

AMERICAN RIVER ENDURANCE RUNS

50-MILE ■ 25-MILE ■ 10-MILE



Presenting Sponsor:



It's race week and here's what you need to know...

We just finished drying out all the stuff from Way Too Cool, there will be no sharks in Avery's Pond this year*, donuts are great, and you're awesome.

*Apparently having non-native apex predators along the course has an impact on our insurance premiums, so we had the interns from NorCalUltra's Department of Headlamps, Batteries, and Unexpected Sharks coax them into a really large aquarium where they can just chill until April 2nd. We're all relieved that the tall intern is back at work already and assures us the stitches make it look much worse than it is. Whew!

But what about all the "atmospheric river" stuff? All that rain? Is the American River more like the American Ocean?

The sharks don't mind rain. I mean, they're fish, right? We're sure they'd get along fine in the American Ocean.

No, we were asking about, you know, trail conditions. For us.

Oh.Sorry, yeah. The trail is fine. There has been a lot of rain, but we've been working our tails off maintaining the trail, clearing downed trees, planting daffodils, cutting back poison oak and stuff. The trail is good and it's expecting you.



Thank you to our host city, **Folsom, California**. Full of history and home to quite a few NorCalUltra events.

RACE WEB SITE

<http://ar50mile.com>

Runner Check-In

March 31, 2023 • 12PM – 7PM

Fleet Feet Folsom • Roseville

6610 Folsom-Auburn Rd, Folsom, CA 95630

We will be giving away 5 - \$25 FF gift cards at random, but you gotta show up on Friday!

It is highly recommended you pick up your packet on Friday. Saturday pick up for all races, runners will receive their bib number only and will need to pick up their goody bag and CRAFT shirt at the finish line in the Volunteer Tent. The NorCalUltras Team would appreciate your cooperation in picking up your “stuff” on Friday versus Saturday.



FOLSOM • ROSEVILLE

AR50

START TIMES & LOCATIONS

AR50 Starts at Folsom Point at 6AM

For directions to the Folsom Point start, [click here](#).

MILEAGE, PACE CHART, & CUTOFFS

AR50 Mileage/Pace Chart with Cut-Off Times

INTERACTIVE COURSE MAPS

50 mile course

AR25

START TIMES & LOCATIONS

AR25 Starts at Beal's Point at 7AM

For directions to the Beal's Point, [click here](#).

MILEAGE, PACE CHART, & CUTOFFS

AR25 Mileage/Pace Chart with Cut-Off Times

INTERACTIVE COURSE MAPS

25 mile course

AR10

START TIMES & LOCATIONS

AR10 Starts at Rattlesnake Bar (*Old Horse Assembly*) at 9AM

For directions to Rattlesnake Bar start, [click here](#).

MILEAGE, PACE CHART, & CUTOFFS

AR10 Mileage/Pace Chart with Cut-Off Times

INTERACTIVE COURSE MAPS

10 mile course

AR10 Runners must check in on race morning at the start line.



Runner safety is our number one priority. Medical teams will be at Beal's Point and the finish line. All aid stations have a first aid kit with basic supplies.

“Rub some dirt on it” sounds rough and ready, but it's better to have actual medical professionals take a look at your boo-boo.

PACERS AND DROP BAGS

Review the information [here](#).

Pacers are ONLY allowed at designated locations. No pacers in AR25 or AR10 please.**

Drop Bags will be given to you at Fleet Feet Folsom upon check-in.

**While it is true we won't be featuring any sharks along the course this year thanks to the tyranny of insurance premiums, the tall intern may not have been perfectly forthcoming about whether he got ALL the sharks out of Avery's Pond (he was yelling a lot about OSHA or something), it is possible that the odd shark or two was misplaced. As such, it remains in everyone's best interest that no unauthorized pacers put so much as a toe on the trail.

CREWING

Spectators, friends and family are encouraged to cheer you through the **“Altra Fan Zone”** at Beal's Point (Mile 27) Review the mileage pace chart linked above for crewing locations.

Crews are responsible for the \$12 State Park Fee OR must use a CA State Parks Poppy Pass to be displayed at all times.



RACE TIMING

Professional Race Timing by Capital Road Race Management. Split Mats will be located at: Start; Willow Creek, Beal's Point, Rattlesnake Bar and the Finish Line.

