

**AMERICAN RIVER 25 MILE
7:00 AM START
Aid Station/Pace Chart**

Aid Station	Distance (miles)	Next Aid (miles)	Front Runner	Middle Runner	Back Runner	Crew	Drop Bags	Cutoff
Start - Beals Point	Start	4.5	7:00 AM	7:00 AM	7:00 AM	Yes	No	
Granite Bay	4.5	8.7	7:27 AM	7:49 AM	8:12 AM	No	No	
Horseshoe Bar	13.2	2.8	8:19 AM	9:25 AM	10:31 AM	No	No	
Rattlesnake Bar	16.0	3.0	8:36 AM	9:56 AM	11:16 AM	Yes	No	5:00 PM ³
Dowdin's Post	19.0	3.6	8:53 AM	10:28 AM	12:03 PM	No	No	
Last Gasp ¹	22.6	2.4	9:15 AM	11:08 AM	1:01 PM	Yes	No	
Finish - Auburn Dam Overlook	25.1	Finish	9:30 AM	11:35 AM	1:40 PM	Yes	No	

Notes:

¹ **Crew must park at top and walk to aid station**

³ **Absolute Cutoff**

Pace

Front Runner = 6:00 min/mile pace

Middle Runner = 11:00 min/mile pace

Back Runner = 16:00 min/mile pace