

Rio Del Lago 50K 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	9.30	5:00 AM	5:00 AM	5:00 AM	Yes	Yes		
Willow Creek	9.30	7.90	5:55 AM	6:51 AM	7:28 AM	No	No		
Black Miners Bar	17.20	4.50	6:43 AM	8:26 AM	9:35 AM	No	No		
Beals Point	21.70	4.90	7:10 AM	9:20 AM	10:47 AM	Yes	Yes	Medical	11:30 AM **
Granite Beach	26.60	4.90	7:39 AM	10:19 AM	12:05 PM	Yes	No		
Finish - Beals Point	31.50	FINISH	8:09 AM	11:18 AM	1:24 PM	Yes	No	Medical	1:30 PM **

Notes:

Front Runner pace is based on 6:00 min/mile

Middle Runner pace is based on 12:00 min/mile

Back Runner pace is based on 16:00 min/mile

**** ABSOLUTE CUTOFF**