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		
Black Miners 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	3.70	8:28 AM	9:20 AM	10:12 AM	10:51 AM	11:30 AM	Yes	Yes	Medical	11:30 AM **
Granite Beach	25.40	6.80	9:03 AM	10:04 AM	11:05 AM	11:51 AM	12:37 PM	Yes	No		
Horseshoe Bar	32.20	2.60	10:09 AM	11:26 AM	12:43 PM	1:41 PM	2:39 PM	No	No		
Rattlesnake Bar	34.80	6.20	10:34 AM	11:57 AM	1:21 PM	2:23 PM	3:26 PM	Yes	Yes	Medical	3:50 PM **
Cardiac (Base of Hill) Water Only	41.00	3.00	11:33 AM	1:12 PM	2:50 PM	4:04 PM	5:18 PM	No	No		
Overlook	44.00	4.00	12:02 PM	1:48 PM	3:33 PM	4:52 PM	6:12 PM	Yes	Yes	Medical & Pacer	6:40 PM **
No Hands Bridge (at Gate 52)	48.00	10.60	12:40 PM	2:36 PM	4:31 PM	5:57 PM	7:24 PM	No	No		7:50 PM **
Auburn Lakes Trail	58.60	9.20	2:22 PM	4:43 PM	7:03 PM	8:49 PM	10:34 PM	No	Yes	Medical	10:55 PM **
Cool Firestation	67.80	5.90	3:50 PM	6:33 PM	9:16 PM	11:18 PM	1:20 AM	Yes	No	Pacer	1:45 AM **
No Hands Bridge (at Gate 52)	73.70	4.00	4:47 PM	7:44 PM	10:41 PM	12:53 AM	3:06 AM	No	No		
Overlook	77.70	3.00	5:25 PM	8:32 PM	11:38 PM	1:58 AM	4:18 AM	Yes	Yes	Medical & Pacer	4:20 AM **
Cardiac (Base of Hill) Water Only	80.70	6.20	5:54 PM	9:08 PM	12:22 AM	2:47 AM	5:12 AM	No	No		
Rattlesnake Bar	86.90	2.60	6:54 PM	10:22 PM	1:51 AM	4:27 AM	7:04 AM	Yes	Yes	Medical & Pacer	7:05 AM **
Horseshoe Bar	89.50	6.80	7:19 PM	10:54 PM	2:28 AM	5:09 AM	7:51 AM	No	No		
Granite Beach	96.30	3.70	8:24 PM	12:15 AM	4:06 AM	7:00 AM	9:53 AM	No	No		
Beals Point	100.00	FINISH	9:00 PM	1:00 AM	5:00 AM	8:00 AM	11:00 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.