

# San Francisco

## 50 & 100 Mile Endurance Runs

### Aid Stations

Location	Distance	Next Aid	Cut-off Time (100 mi)	Crew Access	Drop Bags
Rodeo Beach	0.0	4.5			
Conzelman	4.5	3.5			
Rodeo Valley	8.0	4.6		Yes	
Tennessee Valley	12.6	4.0		Yes	Yes
Muir Beach	16.5	5.0		Yes	
Cardiac	21.6	5.8			
Stinson Beach	27.4	5.8		Yes	Yes
Cardiac	33.3	5.0			
Muir Beach	38.3	4.0		Yes	
Tennessee Valley	42.3	4.6		Yes	Yes
Rodeo Valley	46.8	3.2		Yes	
<b>Rodeo Beach (Start/Finish)</b>	<b>50.0</b>	<b>4.0</b>	<b>10:00 p.m.</b>	Yes	Yes
Tennessee Valley	54.0	3.9		Yes	Yes
Muir Beach	58.0	4.0		Yes	
Tennessee Valley	62.0	4.6		Yes	Yes
Rodeo Valley	66.6	3.5		Yes	
Conzelman	70.0	5.2		Yes	
Rodeo Beach (Start/Finish)	75.2	5.2	7:00 a.m.	Yes	Yes
Conzelman	80.4	3.5		Yes	
Rodeo Valley	83.9	4.6		Yes	
Tennessee Valley	88.5	4.0		Yes	Yes
Muir Beach	92.5	3.9		Yes	
Tennessee Valley	96.4	4.0		Yes	Yes
<b>Rodeo Beach (Finish)</b>	<b>100.4</b>		<b>4:00 p.m.</b>	Yes	Yes