

Rio Del Lago 100 Mile Endurance Run Mileage and Pace Chart

Aid Station	Distance (miles)	Next Aid (miles)	16 Hour Runner	20 Hour Runner	24 Hour Runner	27 Hour Runner	30 Hour Runner	Crew	Drop Bags	Med Check Pacer Pickup	Cutoff
Start - Beals Point	START	9.30	5:00 AM	5:00 AM	5:00 AM	5:00 AM	5:00 AM	Yes	Yes		
Willow Creek	9.30	7.90	6:29 AM	6:51 AM	7:13 AM	7:30 AM	7:47 AM	No	No		
Negro Bar	17.20	4.50	7:45 AM	8:26 AM	9:07 AM	9:38 AM	10:09 AM	No	No		
Beals Point	21.70	4.90	8:28 AM	9:20 AM	10:12 AM	10:51 AM	11:30 AM	Yes	Yes	Medical	11:30 AM **
Granite Beach	26.60	6.80	9:15 AM	10:19 AM	11:23 AM	12:10 PM	12:58 PM	Yes	No		
Horseshoe Bar	33.40	2.60	10:20 AM	11:40 AM	1:00 PM	2:01 PM	3:01 PM	No	No		
Rattlesnake Bar	36.00	6.20	10:45 AM	12:12 PM	1:38 PM	2:43 PM	3:48 PM	Yes	Yes	Medical	3:50 PM **
Cardiac (Base of Hill) Water Only	42.20	3.15	11:45 AM	1:26 PM	3:07 PM	4:23 PM	5:39 PM	No	No		
Overlook	45.35	4.25	12:15 PM	2:04 PM	3:53 PM	5:14 PM	6:36 PM	Yes	Yes	Medical & Pacer	6:40 PM **
No Hands Bridge	49.60	10.25	12:56 PM	2:55 PM	4:54 PM	6:23 PM	7:52 PM	No	No		7:50 PM **
Auburn Lakes Trail	59.85	9.60	2:34 PM	4:58 PM	7:21 PM	9:09 PM	10:57 PM	No	Yes	Medical	
Cool Firestation	69.45	3.15	4:06 PM	6:53 PM	9:40 PM	11:45 PM	1:50 AM	Yes	No	Pacer	1:45 AM **
No Hands Bridge	72.60	4.25	4:36 PM	7:31 PM	10:25 PM	12:36 AM	2:46 AM	No	No		
Overlook	76.85	3.15	5:17 PM	8:22 PM	11:26 PM	1:44 AM	4:03 AM	Yes	Yes	Medical & Pacer	4:05 AM **
Cardiac (Base of Hill) Water Only	80.00	6.20	5:48 PM	9:00 PM	12:12 AM	2:36 AM	5:00 AM	No	No		
Rattlesnake Bar	86.20	2.60	6:47 PM	10:14 PM	1:41 AM	4:16 AM	6:51 AM	Yes	Yes	Medical & Pacer	6:50 AM **
Horseshoe Bar	88.80	6.80	7:12 PM	10:45 PM	2:18 AM	4:58 AM	7:38 AM	No	No		
Granite Beach	95.60	4.90	8:17 PM	12:07 AM	3:56 AM	6:48 AM	9:40 AM	No	No		
Beals Point	100.50	FINISH	9:04 PM	1:06 AM	5:07 AM	8:08 AM	11:09 AM	Yes	Yes	Medical	11:00 AM **

Notes:

16 hour pace is based on 9:36 min/mile
20 hour pace is based on 12:00 min/mile
24 hour pace is based on 14:24 min/mile
27 hour pace is based on 16:12 min/mile
30 hour pace is based on 18:00 min/mile

** ABSOLUTE CUTOFF

1. It should be noted that cutoff times are not intended to be a pacing guide. They are quite generous and slower runners should focus on the 30-hour time not the cut-off time. If you're close to the cut-offs you're in trouble!
2. Remember when calculating your time, you need to take into consideration the time you spend at an aid station. For example, if you spend 2 minutes per aid station (there are 15 aid stations) that is 30 minutes added to your time. If you are close to the absolute cutoffs, you will not make it.
3. Cut-off times reflect the deadlines for LEAVING the aid station. If you return to an aid station after the cut-off, you will be pulled from the Run. The cut-off times will be strictly enforced by the Cutoff Coordinators or Aid Station Captains. Anyone leaving an aid station after the cut-off time will be disqualified. This rule is for the safety of all participants. IF YOU MISS THE CUT-OFF, YOU MUST STOP. Significant sanctions will apply to anyone breaking this rule.