

## Rio Del Lago 50K Endurance Run Mileage and Pace Chart

Aid Station	Distance (miles)	Next Aid (miles)	Front Runner	Middle Runner	Back Runner	Crew	Drop Bags	Med Check Pacer Pickup	Cutoff
Start - Beals Point	<b>START</b>	9.28	5:00 AM	5:00 AM	5:00 AM	Yes	Yes		
Willow Creek	9.28	7.83	5:55 AM	6:42 AM	7:19 AM	No	No		
Negro Bar	17.10	4.38	6:42 AM	8:08 AM	9:16 AM	No	No		
Beals Point	21.48	4.44	7:08 AM	8:56 AM	10:22 AM	Yes	Yes	<b>Medical</b>	<b>11:30 AM **</b>
Granite Beach	25.92	0.90	7:35 AM	9:45 AM	11:28 AM	Yes	No		
Twin Rocks Turnaround	26.82	0.90	7:40 AM	9:54 AM	11:42 AM	No	No	<b>No Aid</b>	
Granite Beach	27.72	4.16	7:46 AM	10:04 AM	11:55 AM	No	No		
Beals Point	31.88	<b>FINISH</b>	8:11 AM	10:50 AM	12:58 PM	Yes	Yes	<b>Medical</b>	<b>1:30 PM **</b>

**Notes:**

Front Runner pace is based on 6:00 min/mile  
Middle Runner pace is based on 11:00 min/mile  
Back Runner pace is based on 15:00 min/mile

**\*\* ABSOLUTE CUTOFF**