Live runner tracking and results can be found here:

<https://www.athlinks.com/event/39523/results/Event/1046239/Results>

BUS INFORMATION

AR50 – Park at the Overlook and take the bus to the starting line. Bus leaves at 4:30 AM

AR50 Folsom Hotels- review the bus departures and times from the Folsom Hotels here: }
<http://www.ar50mile.com/lodging.asp>

AR25 – Park at the Overlook and take the bus to Beal's Point – Bus leaves at 5:30 A.M.

AR10- Park at the Overlook and take the bus to Rattlesnake Bar- Bus leaves at 8:00 A.M.

GU NUTRITION ON COURSE

Click here for detailed information about what GU products to expect at different aid stations.

JAMBARS and **KRAM** Uncrustables will be on course at Willow Creek, Black Miner's Bar, Beal's Point, Granite Bay, Horseshoe Bar, Rattlesnake Bar, and Dowdin's Post.

Folsom Point (*AR50 1st aid station*) & Last Gasp (*Final aid station for all races*) are Express Stations with only **GU Nutrition Products** (Gel and Drink) and Water.



POST-RACE EATS

Gotta refuel! We'll have plenty of food waiting for you at the finish, courtesy of **Taco Tree** and **Pushkin's Bakery**. Enjoy gluten- and dairy-free brownies and **Chef Tim's homemade soup for the soul**.

And thank you, yes, **Best Day Brewery** is setting up a Beer Garden for those of you who meet or exceed the minimum vintage (21+). Enjoy the restorative joy of IPAs and non-alcoholic beers.



GU ROCTANE EXPRESS CONTEST

Five lucky runners will find an air-filled GU Roctane gel at the following aid stations: **Granite Bay, Horseshoe Bar, Rattlesnake Bar, Dowdin's Post, and Last Gasp**. Don't think we didn't like you; we did this on purpose! Pack that air filled Roctane with you and bring it to the finish line awards tent to redeem your **FREE** entry into the 2024 American River 50!

GU TERRACYCLE

All NorCalUltras 2023 races have taken the GU TerraCycle Pledge! TerraCycle bins will be located at every aid station on the AR50/25/10 course.

Recycle your Performance Nutrition with **GU & TerraCycle - YouTube**

You Can Make a Difference

Join us in saying #NotTodayLandfill

Save your sports nutrition wrappers from ALL brands, GU and any others. Gel, Chew, Stroopwafel, bar, drink mix, and recovery drink mix single serve wrappers can be upcycled. Don't toss them in the garbage or recycling bin.

Collect them in a box, bag, envelope, cannister...whatever's handy. When your container is full, drop it off at a participating retailer, bring it to a participating race, or mail your wrappers directly to TerraCycle with a **FREE UPS shipping label**.

Best Practices for Recycling

In order to recycle this waste stream properly, please make sure all product has been removed (i.e. leftover GU product). Additionally, if you choose to rinse your product, please note that it must be completely dry prior to shipping. You cannot ship dripping packages.

What Happens to Your Recyclables?

Once collected, the packets are shredded and melted into hard plastic to make new recycle products like picnic tables, park benches, bike racks, and playgrounds.

Be a trail angel and TerraCycle your sports nutrition!



ALL THE THINGS

Stuff you can do, win, wear, drink & eat along the way

ALTRA

The legend has evolved. Our best-selling trail shoe, the **Lone Peak 7** is now equipped with a seamless, stitch-less upper that's lightweight and durable. With streamlined construction, stay nimble and confident on any terrain. An upgraded MaxTrac™ outsole offers stickiness and grip underfoot while an Altra EGO™ midsole helps achieve the perfect combination of responsiveness and comfort. Let your feet move naturally through nature with Original FootShape™ Fit. This legendary trail runner is calling for some rugged trail adventures. Will you answer the call? Stop by **Fleet Feet Folsom/Roseville** to try the **Lone Peak 7**!



Altra G.O.A.T.* Selfie

Take a selfie at Beal's Point by the Altra sign and let us know who **your** G.O.A.T. is. Remember to tag **@altrarunning** and **@norcalultras**. As much as we'd like to tell you they'll send you a zero-drop Ferrari, they can't send you a zero-drop Ferrari. Not even a zero-drop 1987 Honda Civic. They're an awesome shoe company, not a distributor of free high-performance vehicles or Ferraris. Just shoes. Awesome shoes.

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