

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	START	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		
Black Miners 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	Medical	11:30 AM **
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	No Aid	
Granite Beach	27.72	4.16	7:46 AM	10:04 AM	11:55 AM	No	No		
Beals Point	31.88	FINISH	8:11 AM	10:50 AM	12:58 PM	Yes	Yes	Medical	1:30 PM **

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**