

**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
<b>Start</b> - Brown's Ravine Marina	<b>Start</b>	5.00	6:00 AM	6:00 AM	6:00 AM	<b>Yes</b>	No	
Folsom Point	5.00	8.00	6:30 AM	6:55 AM	7:20 AM	No	No	
Willow Creek	13.00	7.00	7:18 AM	8:23 AM	9:28 AM	No	No	
Negro Bar	20.00	5.00	8:00 AM	9:40 AM	11:20 AM	<b>Yes</b>	No	
Beal's Point <sup>1</sup>	25.00	4.50	8:30 AM	10:35 AM	12:40 PM	<b>Yes</b>	<b>Yes</b>	<b>1:00 PM</b> <sup>3</sup>
Granite Bay	29.50	8.50	8:57 AM	11:24 AM	1:52 PM	<b>Yes</b>	No	<b>2:15 PM</b> <sup>3</sup>
Horseshoe Bar	38.00	3.00	9:48 AM	12:58 PM	4:08 PM	No	No	
Rattlesnake Bar	41.00	3.00	10:06 AM	1:31 PM	4:56 PM	<b>Yes</b>	<b>Yes</b>	<b>5:15 PM</b> <sup>3</sup>
Dowdin's Post	44.00	3.50	10:24 AM	2:04 PM	5:44 PM	No	No	
Last Gasp	47.50	2.50	10:45 AM	2:42 PM	6:40 PM	<b>Yes</b> <sup>2</sup>	No	
<b>Finish</b> - Auburn Dam Overlook <sup>1</sup>	50.00	<b>Finish</b>	11:00 AM	3:10 PM	7:20 PM	<b>Yes</b>	<b>Yes</b>	<b>8:00 PM</b> <sup>3</sup>

**Notes:**

<sup>1</sup> **Medical**

<sup>2</sup> **Crew must park at finish and hike down to Aid Station**

<sup>3</sup> **Absolute Cutoff**

**Pace**

Front Runner = 6:00 min/mile pace

Middle Runner = 11:00 min/mile pace

Back Runner = 16:00 min/mile pace