

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	7.11	6:00 AM	6:00 AM	6:00 AM	No	No	No	
Folsom Point ⁴	7.11	8.10	6:42 AM	7:11 AM	7:48 AM	No	No	No	7:50 AM ²
Willow Creek	15.21	7.74	7:31 AM	8:32 AM	9:51 AM	No	No	No	
Negro Bar	22.95	4.45	8:17 AM	9:49 AM	11:49 AM	No	No	No	
Beal's Point ¹	27.40	4.15	8:44 AM	10:34 AM	12:57 PM	Yes	Yes	Yes	1:00 PM ²
Granite Bay	31.55	6.51	9:09 AM	11:15 AM	2:24 PM	Yes	No	Yes	2:30 PM ²
Horseshoe Bar	38.06	2.84	9:48 AM	12:20 PM	4:08 PM	No	No	No	
Rattlesnake Bar	40.90	3.10	10:05 AM	12:49 PM	4:54 PM	Yes	Yes	Yes	5:00 PM ²
Dowdin's Post	44.00	3.68	10:24 AM	1:20 PM	5:44 PM	No	No	No	
Last Gasp ^{3 & 4}	47.68	2.50	10:46 AM	1:56 PM	6:42 PM	Yes	No	No	
Finish - Auburn Dam Overlook ¹	50.18	Finish	11:01 AM	2:21 PM	7:22 PM	Yes	Yes	N/A	8:00 PM ²

Notes:

¹ Medical

² 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 15:15 minute/mile. The cutoff for the rest of the course is based on 16:00 minute/mile.

³ Crew must park at finish and hike down to Aid Station

⁴ Hydration and GU Products only

Pace

Front Runner = 6:00 min/mile pace

Middle Runner = 10:00 min/mile pace

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

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