



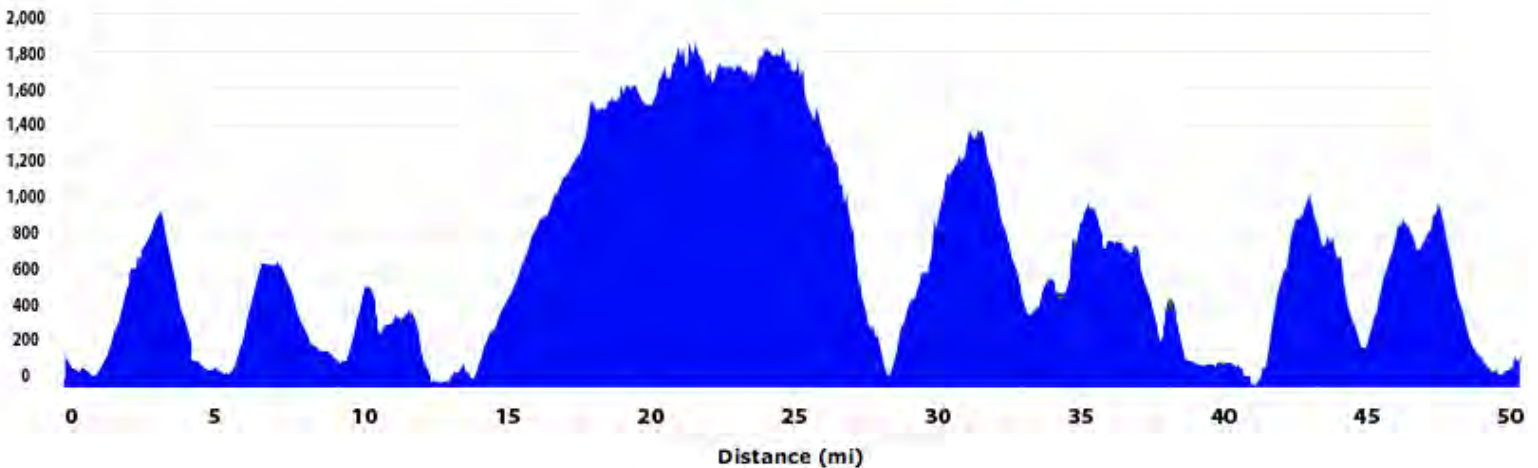
# San Francisco, CA Participant Guides

## GORE-TEX 50 Mile

### PACE CHART - NEW

Championship Gore-Tex 50 Mile Pace Chart									
Aid Station	Name	Mile	Next Aid	Crew	Pacer	Front Runner	Middle Runner	Last Runner	Drop Bags
Start/Finish	Start/Finish	0	5.9	-	-	5:00 AM	5:00 AM	5:00 AM	Yes
Aid #1	5 Mile Water Stop	5.9	2.8	No	No	5:50 AM	6:04 AM	6:36 AM	No
Aid #2	Tennessee Valley	8.7	4	Yes	No	6:15AM	6:37AM	7:22AM	Yes
Aid #3	Muir Beach	12.7	5.3	No	No	6:51AM	7:24AM	8:28AM	No
Aid #4	Cardiac	18	4,8	No	No	7:34AM	8:27AM	9:55AM	Yes
Aid #5	McKennon Gulch	22.8	5.4	No	No	8:13AM	9:19AM	11:13 AM	No
<b>Hard Cutoff #1: McKennon Gulch Aid Station 11:13 AM/6hrs and 13 minutes from the Start</b>									
Aid #6	Stinson Beach	28.2	4.7	Yes	Yes	8:59AM	10:11AM	12:42PM	No
Aid #7	Cardiac	32.9	6	No	No	9:39AM	10:48AM	1:59PM	Yes
Aid #8	Old Inn	38.9	3.7	No	No	10:30AM	11:50AM	3:37PM	No
<b>Hard Cutoff #2: Old Inn Aid Station 3:37 PM/10 hrs and 37 minutes from the Start</b>									
Aid #9	Muir Beach	42.6	2.9	No	No	11:02AM	12:26PM	4:38PM	No
Aid #10	Tennessee Valley	45.5	2.7	Yes	Yes	11:26AM	1:19PM	5:26PM	Yes
Aid #11	Alta Water Stop	48.2	3	No	No	11:49AM	2:53PM	6:10PM	No
Finish	Finish	51.2	-	-	-	12:15PM	3:23PM	7:00 PM	Yes

### ELEVATION CHART - NEW



Elevation Gain - 10,059 (ft)

Maximum Elevation - 1,858 (ft)