

## Rio Del Lago 100 Mile 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
<b>Start</b> - Beals Point	<b>START</b>	6.50	5:00 AM	5:00 AM	5:00 AM	Yes	Yes		
Willow Creek	6.50	7.50	5:58 AM	6:44 AM	6:55 AM	No	No		
Negro Bar	14.00	4.50	7:06 AM	8:44 AM	9:09 AM	No	No		
Beals Point	18.50	4.50	7:46 AM	9:56 AM	10:29 AM	Yes	Yes	<b>Medical</b>	<b>10:45 AM</b>
Granite Beach	23.00	9.50	8:27 AM	11:08 AM	11:50 AM	Yes	No		
Horseshoe Bar	32.50	3.00	9:52 AM	1:40 PM	2:39 PM	No	No		
Rattlesnake Bar (Boat Launch Parking Lot)	35.50	5.50	10:19 AM	2:28 PM	3:33 PM	Yes	Yes	<b>Medical</b>	
Cardiac (Base of hill)	41.00	3.50	11:09 AM	3:56 PM	5:11 PM	No	No		
Overlook	44.50	4.00	11:40 AM	4:52 PM	6:13 PM	Yes	Yes	<b>Medical &amp; Pacer</b>	<b>6:20 PM</b>
No Hands Bridge	48.50	<b>10.50</b>	12:16 PM	5:56 PM	7:24 PM	No	No	<b>Pacer</b>	<b>7:30 PM</b>
Auburn Lake Trails	59.00	8.50	1:51 PM	8:44 PM	10:32 PM	No	Yes	<b>Medical</b>	<b>10:40 PM</b>
Highway 49	67.50	3.00	3:07 PM	11:00 PM	1:03 AM	No	No		
No Hands Bridge	70.50	4.00	3:34 PM	11:48 PM	1:57 AM	No	No	<b>Pacer</b>	
Overlook	74.50	3.50	4:10 PM	12:52 AM	3:08 AM	Yes	Yes	<b>Medical &amp; Pacer</b>	<b>3:25 AM</b>
Cardiac (Base of hill)	78.00	5.50	4:42 PM	1:48 AM	4:11 AM	No	No		
Rattlesnake Bar (Boat Launch Parking Lot)	83.50	3.00	5:31 PM	3:16 AM	5:49 AM	Yes	Yes	<b>Medical &amp; Pacer</b>	<b>6:10 AM</b>
Horseshoe Bar	86.50	9.50	5:58 PM	4:04 AM	6:42 AM	No	No		
Granite Beach	96.00	4.50	7:24 PM	6:36 AM	9:32 AM	No	No		
Beals Point- <b>Finish</b>	100.50	<b>FINISH</b>	8:04 PM	7:48 AM	10:52 AM	Yes	Yes	<b>Medical Check</b>	<b>11:00 AM**</b>

**Notes:**

**\*\* ABSOLUTE CUTOFF**

Front Runner = 09:00 min/mile pace

Middle Runner = 16:00 min/mile pace

Back Runner = 17:50 min/mile pace