

Rio Del Lago 100 Mile Endurance Run Mileage and Pace Chart

Aid Station	Distance (miles)	Next Aid (miles)	24 Hour Runner	30 Hour Runner	Crew	Drop Bags	Med Check Pacer Pickup	Cutoff
Start - Beals Point	START	6.50	5:00 AM	5:00 AM	Yes	Yes		
Willow Creek	6.50	7.50	6:33 AM	6:56 AM	No	No		
Negro Bar	14.00	4.50	8:21 AM	9:10 AM	No	No		
Beals Point	18.50	4.50	9:25 AM	10:31 AM	Yes	Yes	Medical	10:35 AM**
Granite Beach	23.00	9.50	10:30 AM	11:52 AM	Yes	No		
Horseshoe Bar	32.50	3.00	12:46 PM	2:42 PM	No	No		
Rattlesnake Bar (Boat Launch Parking Lot)	35.50	5.50	1:30 PM	3:36 PM	Yes	Yes	Medical	3:40 PM**
Cardiac (Base of hill)	41.00	3.50	2:49 PM	5:14 PM	No	No		
Overlook	44.50	4.00	3:39 PM	6:17 PM	Yes	Yes	Medical & Pacer	6:20 PM**
No Hands Bridge	48.50	10.50	4:36 PM	7:28 PM	No	No	Pacer	7:35 PM**
Auburn Lake Trails	59.00	8.50	7:07 PM	10:37 PM	No	Yes	Medical	10:40 PM**
Highway 49	67.50	3.00	9:09 PM	1:09 AM	No	No		
No Hands Bridge	70.50	4.00	9:52 PM	2:03 AM	No	No	Pacer	
Overlook	74.50	3.50	10:50 PM	3:14 AM	Yes	Yes	Medical & Pacer	3:15 AM**
Cardiac (Base of hill)	78.00	5.50	11:40 PM	4:17 AM	No	No		
Rattlesnake Bar (Boat Launch Parking Lot)	83.50	3.00	12:59 AM	5:56 AM	Yes	Yes	Medical & Pacer	6:00 AM**
Horseshoe Bar	86.50	9.50	1:42 AM	6:49 AM	No	No		
Granite Beach	96.00	4.50	3:59 AM	9:40 AM	No	No		
Beals Point- Finish	100.50	FINISH	5:03 AM	11:00 AM	Yes	Yes	Medical Check	11:00 AM**

Notes:

**** ABSOLUTE CUTOFF**

1. It should be noted that cutoff times are not intended to be a pacing guide. They are quite generous, especially early, 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 17 aid stations) that is 34 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.