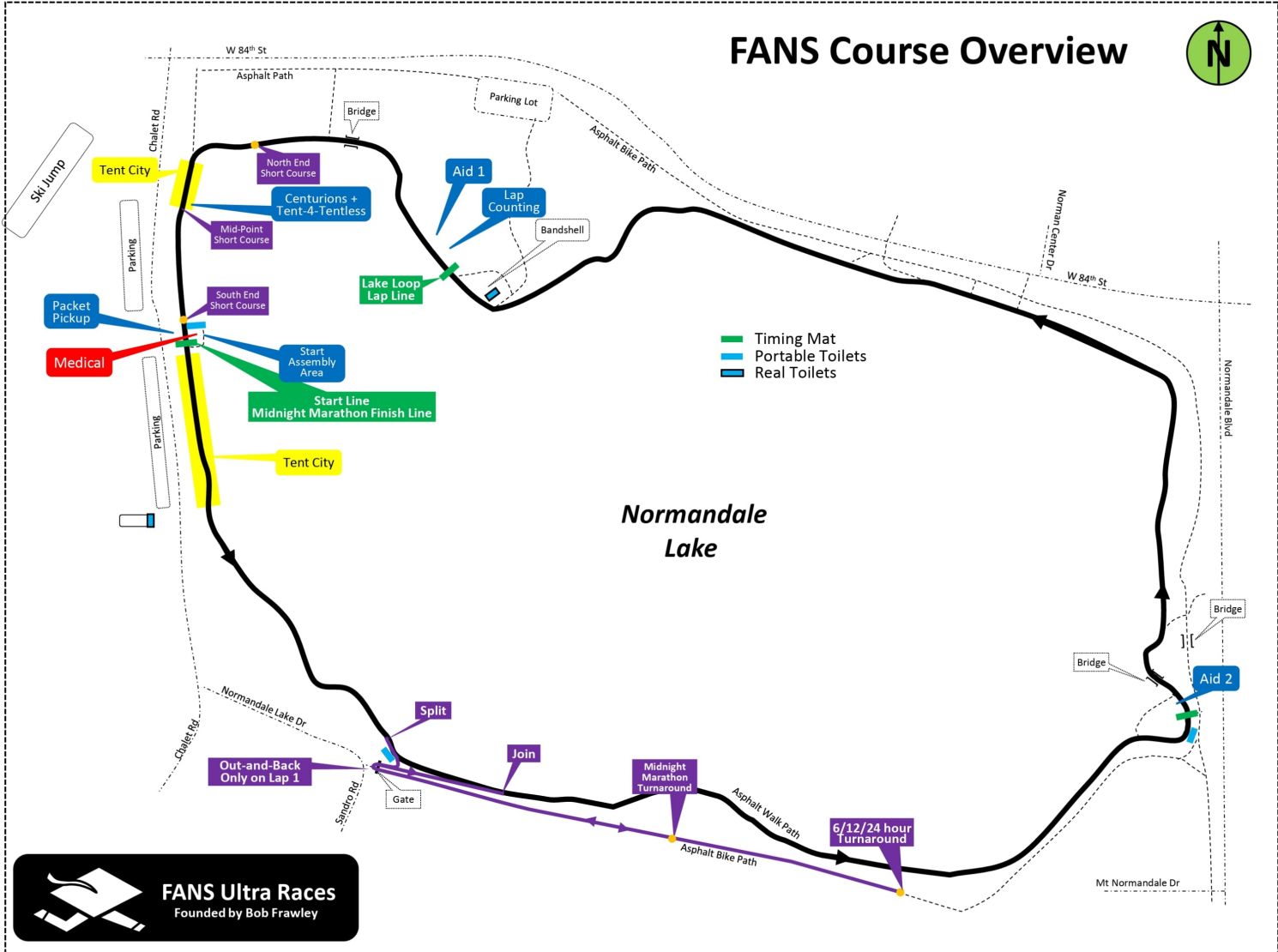


# FANS Course Overview



# Course Information

The **6/12/24 hour** events use the **Lake Loop Course** and the **Short Course**

- Lap 1 of the **Lake Loop Course** includes an out-and-back so the **100-mile split** is at lap counting when lap 54 is completed.
- Only Lap 1 uses the out-and-back
- All but the last hour of each event is spent traversing the **Lake Loop Course**.
- Only complete laps of the **Lake Loop Course** are recorded.
- During the last hour of an event the athlete has the option of switching to the **Short Course**.
- The distance between the **Lake Loop Lap Line** and the **Mid-Point Short Course** is recorded as half Lap 1 of the **Short Course**.
- All subsequent Half laps of the **Short Course** are recorded.

