

AMERICAN RIVER 50 MILE ENDURANCE RUN

Aid Station/Pace Chart

Aid Station	Distance (miles)	Next Aid (miles)	Front Runner	Middle Runner	Back Runner	Crew	Drop Bags	Pacers	Cutoff
Start - Folsom Point	Start	6.80	6:00 AM	6:00 AM	6:00 AM	Yes	No	No	
Folsom Point	6.80	8.00	6:40 AM	7:08 AM	7:45 AM	No	No	No	
Willow Creek	14.80	7.00	7:28 AM	8:28 AM	9:49 AM	No	No	No	
Negro Bar	21.80	5.00	8:10 AM	9:38 AM	11:37 AM	Yes	No	No	11:50 PM ³
Beal's Point ¹	26.80	4.50	8:40 AM	10:28 AM	12:55 PM	Yes	Yes	Yes	1:00 PM ³
Granite Bay	31.30	6.70	9:07 AM	11:13 AM	2:20 PM	Yes	No	Yes	2:30 PM ³
Horseshoe Bar	38.00	3.00	9:48 AM	12:20 PM	4:08 PM	No	No	No	
Rattlesnake Bar	41.00	3.00	10:06 AM	12:50 PM	4:56 PM	Yes	Yes	Yes	5:10 PM ³
Dowdin's Post	44.00	3.50	10:24 AM	1:20 PM	5:44 PM	No	No	No	
Last Gasp	47.50	2.50	10:45 AM	1:55 PM	6:40 PM	Yes ²	No	No	
Finish - Auburn Dam Overlook ¹	50.00	Finish	11:00 AM	2:20 PM	7:20 PM	Yes	Yes	N/A	8:00 PM ³

Notes:

¹ **Medical**

² **Crew must park at finish and hike down to Aid Station**

³ **ABSOLUTE CUTOFF**

1. It should be noted that cutoff times are not intended to be a pacing guide. They are quite generous, especially early, and slower runners should focus on the 14-hour time not the cut-off time. If you're close to the cut-offs you're in trouble!

2. Remember when calculating your time, you need to take into consideration the time you spend at an aid station. For example, if you spend 5 minutes per aid station (there are 9 aid stations) that is 45 minutes added to your time. If you are close to the absolute cutoffs, you will not make it.

3. Cut-off times reflect the deadlines for LEAVING the aid station. If you return to an aid station after the cut-off, you will be pulled from the Run. The cut-off times will be strictly enforced by the Cutoff Coordinators or Aid Station Captains. Anyone leaving an aid station after the cut-off time will be disqualified. This rule is for the safety of all participants. IF YOU MISS THE CUT-OFF, YOU MUST STOP. Significant sanctions will apply to anyone breaking this rule.

4. Please make note, the cutoffs for the first 26.80 miles of the course are based on 15:30 minute/mile. The cutoff for the rest of the course is based on 16:00 minute/mile.

Pace

Front Runner = 6:00 min/mile pace

Middle Runner = 10:00 min/mile pace

Back Runner = 15:30 min/mile pace - from Start to Beal's Point

Back Runner = 16:00 min/mile pace - from Granite Bay to Finish