

**AMERICAN RIVER 25.7 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	Cutoff
<b>Start</b> - Beals Point	<b>Start</b>	4.5	7:00 AM	7:00 AM	7:00 AM	<b>Yes</b>	No	
Granite Bay	4.5	8.5	7:27 AM	7:49 AM	8:12 AM	<b>Yes</b>	No	
Horseshoe Bar	13.0	3.0	8:18 AM	9:23 AM	10:28 AM	No	No	
Rattlesnake Bar	16.0	3.0	8:36 AM	9:56 AM	11:16 AM	<b>Yes</b>	No	<b>5:15 PM <sup>2</sup></b>
Dowdin's Post	19.0	3.5	8:53 AM	10:28 AM	12:03 PM	No	No	
Last Gasp <sup>1</sup>	22.5	2.5	9:14 AM	11:07 AM	12:59 PM	<b>Yes</b>	No	
<b>Finish</b> - Auburn Dam Overlook	25.0	<b>Finish</b>	9:29 AM	11:34 AM	1:39 PM	<b>Yes</b>	No	

**Notes:**

<sup>1</sup> **Crew must park at finish and hike down to Aid Station**

<sup>2</sup> **Absolute Cutoff for AR25 & AR50**

**Pace**

Front Runner = 6:00 min/mile pace

Middle Runner = 11:00 min/mile pace

Back Runner = 16:00 min/mile pace