

# 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>	7.40	6:00 AM	6:00 AM	6:00 AM	No	No	No	
Folsom Point <sup>4</sup>	7.40	7.90	6:44 AM	7:28 AM	7:52 AM	No	No	No	<b>8:00 AM</b> <sup>2</sup>
Willow Creek	15.30	7.75	7:31 AM	9:03 AM	9:53 AM	No	No	No	
Black Miners Bar	23.05	4.05	8:18 AM	10:36 AM	11:51 AM	No	No	No	
Beal's Point <sup>1</sup>	27.10	5.20	8:42 AM	11:25 AM	12:53 PM	<b>Yes</b>	<b>Yes</b>	<b>Yes</b>	<b>1:00 PM</b> <sup>2</sup>
Granite Bay Horse Assembly	32.30	6.51	9:13 AM	12:27 PM	2:12 PM	<b>Yes</b>	No	<b>Yes</b>	<b>2:30 PM</b> <sup>2</sup>
Horseshoe Bar	38.81	2.84	9:52 AM	1:45 PM	3:59 PM	No	No	No	
Rattlesnake Bar	41.65	3.10	10:09 AM	2:19 PM	4:46 PM	<b>Yes</b>	<b>Yes</b>	<b>Yes</b>	<b>5:10 PM</b> <sup>2</sup>
Dowdin's Post	44.75	3.68	10:28 AM	2:57 PM	5:38 PM	No	No	No	
Last Gasp <sup>3 &amp; 4</sup>	48.43	2.37	10:50 AM	3:41 PM	6:38 PM	<b>Yes</b>	No	No	
<b>Finish</b> - Auburn Dam Overlook <sup>1</sup>	50.80	<b>Finish</b>	11:04 AM	4:09 PM	7:17 PM	<b>Yes</b>	<b>Yes</b>	<b>N/A</b>	<b>8:00 PM</b> <sup>2</sup>

### 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 are based on 15:15 minute/mile to Granite Bay. The cutoffs for the rest of the course is based on 16:30 minute/mile.

<sup>3</sup> **Crew must park at finish and hike down to Aid Station**

<sup>4</sup> **Skratch Hydration and GU Energy Gels only**

### Pace

Front Runner = 6:00 min/mile pace

Middle Runner = 12:00 min/mile pace

Back Runner = 15:15 min/mile pace - from Start to Granite Bay

Back Runner = 16:30 min/mile pace - from Granite Bay to Finish