

Aid Station/Pace Chart
Sierra Nevada Endurance Run
Trail Marathon

Aid Station	Distance (miles)	Next Aid (miles)	Front Runner	Middle Runner	Back Runner	Crew	Drop Bags	Cutoff
Start - No Hands Bridge	START	4.00	6:30 AM	6:30 AM	6:30 AM	Yes	Yes	
Auburn Dam Overlook	4.00	2.84	6:56 AM	7:10 AM	7:46 AM	Yes		
Cardiac (Base of hill)	6.84	4.54	7:14 AM	7:38 AM	8:39 AM	No		
Dowdin's Post (Water/GU Brew Only)	11.38	3.55	7:43 AM	8:23 AM	10:06 AM	No		
Rattlesnake Bar Horse Assembly	14.93	1.92	8:07 AM	8:59 AM	11:13 AM	No	Yes	11:15 AM**
Horsehoe Bar	16.85	6.30	8:19 AM	9:18 AM	11:50 AM	No		
Granite Bay Horse Assembly	23.15	3.05	9:00 AM	10:21 AM	1:49 PM	Yes		
Finish - Cavitt	26.20	FINISH	9:20 AM	10:52 AM	2:47 PM	Yes	Yes	3:00 PM **

Notes:

**** Absolute Cutoff**

Front Runner = 6:30 min/mile pace

Middle Runner = 10 min/mile pace

Back Runner = 19 min/mile pace