

CAPITAL ODYSSEY MASTER START TIMES 2023

List is current as of 5/15/2023

If your team **has** received a start time, please note the following:

- If based on your projections your team will reach Exchange Point 18 before 10:30 pm on Friday June 2 and/or your team will reach Exchange Point 24 in Carson City before 2:30 am on Saturday June 3, please let us know and we will assign you a later start time. No teams will be allowed to advance from these two locations before these designated times. You might as well start later and not have to be stopped once or twice.
- All teams need to finish Saturday June 3 between 10:30 am and 4 pm. By the way, if there is any possibility that your team will be later than 4 pm, we have ways to work with you so you will get to the finish line party by 4 pm. You might not run every leg but can have runners run some legs together to get their “legs” in. You still will earn your finisher’s medal.

Please email Matt at matt@race178.com if we need to adjust your start time to meet these important time parameters.

If your team **has not** received a start time, one of the following may apply:

- Your team is required to meet the volunteer requirements but your team has not done that yet;
- Your team has not provided enough data (10K times for each runner, a total estimated time);
- Your team has provided an estimate that is much faster or slower than the data you provided.

Please email Matt at matt@race178.com to determine what you need to do...

BIB #	TEAM NAME	CAPTAIN	LOCATION	START
601	Slow AF (Anytime Fitness Spanish Springs)	Makena Echenique	Sparks, NV	2:30 AM, Saturday, June 3
602	Holy Fit Not Again!	Kimberly Casario	Reno	2:30 AM, Saturday, June 3
603	Pulp Friction	Daniel Child	Reno	2:30 AM, Saturday, June 3
604	Why did I agree to do this again?	Morgan Brantner	Reno	2:30 AM, Saturday, June 3