

## Rio Del Lago 100 Mile Endurance Run Mileage and Pace Chart

| Aid Station         | Distance<br>(miles) | Next Aid<br>(miles) | Front<br>Runner | Middle<br>Runner | Back<br>Runner | Crew | Drop<br>Bags | Med Check<br>Pacer Pickup | Cutoff             |
|---------------------|---------------------|---------------------|-----------------|------------------|----------------|------|--------------|---------------------------|--------------------|
| Start - Beals Point | <b>START</b>        | 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               | 4.00                | 7:10 AM         | 9:20 AM          | 10:47 AM       | Yes  | Yes          | <b>Medical</b>            | <b>11:30 AM **</b> |
| Granite Beach       | 25.70               | 4.30                | 7:34 AM         | 10:08 AM         | 11:51 AM       | Yes  | No           |                           |                    |
| Beals Point         | 30.00               | <b>FINISH</b>       | 8:00 AM         | 11:00 AM         | 1:00 PM        | Yes  | Yes          | <b>Medical</b>            | <b>1:30 PM **</b>  |

**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**