

**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 <sup>3</sup> | Cutoff                      |
|-------------------------------------|------------------|------------------|--------------|---------------|-------------|------------|-----------|---------------------|-----------------------------|
| <b>Start</b> - Beals Point          | <b>Start</b>     | 6.50             | 7:00 AM      | 7:00 AM       | 7:00 AM     | <b>Yes</b> | No        | No                  |                             |
| Granite Bay                         | 6.50             | 6.51             | 7:39 AM      | 8:11 AM       | 8:44 AM     | <b>Yes</b> | No        | No                  |                             |
| Horseshoe Bar                       | 13.01            | 2.84             | 8:18 AM      | 9:23 AM       | 10:28 AM    | No         | No        | No                  |                             |
| Rattlesnake Bar                     | 15.85            | 3.10             | 8:35 AM      | 9:54 AM       | 11:13 AM    | <b>Yes</b> | No        | No                  | <b>5:00 PM</b> <sup>2</sup> |
| Dowdin's Post                       | 18.95            | 3.68             | 8:53 AM      | 10:28 AM      | 12:03 PM    | No         | No        | No                  |                             |
| Last Gasp <sup>1 &amp; 4</sup>      | 22.63            | 2.37             | 9:15 AM      | 11:08 AM      | 1:02 PM     | <b>Yes</b> | No        | No                  |                             |
| <b>Finish</b> - Auburn Dam Overlook | 25.00            | <b>Finish</b>    | 9:30 AM      | 11:35 AM      | 1:40 PM     | <b>Yes</b> | No        | No                  | <b>8:00 PM</b> <sup>2</sup> |

**Notes:**

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

<sup>2</sup> **Absolute Cutoff for AR25 & AR50**

<sup>3</sup> **No Pacers allowed for AR25**

<sup>4</sup> **Hydration and GU Products only**

**Pace**

Front Runner = 6:00 min/mile pace

Middle Runner = 11:00 min/mile pace

Back Runner = 16:00 min/mile pace