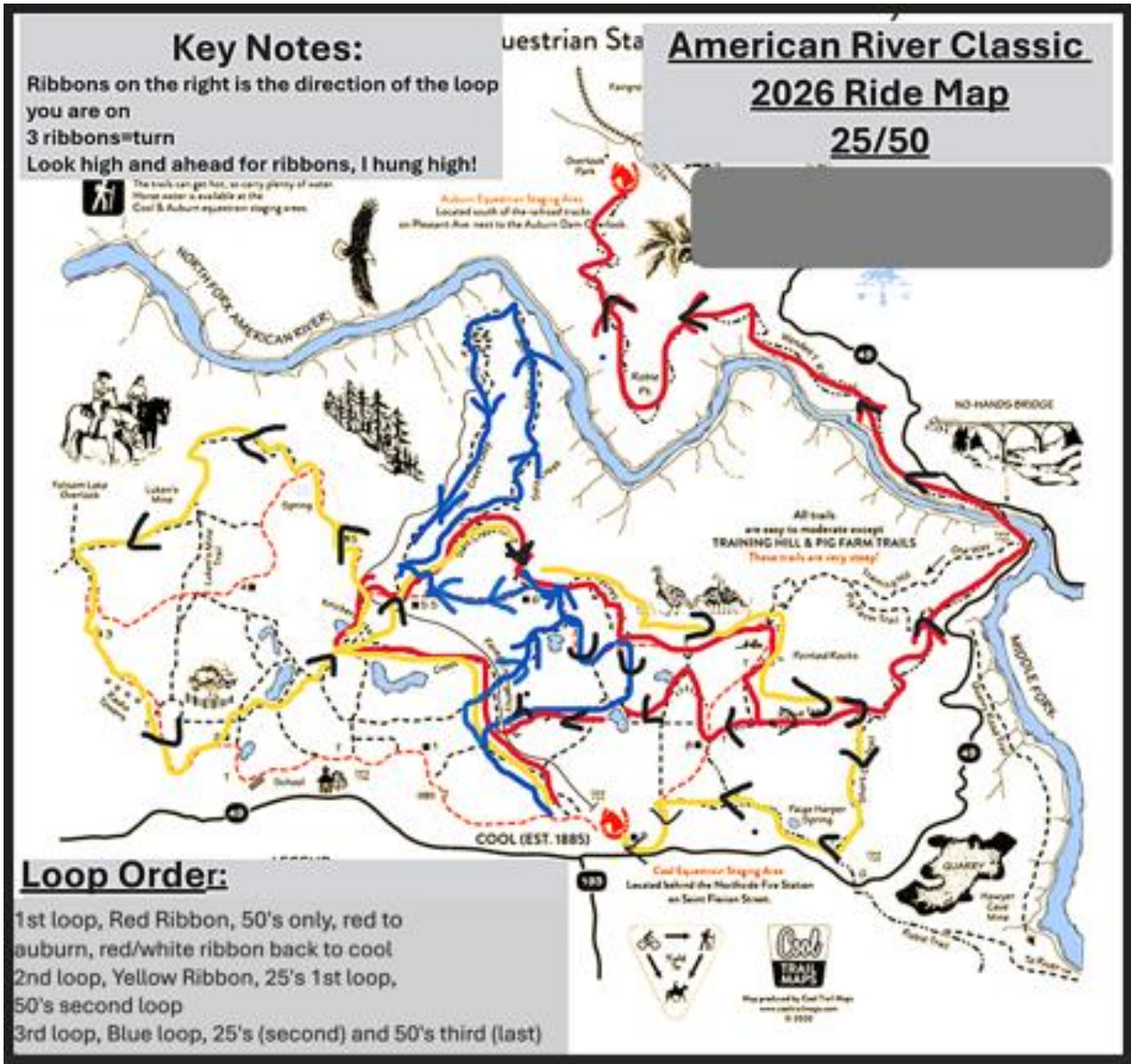


AMERICAN RIVER CLASSIC

2026 RIDE MAP



Vet Check		Mileage Loop	From Start	To Finish	Vet Check Type	Pulse	Cut Off Times *(UNLESS SUGGESTED)*
Start - Cool	50	0	0	50	Start		5:30 am START 5:45 am OUT
	25	0	0	25	Start		6:00 am START 6:15 am OUT
Auburn	50	15	15	35	60 Min Hold	60 bpm	CUT OFF TIME 8:45 am IN 10:00 am OUT
Cool	50	10	25	25	30 Min. Hold	60 bpm	11:45 am IN (Suggested)
Cool	50	15	40	10	30 Min. Hold	60 bpm	3:15 pm IN (Suggested)
	25	15	15	10	30 Min. Hold	60 bpm	8:45 am IN (Suggested)
Finish	50	10	50	0	FINISH	64 bpm	5:15 pm IN (Suggested)
	25	10	15	0	FINISH	60 bpm	12:00 PM MUST MEET CRITERIA 11:30 am IN (Suggested)