

Aid Station/Pace Chart

Last Chance 50 50K 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	2.31	6:30 AM	6:30 AM	6:30 AM	Yes	Yes	
State Parks Adm. Bldg.	2.31	6.71	6:45 AM	6:55 AM	7:05 AM	Yes		
Main Bar Access Rd. & Bike trail	9.02	1.96	7:28 AM	8:09 AM	8:49 AM	No		
Laguna Bridge	10.98	4.26	7:41 AM	8:30 AM	9:20 AM	No		
Turnaround - Folsom Inn Parking lot	15.24	4.26	8:09 AM	9:17 AM	10:26 AM	Yes	Yes	
Laguna Bridge	19.50	1.96	8:36 AM	10:04 AM	11:32 AM	No		
Main Bar Access Rd. & Bike trail	21.46	6.71	8:49 AM	10:26 AM	12:02 PM	No		
State Parks Adm. Bldg.	28.17	2.81	9:33 AM	11:39 AM	1:46 PM	Yes		
Finish - Cavitt School	31.0	FINISH	9:51 AM	12:10 PM	2:30 PM	Yes	Yes	2:30 PM**

Notes:

**** ABSOLUTE CUTOFF**

Front Runner = 6:30 min/mile pace

Middle Runner = 11:00 min/mile pace

Back Runner = 15:30 min/mile pace