

# Rio Del Lago 100 Mile Endurance Run

## Mileage and Pace Chart

Aid Station	Distance (miles)	Next Aid (miles)	Front Runner	24 hour	30 hour	Crew	Drop Bags	Med Check Pacer Pickup	Cutoff
<b>Start</b> - Beals Point	<b>START</b>	6.49	5:00 AM	5:00 AM	5:00 AM	Yes	Yes		
Willow Creek	6.49	7.48	5:58 AM	6:33 AM	6:56 AM	No	No		
Negro Bar	13.97	4.73	7:05 AM	8:21 AM	9:11 AM	No	No		
Beals Point	19.20	4.77	7:52 AM	9:36 AM	10:45 AM	Yes	Yes	<b>Medical</b>	<b>10:45 AM</b>
Granite Beach	23.97	8.69	8:35 AM	10:45 AM	12:11 PM	Yes	No		
Horseshoe Bar	32.66	2.80	9:53 AM	12:50 PM	2:47 PM	No	No		
Rattlesnake Bar (Boat Launch Parking Lot)	35.46	6.62	10:19 AM	1:30 PM	3:37 PM	Yes	Yes	<b>Medical</b>	
Last Gasp	42.08	2.44	11:18 AM	3:05 PM	5:36 PM	No	No		
Overlook	44.52	4.00	11:40 AM	3:41 PM	6:20 PM	Yes	Yes	<b>Pacer</b>	<b>6:20 PM</b>
No Hands Bridge	48.52	6.00	12:16 PM	4:38 PM	7:32 PM	No	No	<b>Medical &amp; Pacer</b>	
Main Bar ( <b>Hydration Only</b> )	54.52	4.30	1:10 PM	6:05 PM	9:20 PM	No	No		
Auburn Lake Trails	58.82	8.60	1:49 PM	7:07 PM	10:37 PM	No	Yes	<b>Medical</b>	<b>10:40 PM</b>
Highway 49	67.42	3.30	3:06 PM	9:10 PM	1:12 AM	No	No		
No Hands Bridge	70.72	4.00	3:36 PM	9:58 PM	2:11 AM	No	No	<b>Medical &amp; Pacer</b>	
Overlook	74.72	2.44	4:12 PM	10:55 PM	3:23 AM	Yes	Yes	<b>Pacer</b>	<b>3:25 AM</b>
Last Gasp	77.16	6.62	4:34 PM	11:31 PM	4:07 AM	No	No		
Rattlesnake Bar (Boat Launch Parking Lot)	83.78	2.80	5:34 PM	1:06 AM	6:06 AM	Yes	Yes	<b>Medical &amp; Pacer</b>	<b>6:10 AM</b>
Horseshoe Bar	86.58	8.69	5:59 PM	1:46 AM	6:57 AM	No	No		
Granite Beach	95.27	4.77	7:17 PM	3:51 AM	9:33 AM	No	No		
Beals Point- <b>Finish</b>	100.04	<b>FINISH</b>	8:00 PM	5:00 AM	10:59 AM	Yes	Yes	<b>Medical</b>	<b>11:00 AM**</b>

**Notes:**

**\*\* ABSOLUTE CUTOFF**

Front Runner = 09:00 min/mile pace

24-hour Runner = 14:24 min/mile pace

30-hour Runner = 17:59 min/mile pace