

AMERICAN RIVER 25.7 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 | Cutoff |
|-------------------------------------|------------------|------------------|--------------|---------------|-------------|------------|-----------|-----------------------------|
| Start - Beals Point | Start | 5.1 | 7:00 AM | 7:00 AM | 7:00 AM | Yes | No | |
| Granite Bay | 5.1 | 8.7 | 7:30 AM | 7:56 AM | 8:22 AM | Yes | No | |
| Horseshoe Bar | 13.8 | 2.8 | 8:22 AM | 9:32 AM | 10:41 AM | No | No | |
| Rattlesnake Bar | 16.6 | 3.0 | 8:39 AM | 10:02 AM | 11:26 AM | Yes | No | 5:15 PM ² |
| Dowdin's Post | 19.6 | 3.6 | 8:57 AM | 10:35 AM | 12:13 PM | No | No | |
| Last Gasp ¹ | 23.3 | 2.4 | 9:19 AM | 11:15 AM | 1:12 PM | Yes | No | |
| Finish - Auburn Dam Overlook | 25.7 | Finish | 9:34 AM | 11:42 AM | 1:51 PM | Yes | No | |

Notes:

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

² **Absolute Cutoff for AR25 & AR50**

Pace

Front Runner = 6:00 min/mile pace

Middle Runner = 11:00 min/mile pace

Back Runner = 16:00 min/mile pace