

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
Start - Beals Point	START	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	6:57 AM	No	No		
Negro Bar	14.00	4.50	7:06 AM	8:44 AM	9:12 AM	No	No		
Beals Point	18.50	4.50	7:46 AM	9:56 AM	10:33 AM	Yes	Yes	Medical	10:35 AM
Granite Beach	23.00	9.50	8:27 AM	11:08 AM	11:54 AM	Yes	No		
Horseshoe Bar	32.50	3.00	9:52 AM	1:40 PM	2:45 PM	No	No		
Rattlesnake Bar (Boat Launch Parking Lot)	35.50	5.50	10:19 AM	2:28 PM	3:39 PM	Yes	Yes	Medical	3:40 PM
Cardiac (Base of hill)	41.00	3.50	11:09 AM	3:56 PM	5:18 PM	No	No		
Overlook	44.50	4.00	11:40 AM	4:52 PM	6:21 PM	Yes	Yes	Medical & Pacer	6:25 PM
No Hands Bridge	48.50	10.50	12:16 PM	5:56 PM	7:33 PM	No	No	Pacer	7:35 PM
Auburn Lake Trails	59.00	8.50	1:51 PM	8:44 PM	10:42 PM	No	Yes	Medical	10:45 PM
Highway 49	67.50	3.00	3:07 PM	11:00 PM	1:15 AM	No	No		
No Hands Bridge	70.50	4.00	3:34 PM	11:48 PM	2:09 AM	No	No	Pacer	
Overlook	74.50	3.50	4:10 PM	12:52 AM	3:21 AM	Yes	Yes	Medical & Pacer	3:25 AM
Cardiac (Base of hill)	78.00	5.50	4:42 PM	1:48 AM	4:24 AM	No	No		
Rattlesnake Bar (Boat Launch Parking Lot)	83.50	3.00	5:31 PM	3:16 AM	6:03 AM	Yes	Yes	Medical & Pacer	6:10 AM
Horseshoe Bar	86.50	9.50	5:58 PM	4:04 AM	6:57 AM	No	No		
Granite Beach	96.00	4.50	7:24 PM	6:36 AM	9:48 AM	No	No		
Beals Point- Finish	100.50	FINISH	8:04 PM	7:48 AM	11:09 AM	Yes	Yes	Medical Check	11:00 AM**

Notes:

**** ABSOLUTE CUTOFF**

Front Runner = 09:00 min/mile pace

Middle Runner = 16:00 min/mile pace

Back Runner = 18:00 min/mile pace