

# AMERICAN RIVER 50 MILE ENDURANCE RUN

## Aid Station/Pace Chart

Aid Station	Distance (miles)	Next Aid (miles)	Front Runner	Middle Runner	Back Runner	Crew	Drop Bags	Pacers	Cutoff
<b>Start</b> - Folsom Point	<b>Start</b>	7.11	6:00 AM	6:00 AM	6:00 AM	No	No	<b>No</b>	
Folsom Point	7.11	8.10	6:42 AM	7:11 AM	7:50 AM	No	No	<b>No</b>	
Willow Creek	15.21	7.45	7:31 AM	8:32 AM	9:55 AM	No	<b>Yes</b>	<b>No</b>	
Negro Bar	22.66	4.25	8:15 AM	9:46 AM	11:51 AM	No	No	<b>No</b>	
Beal's Point <sup>1</sup>	26.91	4.55	8:41 AM	10:29 AM	12:57 PM	<b>Yes</b>	<b>Yes</b>	<b>No</b>	<b>1:00 PM <sup>2</sup></b>
Granite Bay	31.46	6.50	9:08 AM	11:14 AM	2:23 PM	No	No	<b>No</b>	<b>2:30 PM <sup>2</sup></b>
Horseshoe Bar	37.96	3.04	9:47 AM	12:19 PM	4:07 PM	No	No	<b>No</b>	
Rattlesnake Bar	41.00	3.00	10:06 AM	12:50 PM	4:56 PM	No	<b>Yes</b>	<b>No</b>	<b>5:00 PM <sup>2</sup></b>
Dowdin's Post	44.00	3.50	10:24 AM	1:20 PM	5:44 PM	No	No	<b>No</b>	
Last Gasp	47.50	2.50	10:45 AM	1:55 PM	6:40 PM	No	No	<b>No</b>	
<b>Finish</b> - Auburn Dam Overlook <sup>1</sup>	50.00	<b>Finish</b>	11:00 AM	2:20 PM	7:20 PM	<b>Yes</b>	<b>Yes</b>	<b>N/A</b>	<b>8:00 PM <sup>2</sup></b>

**Notes:**

<sup>1</sup> **Medical**

<sup>2</sup> **ABSOLUTE CUTOFF**

1. It should be noted that cutoff times are not intended to be a pacing guide. They are quite generous, especially early, and slower runners should focus on the 14-hour time not the cut-off time. If you're close to the cut-offs you're in trouble!
2. Remember when calculating your time, you need to take into consideration the time you spend at an aid station. For example, if you spend 5 minutes per aid station (there are 9 aid stations) that is 45 minutes added to your time. If you are close to the absolute cutoffs, you will not make it.
3. Cut-off times reflect the deadlines for LEAVING the aid station. If you return to an aid station after the cut-off, you will be pulled from the Run. The cut-off times will be strictly enforced by the Cutoff Coordinators or Aid Station Captains. Anyone leaving an aid station after the cut-off time will be disqualified. This rule is for the safety of all participants. IF YOU MISS THE CUT-OFF, YOU MUST STOP. Significant sanctions will apply to anyone breaking this rule.
4. Please make note, the cutoffs for the first 26.80 miles of the course are based on 15:30 minute/mile. The cutoff for the rest of the course is based on 16:00 minute/mile.

**Pace**

Front Runner = 6:00 min/mile pace

Middle Runner = 10:00 min/mile pace

Back Runner = 15:30 min/mile pace - from Start to Beal's Point

Back Runner = 16:00 min/mile pace - from Granite Bay to Finish