

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	4.5	7:00 AM	7:00 AM	7:00 AM	Yes	No	No	
Granite Bay	4.5	8.5	7:27 AM	7:49 AM	8:12 AM	Yes	No	No	
Horseshoe Bar	13.0	3.0	8:18 AM	9:23 AM	10:28 AM	No	No	No	
Rattlesnake Bar	16.0	3.0	8:36 AM	9:56 AM	11:16 AM	Yes	No	No	5:10 PM ²
Dowdin's Post	19.0	3.5	8:53 AM	10:28 AM	12:03 PM	No	No	No	
Last Gasp ¹	22.5	2.5	9:14 AM	11:07 AM	12:59 PM	Yes	No	No	
Finish - Auburn Dam Overlook	25.0	Finish	9:29 AM	11:34 AM	1:39 PM	Yes	No	No	8:00 PM ²

Notes:

¹ **Crew must park at finish and hike down to Aid Station**

² **Absolute Cutoff for AR25 & AR50**

³ **No Pacers allowed for AR25**

Pace

Front Runner = 6:00 min/mile pace

Middle Runner = 11:00 min/mile pace

Back Runner = 16:00 min/mile pace