The **Midnight Marathon** event uses the **Lake Loop Course**.

- Lap 1 of the **Lake Loop Course** includes an out-and-back so the marathon finish line aligns with the start line after 14 full laps.
- Only Lap 1 uses the out-and-back

## The Lake Loop Course

- Stay on the asphalt path.
- After the out-and-back in lap 1, *Keep the Lake on the Left*.
- Respect the required cones in the south-east corner of the lake, avoiding the steep hill to the waterfall.
- Lap 1 of the **Lake Loop Course** contains an out-and-back that is specific to the event (see above).
- All Other Lake Loop Laps (do not use **Split->Turnaround->Join**): 2969.4 meters (about 1.85 miles)

## The Short Loop Course

- Only used in the last hour of each 6/12/24 hour event
- From the **Lake Loop Lap Line**, continue around the lake to **Mid-Point Short Loop** – half lap 1
- Continue south to **South End Short Loop**, then U-Turn north to **Mid-Point Short Loop** – half lap 2
- Continue north to **North End Short Loop**, then U-Turn south to **Mid-Point Short Loop** – half lap 3
- Repeat previous 2 steps recording half laps until time expires.
- Short Course Half Lap 1 (**Lake Loop Lap Line->Mid-Point Short Loop**): 357.1 meters (about 0.22 miles)
- All Other Short Course Half Laps: 201.168 meters (exactly 1/8<sup>th</sup> mile)

## Distance Calculations

- The easy way to convert laps to distance is to use the tables on the subsequent pages.
- If you do it by hand,
  - Always add up meters traversed (do not add up miles – those are approximations)
  - Divide total meters traversed by 1609.344 meters/mile to get miles traversed

# Midnight Marathon

km	Lap#	miles
3.1	1	1.9
6.0	2	3.7
9.0	3	5.6
12.0	4	7.4
14.9	5	9.3
17.9	6	11.1
20.9	7	13.0
23.8	8	14.8
26.8	9	16.7
29.8	10	18.5
32.7	11	20.3
35.7	12	22.2
38.7	13	24.0
41.7	14	25.9
42.195	Start+Finish	26.2
44.6	15	27.7
47.6	16	29.6
50.6	17	31.4
53.5	18	33.3
56.5	19	35.1
59.5	20	37.0

**Marathon Finish**

In case you want to go  
*Ultra*



**FANS Ultra Races**  
Founded by Bob Frawley

# 6/12/24 Hour Events

km	Lap#	miles
3.6	1	2.2
6.5	2	4.1
9.5	3	5.9
12.5	4	7.7
15.4	5	9.6
18.4	6	11.4
21.4	7	13.3
24.3	8	15.1
27.3	9	17.0
30.3	10	18.8
33.3	11	20.7
36.2	12	22.5
39.2	13	24.4
42.2	14	26.2
45.1	15	28.0
48.1	16	29.9
51.1	17	31.7
54.0	18	33.6
57.0	19	35.4
60.0	20	37.3
62.9	21	39.1
65.9	22	41.0
68.9	23	42.8
71.9	24	44.6
74.8	25	46.5
77.8	26	48.3
80.8	27	50.2
83.7	28	52.0
86.7	29	53.9
89.7	30	55.7

km	Lap#	miles
92.6	31	57.6
95.6	32	59.4
98.6	33	61.3
101.5	34	63.1
104.5	35	64.9
107.5	36	66.8
110.5	37	68.6
113.4	38	70.5
116.4	39	72.3
119.4	40	74.2
122.3	41	76.0
125.3	42	77.9
128.3	43	79.7
131.2	44	81.5
134.2	45	83.4
137.2	46	85.2
140.1	47	87.1
143.1	48	88.9
146.1	49	90.8
149.1	50	92.6
152.0	51	94.5
155.0	52	96.3
158.0	53	98.2
160.9344	54	100.0
163.9	55	101.8
166.9	56	103.7
169.8	57	105.5
172.8	58	107.4
175.8	59	109.2
178.8	60	111.1

