

AMERICAN RIVER 50 MILE ENDURANCE RUN

6:15 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	6:15 AM	6:15 AM	6:15 AM	Yes	No	
Folsom Point	4.97	7.80	6:44 AM	7:09 AM	7:34 AM	No	No	
Willow Creek	12.77	4.21	7:31 AM	8:35 AM	9:39 AM	No	No	
Main Bar	16.98	3.20	7:56 AM	9:21 AM	10:46 AM	No	No	
Negro Bar	20.18	4.13	8:16 AM	9:56 AM	11:37 AM	Yes	No	
Beal's Point ¹	24.31	5.14	8:40 AM	10:42 AM	12:43 PM	Yes	Yes	1:15 PM
Granite Bay	29.45	8.69	9:11 AM	11:38 AM	2:06 PM	Yes	No	2:30PM
Horseshoe Bar	38.14	2.80	10:03 AM	1:14 PM	4:25 PM	No	No	
Rattlesnake Bar	40.94	2.98	10:20 AM	1:45 PM	5:10 PM	Yes	Yes	5:15PM
Dowdin's Post	43.92	3.64	10:38 AM	2:18 PM	5:57 PM	No	No	
Last Gasp	47.56	2.44	11:00 AM	2:58 PM	6:55 PM	Yes ²	No	
Finish - Auburn Dam Overlook ¹	50.00	Finish	11:15 AM	3:25 PM	7:35 PM	Yes	Yes	8:15PM 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