

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	8.98	6:00 AM	6:00 AM	6:00 AM	No	No	No	
Willow Creek	8.98	7.74	6:53 AM	7:38 AM	8:16 AM	No	No	No	
Black Miners Bar	16.72	4.45	7:40 AM	9:03 AM	10:14 AM	No	No	No	
Beal's Point ¹	21.17	4.15	8:07 AM	9:52 AM	11:22 AM	Yes	Yes	Yes	11:45 PM ²
Granite Bay	25.32	6.51	8:31 AM	10:38 AM	12:57 PM	Yes	No	Yes	1:00 PM ²
Horseshoe Bar	31.83	2.84	9:10 AM	11:50 AM	2:45 PM	No	No	No	
Rattlesnake Bar	34.67	3.10	9:28 AM	12:21 PM	3:32 PM	Yes	Yes	Yes	3:30 PM ²
Dowdin's Post	37.77	3.68	9:46 AM	12:55 PM	4:23 PM	No	No	No	
Last Gasp ^{3 & 4}	41.45	5.44	10:08 AM	1:35 PM	5:23 PM	Yes	No	No	5:30 PM ²
Murphy's Gate	46.89	3.16	10:41 AM	2:35 PM	6:53 PM				
Finish - Auburn Dam Overlook ¹	50.05	Finish	11:00 AM	3:10 PM	7:45 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
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
4. Please make note, the cutoffs for the first 25.32 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 Skratch Hydration and GU Energy Gels only

Pace

Front Runner = 6:00 min/mile pace

Middle Runner = 11:00 min/mile pace

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

Back Runner = 16:30 min/mile pace - from Granite Bay to Finish