

AMERICAN RIVER 10 MILE RUN
9:00 AM START
Aid Station/Pace Chart

Aid Station	Distance (miles)	Next Aid (miles)	Front Runner	Middle Runner	Back Runner	Crew	Drop Bags	Pacers	Cutoff
Rattlesnake Horse Staging	Start	3.95	9:00 AM	9:00 AM	9:00 AM	No	No	No	
Dowdin's Post	3.95	3.68	9:23 AM	9:47 AM	10:11 AM	No	No	No	
Last Gasp ^{1 & 3}	7.63	2.37	9:45 AM	10:31 AM	11:17 AM	Yes	No	No	11:20 AM ²
Auburn Dam Overlook	10.00	Finish	10:00 AM	11:00 AM	12:00 PM	Yes	Yes	N/A	1:00 PM ²

Notes:

¹ **Crew must park at finish and hike down to Aid Station**

² **Absolute Cutoff for AR10**

No Pacers allowed for AR10

³ **Skratch Hydration and GU Energy Gels Only**

Pace Notes:

Front Runner = 6:00 min/mile pace

Middle Runner = 12:00 min/mile pace

Back Runner = 18:00 min/mile pace