

**Aid Station/Pace Chart**  
**Rio Del Lago**  
**100 Mile Endurance Run**

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>	4.8	5:00 AM	5:00 AM	5:00 AM	Yes	Yes		
Granite Bay Horse Assembly	4.8	6.3	5:38 AM	6:12 AM	6:25 AM	Yes	<b>No</b>		
Horseshoe Bar	11.1	1.9	6:28 AM	7:46 AM	8:17 AM	<b>No</b>	<b>No</b>		
Rattlesnake Bar Horse Assembly	13.0	3.6	6:44 AM	8:15 AM	8:51 AM	Yes	Yes		
Dowdin's Post	16.6	7.4	7:12 AM	9:09 AM	9:56 AM	<b>No</b>	<b>No</b>		
Auburn Dam Overlook	24.0	4.0	8:12 AM	11:00 AM	12:08 PM	Yes	Yes		
No Hands Bridge	28.0	3.3	8:44 AM	12:00 PM	1:19 PM	Yes	<b>No</b>		
Cool Fire Station (1) - via WS Trail	31.3	8.0	9:10 AM	12:49 PM	2:18 PM	Yes	Yes		
Cool Fire Station (2) - Olmstead Loop	39.3	8.0	10:14 AM	2:49 PM	4:40 PM	Yes	Yes	<b>Pacer Pickup after 4:00 PM</b>	<b>5:00 PM **</b>
Cool Fire Station (3) - via WS Trail	47.3	3.3	11:18 AM	4:49 PM	7:03 PM	Yes	Yes	<b>Medical Check Pacer Pickup</b>	<b>7:10 PM **</b>
No Hands Bridge	50.6	4.0	11:44 AM	5:39 PM	8:02 PM	<b>No</b>	<b>No</b>		
Auburn Dam Overlook	54.6	7.4	12:16 PM	6:39 PM	9:13 PM	Yes	Yes	<b>Pacer Pickup</b>	<b>9:30 PM**</b>
Dowdin's Post	62.0	3.6	1:16 PM	8:30 PM	11:25 PM	<b>No</b>	<b>No</b>		
Rattlesnake Bar Horse Assembly	65.6	1.9	1:44 PM	9:24 PM	12:29 AM	Yes	Yes		
Horseshoe Bar	67.5	6.3	2:00 PM	9:52 PM	1:03 AM	<b>No</b>	<b>No</b>		
Granite Bay Horse Assembly	73.8	4.8	2:50 PM	11:27 PM	2:56 AM	Yes	<b>No</b>		
Beals Point	78.6	4.8	3:28 PM	12:39 AM	4:21 AM	Yes	Yes	<b>Medical Check Pacer Pickup</b>	<b>4:30 AM**</b>
Granite Bay Horse Assembly	83.4	6.3	4:07 PM	1:51 AM	5:47 AM	Yes	<b>No</b>		
Horseshoe Bar	89.7	6.3	4:57 PM	3:25 AM	7:39 AM	<b>No</b>	<b>No</b>		
Granite Bay Horse Assembly	96.0	4.8	5:48 PM	5:00 AM	9:32 AM	Yes	<b>No</b>		
<b>Finish</b> - Beals Point	<b>100.8</b>	<b>FINISH</b>	6:26 PM	6:12 AM	10:57 AM	Yes	Yes	<b>Medical Check</b>	<b>11:00 AM**</b>

**Notes:**

**\*\* ABSOLUTE CUTOFF**

Front Runner = 08:00 min/mile pace

Middle Runner = 15:00 min/mile pace

Back Runner = 18:00 min/mile pace