

Aid Station/Pace Chart
Rio Del Lago
100 Mile Endurance Run
November 7, 2015

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	6.99	5:00 AM	5:00 AM	5:00 AM	Yes	Yes		
Willow Creek	6.99	7.48	6:02 AM	6:51 AM	7:04 AM	No	No		
Negro Bar	14.47	4.73	7:10 AM	8:51 AM	9:18 AM	No	No		
Beals Point	19.20	5.14	7:52 AM	10:07 AM	10:42 AM	Yes	Yes	Medical	
Granite Beach	24.34	8.69	8:39 AM	11:29 AM	12:14 PM	Yes	No		
Horseshoe Bar	33.03	2.80	9:57 AM	1:48 PM	2:49 PM	No	No		
Rattlesnake Bar (Boat Launch Parking Lot)	35.83	6.62	10:22 AM	2:33 PM	3:38 PM	Yes	Yes		4:00 PM
Last Gasp	42.45	2.24	11:22 AM	4:19 PM	5:37 PM	No	No		
Camp Flint Gate	44.69	4.20	11:42 AM	4:55 PM	6:16 PM	No	No		
No Hands Bridge (Via WS)	48.89	3.10	12:20 PM	6:02 PM	7:31 PM	No	No		
Cool Fire Station	51.99	8.00	12:47 PM	6:51 PM	8:27 PM	Yes	Yes	Medical & Pacer	8:30 PM
Cool Fire Station - Loop #1 Complete	59.99	8.00	1:59 PM	8:59 PM	10:49 PM	Yes	Yes	Pacer	10:40 PM
Cool Fire Station - Reverse Loop #2 Complete	67.99	3.10	3:11 PM	11:07 PM	1:12 AM	Yes	Yes	Medical & Pacer	
No Hands Bridge (Via WS)	71.09	4.20	3:39 PM	11:57 PM	2:07 AM	No	No		
Camp Flint Gate	75.29	2.24	4:17 PM	1:04 AM	3:22 AM	No	No		3:00 AM
Last Gasp	77.53	6.62	4:37 PM	1:40 AM	4:02 AM	No	No		
Rattlesnake Bar (Boat Launch Parking Lot)	84.15	2.80	5:37 PM	3:26 AM	6:00 AM	Yes	Yes	Pacer	5:45 AM
Horseshoe Bar	86.95	8.69	6:02 PM	4:11 AM	6:50 AM	No	No		
Granite Beach	95.64	5.74	7:20 PM	6:30 AM	9:25 AM	No	No		
Beals Point- Finish	101.38	FINISH	8:12 PM	8:02 AM	11:07 AM	Yes	Yes	Medical Check	11:00 AM**

Notes:

**** ABSOLUTE CUTOFF**

Front Runner = 09:00 min/mile pace

Middle Runner = 16:00 min/mile pace

Back Runner = 17:50 min/mile pace