

AMERICAN RIVER 50 MILE ENDURANCE RUN

6:00 AM START

Aid Station/Pace Chart

Aid Station	Distance (miles)	Next Aid (miles)	Front Runner	Middle Runner	Back Runner	Crew	Drop Bags	Pacers	Cutoff
Start - Folsom Point	Start	5.00	6:00 AM	6:00 AM	6:00 AM	Yes	No	No	
Folsom Point	5.00	8.00	6:30 AM	6:55 AM	7:20 AM	No	No	No	
Willow Creek	13.00	7.00	7:18 AM	8:23 AM	9:28 AM	No	No	No	
Negro Bar	20.00	5.00	8:00 AM	9:40 AM	11:20 AM	Yes	No	No	11:30 AM ³
Beal's Point ¹	25.00	4.50	8:30 AM	10:35 AM	12:40 PM	Yes	Yes	Yes	12:45 PM ³
Granite Bay	29.50	8.50	8:57 AM	11:24 AM	1:52 PM	Yes	No	Yes	2:10 PM ³
Horseshoe Bar	38.00	3.00	9:48 AM	12:58 PM	4:08 PM	No	No	No	
Rattlesnake Bar	41.00	3.00	10:06 AM	1:31 PM	4:56 PM	Yes	Yes	Yes	5:10 PM ³
Dowdin's Post	44.00	3.50	10:24 AM	2:04 PM	5:44 PM	No	No	No	
Last Gasp	47.50	2.50	10:45 AM	2:42 PM	6:40 PM	Yes ²	No	No	
Finish - Auburn Dam Overlook ¹	50.00	Finish	11:00 AM	3:10 PM	7:20 PM	Yes	Yes	N/A	8:00 PM ³

Notes:

¹ **Medical**

² **Crew must park at finish and hike down to Aid Station**

³ **Absolute Cutoff**

Pace

Front Runner = 6:00 min/mile pace

Middle Runner = 11:00 min/mile pace

Back Runner = 16:00 min/mile pace