

AMERICAN RIVER

ENDURANCE RUNS
50-MILE ■ 25-MILE ■ 10-MILE

PRESENTED BY 

ARE YOU READY TO
RUN?



PRESENTED BY 

Race day is Saturday, April 5, and this is what you need to know...



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>

RACE LIVESTREAM
<https://youtube.com/live/3K5Jc3QfRSA?feature=share>

RUNNER LIVE TRACKING
<https://my.raceresult.com/332655/>

Please check our social media accounts for updates, including our "Road to AR" videos discussing the course and other nuggets of wisdom.

<https://www.youtube.com/@norcalultras>
<https://www.instagram.com/norcalultras/>
<https://www.facebook.com/NorCalUltras/>

RUNNER CHECK-IN

Friday, April 4 • 12PM – 7PM
Fleet Feet Folsom • Roseville
6610 Folsom-Auburn Rd, Folsom, CA 95630



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 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.

START TIMES- Saturday, April 5th

AR50- 6:00 A.M. – Folsom Point
AR25 – 7:00 A.M. – Beal's Point
AR10- 9:00 A.M. – Rattlesnake Bar (*Old Horse Assembly*)

AR50

STARTS AT 6AM

AR50 Starts at Folsom Point at 6AM
For directions to the Folsom Point start, [click here](#).

MILEAGE, PACE CHART, & CUTOFFS
AR50 Mileage/Pace Chart

INTERACTIVE COURSE MAPS
50 mile course

AR10

STARTS AT 9AM

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

INTERACTIVE COURSE MAPS
10 mile course

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

AR25

STARTS AT 7AM

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

INTERACTIVE COURSE MAPS
25 mile course



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/1076363/Results>

Runner safety is our number one priority. Medical teams will be at Beal's Point, Horseshoe Bar 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 (50-Mile Race ONLY)

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.

Finish Line Drop Bags are allowed for: AR25 and AR10 - Bring to the start line of the race.

**While it is true we won't be featuring any sharks along the course this year thanks to the tyranny of insurance premiums, one of the interns (the one who's always washing his hands) said he heard something about a large reptile. Who knows. At any rate, it continues to be in everyone's best interest that no unauthorized pacers put so much as a toe on the trail lest some unaccounted for apex predator set upon them.

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.

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.

NUTRITION ON COURSE

skratcH LABS



ORGANIC
ARTISAN ENERGY BAR
JAMBAR

saltstick

NUTRITION ON COURSE

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

Folsom Point (AR50 1st aid station) & Last Gasp (Final aid station for all races) are

Express Stations, stocking *only* Water, Soda, Skratc Hydration Drink and GU Energy Gels.

**Taco
Tree**

WATERLOO
A SPARKLING WATER



POST-RACE EATS

Gotta refuel! We'll have plenty of food waiting for you at the finish, courtesy of **Taco Tree** and **Dust Bowl Brewing**. Enjoy **Chef Tim's homemade soup for the soul**.

ALL THE THINGS

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



LONE PEAK 9

Take on legendary adventures in a shoe designed to keep up. We reengineered the upper for more durability, improved the midsole, and updated the outsole for more grip. A revised midsole foam is lighter weight and designed to deliver a comfortable connection to the ground. No-sew overlays and a 100% recycled ripstop mesh upper are made for high-mileage durability while an improved outsole offers sticky underfoot grip. Get that classic Altra feel with zero drop and our roomiest toe box, with plenty of room to help your toes move more freely, and space through the midfoot. Durability, grip, and connection on the trail? Legendary.



here for you.

Get ready for your race with 20% off your order at skratclabs.com.

NORCAL2025

Gets 20% OFF an entire order at skratclabs.com



Promo:
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 Expiration:
12/20/25
 Redeem:
jambar.com



ORGANIC
 ARTISAN ENERGY BAR
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Contains sulfites. **750ml, 6.5% Alc by Vol., Hard Apple Cider.**
 Made and Bottled by Ponderosa Cider Co., 103 Quin Ln, Folsom, CA 95630
GOVERNMENT WARNING: (1) According to the Surgeon General, women should not drink alcoholic beverages during pregnancy because of the risk of birth defects. (2) Consumption of alcoholic beverages impairs your ability to drive a car or operate machinery, and may cause health problems.

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 ENDURANCE RUNS
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Ponderosa Cider Co.

Show your AR Bib and receive 20% off drafts and 20% off 4 packs to go!

@ponderosacider
 www.ponderosacider.com

GU TERRACYCLE

All NorCalUltras 2025 races have taken the GU TerraCycle Pledge!

TerraCycle bins will be located at every aid station on the AR course AND at the Ultra Village finish line in the GU Energy Labs booth.

Recycle your Performance Nutrition with GU & TerraCycle - Click to see the video on YouTube.



You need three things to make a race work—runners, volunteers, and...

SPONSORS:





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chris o'connor
DESIGN + ILLUSTRATION



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