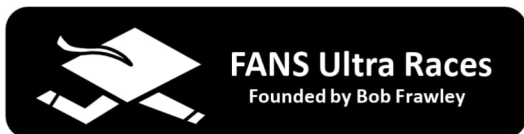
km	Lap#	miles
181.7	61	112.9
184.7	62	114.8
187.7	63	116.6
190.6	64	118.5
193.6	65	120.3
196.6	66	122.1
199.5	67	124.0
202.5	68	125.8
205.5	69	127.7
208.4	70	129.5
211.4	71	131.4
214.4	72	133.2
217.4	73	135.1
220.3	74	136.9
223.3	75	138.7
226.3	76	140.6
229.2	77	142.4
232.2	78	144.3
235.2	79	146.1
238.1	80	148.0
241.1	81	149.8
244.1	82	151.7
247.0	83	153.5
250.0	84	155.4
253.0	85	157.2
256.0	86	159.0
258.9	87	160.9
261.9	88	162.7
264.9	89	164.6
267.8	90	166.4

# Short Laps

km	Lap#	miles
0.36	1	0.22
0.56	2	0.35
0.76	3	0.47
0.96	4	0.60
1.16	5	0.72
1.36	6	0.85
1.56	7	0.97
1.77	8	1.10
1.97	9	1.22
2.17	10	1.35
2.37	11	1.47
2.57	12	1.60
2.77	13	1.72
2.97	14	1.85
3.17	15	1.97
3.38	16	2.10
3.58	17	2.22
3.78	18	2.35
3.98	19	2.47
4.18	20	2.60
4.38	21	2.72
4.58	22	2.85
4.78	23	2.97
4.98	24	3.10
5.19	25	3.22
5.39	26	3.35
5.59	27	3.47
5.79	28	3.60
5.99	29	3.72
6.19	30	3.85

km	Lap#	miles
6.39	31	3.97
6.59	32	4.10
6.80	33	4.22
7.00	34	4.35
7.20	35	4.47
7.40	36	4.60
7.60	37	4.72
7.80	38	4.85
8.00	39	4.97
8.20	40	5.10
8.41	41	5.22
8.61	42	5.35
8.81	43	5.47
9.01	44	5.60
9.21	45	5.72
9.41	46	5.85
9.61	47	5.97
9.81	48	6.10
10.01	49	6.22
10.22	50	6.35
10.42	51	6.47
10.62	52	6.60
10.82	53	6.72
11.02	54	6.85
11.22	55	6.97
11.42	56	7.10
11.62	57	7.22
11.83	58	7.35
12.03	59	7.47
12.23	60	7.60

km	Lap#	miles
12.43	61	7.72
12.63	62	7.85
12.83	63	7.97
13.03	64	8.10
13.23	65	8.22
13.44	66	8.35
13.64	67	8.47
13.84	68	8.60
14.04	69	8.72
14.24	70	8.85
14.44	71	8.97
14.64	72	9.10
14.84	73	9.22
15.04	74	9.35
15.25	75	9.47
15.45	76	9.60
15.65	77	9.72
15.85	78	9.85
16.05	79	9.97
16.25	80	10.10
16.45	81	10.22
16.65	82	10.35
16.86	83	10.47
17.06	84	10.60
17.26	85	10.72
17.46	86	10.85
17.66	87	10.97
17.86	88	11.10
18.06	89	11.22
18.26	90	11.35



The first short lap is from the Lake Loop Lap Line to the short course mid-point. All other short laps are 1/8<sup>th</sup> of a mile.