

Aid Station/Pace Chart
Sierra Nevada Endurance Run
50 Mile Distance

Aid Station	Distance (miles)	Next Aid (miles)	Front Runner	Middle Runner	Back Runner	Crew	Drop Bags	Cutoff
Start - Levee (@ 1/2 mile walk from Cavitt)	START	2.45	6:30 AM	6:30 AM	6:30 AM	Yes	Yes	
Granite Bay Horse Assembly	2.45	6.30	6:45 AM	6:55 AM	7:09 AM	Yes		
Horseshoe Bar	8.75	1.92	7:26 AM	8:01 AM	8:50 AM	No		
Rattlesnake Bar Horse Assembly	10.67	3.55	7:39 AM	8:22 AM	9:20 AM	Yes	Yes	
Dowdin's Post (Water/GU Brew Only)	14.22	4.54	8:02 AM	8:59 AM	10:17 AM	No		
Cardiac (Base of hill)	18.76	2.84	8:31 AM	9:46 AM	11:30 AM	No		
Auburn Dam Overlook	21.60	3.14	8:50 AM	10:16 AM	12:15 PM	Yes	Yes	
Turnaround - No Hands Bridge	24.74	3.40	9:10 AM	10:49 AM	1:05 PM	Yes		
Auburn Dam Overlook	28.14	2.84	9:32 AM	11:25 AM	2:00 PM	Yes	Yes	2:15 PM**
Cardiac (Base of hill)	30.98	4.54	9:51 AM	11:55 AM	2:45 PM	No		
Dowdin's Post (Water/GU Brew Only)	35.52	3.55	10:20 AM	12:42 PM	3:58 PM	No		
Rattlesnake Bar Horse Assembly	39.07	1.92	10:43 AM	1:20 PM	4:55 PM	Yes	Yes	5:00 PM**
Horseshoe Bar	40.99	6.30	10:56 AM	1:40 PM	5:25 PM	No		
Granite Bay Horse Assembly	47.29	2.71	11:37 AM	2:46 PM	7:06 PM	Yes		
Finish - Cavitt School	50.00	FINISH	11:55 AM	3:15 PM	7:50 PM	Yes	Yes	8:00 PM**

Notes:

**** ABSOLUTE CUTOFF**

Front Runner = 6:30 min/mile pace

Middle Runner = 10:30 min/mile pace

Back Runner = 16:00 min/mile pace