

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	6.62	7:00 AM	7:00 AM	7:00 AM	Yes	No	No	
Granite Bay Horse Assembly	6.62	6.51	7:39 AM	8:19 AM	8:49 AM	Yes	No	No	
Horseshoe Bar	13.13	2.84	8:18 AM	9:37 AM	10:36 AM	No	No	No	
Rattlesnake Bar	15.97	3.10	8:35 AM	10:11 AM	11:23 AM	Yes	No	No	12:00 PM ²
Dowdin's Post	19.07	3.68	8:54 AM	10:48 AM	12:14 PM	No	No	No	
Last Gasp ^{1 & 3}	22.75	2.37	9:16 AM	11:33 AM	1:15 PM	Yes	No	No	
Finish - Auburn Dam Overlook	25.12	Finish	9:30 AM	12:01 PM	1:54 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 = 12:00 min/mile pace

Back Runner = 16:30 min/mile pace