

AMERICAN RIVER 25 MILE RUN
7:00 AM START
Aid Station/Pace Chart

Aid Station	Distance (miles)	Next Aid (miles)	Front Runner	Middle Runner	Back Runner	Crew	Drop Bags	Pacers ³	Cutoff
Start - Beals Point	Start	6.50	7:00 AM	7:00 AM	7:00 AM	Yes	No	No	
Granite Bay	6.50	6.51	7:39 AM	8:11 AM	8:44 AM	Yes	No	No	
Horseshoe Bar	13.01	2.84	8:18 AM	9:23 AM	10:28 AM	No	No	No	
Rattlesnake Bar	15.85	3.10	8:35 AM	9:54 AM	11:13 AM	Yes	No	No	11:30 AM ²
Dowdin's Post	18.95	3.68	8:53 AM	10:28 AM	12:03 PM	No	No	No	
Last Gasp ^{1&3}	22.63	2.37	9:15 AM	11:08 AM	1:02 PM	Yes	No	No	1:15 PM ²
Finish - Auburn Dam Overlook	25.00	Finish	9:30 AM	11:35 AM	1:40 PM	Yes	No	No	2:30 PM ²

Notes:

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

² **Absolute Cutoff for AR25**

No Pacers allowed for AR25

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

Pace

Front Runner = 6:00 min/mile pace

Middle Runner = 11:00 min/mile pace

Back Runner = 16:00 min/mile pace