

Aid Station/Pace Chart
Last Chance 50
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	2.31	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	7:06 AM	Yes		
Main Bar Access Rd. & Bike trail	9.02	1.96	7:28 AM	8:09 AM	8:52 AM	No		
Laguna Bridge	10.98	4.26	7:41 AM	8:30 AM	9:22 AM	No		
Folsom Inn Parking lot	15.24	4.26	8:09 AM	9:17 AM	10:30 AM	Yes	Yes	
Laguna Bridge	19.50	1.96	8:36 AM	10:04 AM	11:37 AM	No		
Main Bar Access Rd. & Bike trail	21.46	6.71	8:49 AM	10:26 AM	12:08 PM	No		
State Parks Adm. Bldg.	28.17	2.81	9:33 AM	11:39 AM	1:53 PM	Yes		
Cavitt	30.98	2.81	9:51 AM	12:10 PM	2:37 PM	Yes	Yes	2:30 PM**
State Parks Adm. Bldg.	33.79	6.71	10:09 AM	12:41 PM	3:22 PM	Yes		
Main Bar Access Rd. & Bike trail	40.50	6.71	10:53 AM	1:55 PM	5:07 PM	No		
State Parks Adm. Bldg.	47.21	2.81	11:36 AM	3:09 PM	6:53 PM	Yes		
Finish - Cavitt School	50.0	FINISH	11:55 AM	3:40 PM	7:37 PM	No	Yes	8:00 PM**

Notes:

**** ABSOLUTE CUTOFF**

Front Runner = 6:30 min/mile pace

Middle Runner = 11:00 min/mile pace

Back Runner = 15:45 min/mile pace