

AMERICAN RIVER 50 MILE ENDURANCE RUN
6:00 AM START
Aid Station/Pace Chart

Aid Station	Distance (miles)	Next Aid (miles)	Front Runner	Middle Runner	Back Runner	Crew	Drop Bags	Cutoff
Start - Brown's Ravine Marina	Start	4.97	6:00 AM	6:00 AM	6:00 AM	Yes	No	
Folsom Point	4.97	7.80	6:29 AM	6:54 AM	7:19 AM	No	No	
Willow Creek	12.77	4.21	7:16 AM	8:20 AM	9:24 AM	No	No	
Main Bar	16.98	3.20	7:41 AM	9:06 AM	10:31 AM	No	No	
Negro Bar	20.18	4.13	8:01 AM	9:41 AM	11:22 AM	Yes	No	
Beal's Point ¹	24.31	5.14	8:25 AM	10:27 AM	12:28 PM	Yes	Yes	1:00 PM
Granite Bay	29.45	8.69	8:56 AM	11:23 AM	1:51 PM	Yes	No	2:15 PM
Horseshoe Bar	38.14	2.80	9:48 AM	12:59 PM	4:10 PM	No	No	
Rattlesnake Bar	40.94	2.98	10:05 AM	1:30 PM	4:55 PM	Yes	Yes	5:15 PM
Dowdin's Post	43.92	3.64	10:23 AM	2:03 PM	5:42 PM	No	No	
Last Gasp	47.56	2.44	10:45 AM	2:43 PM	6:40 PM	Yes ²	No	
Finish - Auburn Dam Overlook ¹	50.00	Finish	11:00 AM	3:10 PM	7:20 PM	Yes	Yes	8:00 PM ³

Notes:

¹ **Medical**

² **Crew must park at finish and hike down 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