

**AMERICAN RIVER 10 MILE RUN**  
**9:00 AM START**  
**Aid Station/Pace Chart**

Aid Station	Distance (miles)	Next Aid (miles)	Front Runner	Middle Runner	Back Runner	Crew	Drop Bags	Pacers	Cutoff
Rattlesnake Horse Staging	<b>Start</b>	3.95	9:00 AM	9:00 AM	9:00 AM	No	No	No	
Dowdin's Post	3.95	3.68	9:23 AM	9:47 AM	10:11 AM	No	No	No	
Last Gasp <sup>1 &amp; 3</sup>	7.63	2.37	9:45 AM	10:31 AM	11:17 AM	<b>Yes</b>	No	No	<b>11:20 AM <sup>2</sup></b>
Auburn Dam Overlook	10.00	<b>Finish</b>	10:00 AM	11:00 AM	12:00 PM	<b>Yes</b>	<b>Yes</b>	<b>N/A</b>	<b>1:00 PM <sup>2</sup></b>

**Notes:**

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

<sup>2</sup> **Absolute Cutoff for AR10**

**No Pacers allowed for AR10**

<sup>3</sup> **Hydration and GU Products only**

**Pace Notes:**

Front Runner = 6:00 min/mile pace

Middle Runner = 12:00 min/mile pace

Back Runner = 18:00 min/mile pace