

Subject: AR25 Mile Endurance Run 2017, Presented by CLIF Bar - Final Runner Confirmation



Welcome to the 2nd Annual American River 25 Miler
Presented by CLIF Bar!

We hope you're getting excited for a safe and successful journey to Auburn. Please take time to read through the details below so that we may help in your final preparations for race day.



Welcome to the 2nd Annual American River 25 Mile Endurance Run Presented by CLIF Bar!

We invite you to read about the AR50 history rich in tradition.

AR25 & AR50 and NorCalUltrass are proud to support our race beneficiaries: California Conservation of Trails (CCOT), Running School and Wings for Life.

Our volunteers are the lifeblood of this event. Without dedication of our aid station captains, crews, course markers, medical/safety teams, radio operators, mounted patrol sweeps, and my NorCalUltrass team, this event could not happen. Please take a moment on race day to say "thanks" to all these individuals who are giving their time and energy to help you safely arrive at the finish line. Thanks to our partnership with the Brown's Ravine Marina, California State Parks - Folsom Lake State Recreation Area, Auburn State Recreation Area, the Auburn Recreation District and City of Auburn for their continued support.

Thanks to our generous sponsor and partners for their contributions to help make AR25 and AR50 a premier event.

The trails are in pristine conditions, the sun will be shining and your AR25 medallion await you at the finish line. On behalf of my team, we look forward to seeing you soon.

HAPPY TRAILS!

Julie Fingar, Race Director



Presenting Sponsors

Thanks to the following presenting sponsors for their support and contributions towards the race.

Presenting Sponsor and Official Energy and Recovery Bar - [CLIF](#)



Official Energy Gel and Energy Drink - [GU](#)



[Visit Folsom](#)



Official Footwear - [Salomon](#)



Official Recovery Station - [+ addaday](#)



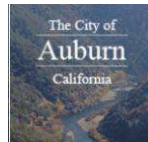
Official Recovery Tape - [RockTape](#)



Official Hydration Sponsor - [CamelBak](#)



[City of Auburn](#)



Official Beer Sponsor - [Tap It Brewing](#)



Official Motivation Sponsor - [Kokopelli](#)



[Wings for Life World Run](#)



All the information you need to know!

EARLY CHECK IN

Early Check In is at Fleet Feet Sports, Folsom.

Fleet Feet Folsom
6610 Folsom-Auburn Rd.
Folsom, CA 95630



You may check in the following days:

- Thursday, March 30, 2017 from 3 P.M. - 8 P.M.
- Friday, March 31, 2017 from 10 A.M. - 7 P.M.

A friend may pick up your packet for you! But, why come on Thursday??

5, that's right, 5 runners that come on Thursday will have the chance to win a lucky pass in to the 2018 AR25 Mile Endurance Run. Yup, you read that correct! You will receive a complimentary entry. How "Awesome" is that?!

Here's how it works:

- Show up on Thursday between 3PM and 8PM.
- You will enter your name in the AR25 jar.
- At the last 10 minutes of each hour, a winner will be drawn at random.
- Certificates are non-transferrable and must be used for the 2018 event.
- MUST BE PRESENT TO WIN.

Race Day Check-In

Race Day Check In is at Beal's Point, Folsom Lake - 6:00 a.m. - 6:45 a.m

**If you have checked in on Friday, you do not need to check in on race morning.*

Course Info

- [Click here to view the course map](#)
 - Remember, you are starting at Beal's Point on this map and follow the last 25 miles of AR50.
- Course will be marked in **ORANGE** ribbon.
- Follow all chalk and flour markings.
- Please remove all headphones at aid stations and road crossings. This is for your personal safety and the safety of the event.



Timing and Race Start

- [AR25 is using the ChronoTrack B-tag timing system.](#)
- Your timing chip is on your bib. Please do NOT fold or it will not read.
- Start time is at 7:00AM SHARP!!
- We thank you for your cooperation in staying in your assigned wave. This is for your safety and overall race experience.

Aid Stations

- [Click here for aid station information](#)

- Runners should carry two water bottles, as it is 8.69 miles between Granite Bay Aid Station and Horseshoe Bar Aid station.
- CLIF Nut Butter Filled Bars
- GU Roctane Energy Gel and Roctane Energy Drink will be served on course
 - Roctane Ultra Endurance Energy Gel Flavors - various flavors
 - Roctane Energy Drink Flavors- Grape and Summit Tea
- Aid stations will be well stocked with plenty of energy food and fluids.

Trail Etiquette

Pack it in & Pack it out!

Keep it Beautiful

AR's partnership with California State Parks - Folsom Lake, Auburn State Recreation Area, Auburn Recreation District and City of Auburn are extremely important and vital to the success of our event. We are privileged to have the opportunity to run these environmental sensitive historic trails.

Please respect the trails and do NOT litter. Pack it in and pack it out. If you are seen littering on the trail, you will be disqualified from the race. No exceptions!

[Please read through our trail etiquette and safety rules.](#) Thank you for your cooperation.

Getting to the Start - Our recommendations in order!

- Have a friend or family member drop you at Beal's Point.
- Drive to Beal's Point and leave your car here. You are responsible for your transportation back to Beal's Point. **THIS OPTION IS NOT RECOMMENDED.**
- Leave your car at the finish line and take the bus from the Overlook Finish Line to Beal's Point at 5:30AM. Morning bus is \$20, sign up here:

<https://ultrasignup.com/shopping.aspx?dtid=21877>

Pacers

No pacers are allowed. You got this!!!

Finish line Drop Bags

If you wish to leave clothes for the finish, please label your bag with your name and bib # on it and leave with our NorCalUltras team at the startline. Your bags will be at the finish line in the "AR25 Drop Bag" area.

Drops

If for any reason you must drop, you must do so at an aid station and let the captain know. We will our best to get you a ride out of the station, but please be patient as this may take some time. Your best option is to have your crew pick you up.

Volunteers

"The more you lose yourself in something bigger than yourself, the more energy you will have." - Norman Vincent Peale

If you are interested in being a part of AR25 and wish to volunteer, please e-mail:
volunteers@norcalultras.com

Post Race Festival

Kick back and unwind in our AR Village Presented by CLIF bar. Vendors from the local community as well as our race partners are ready to meet and greet you after your race.

Post Race Eats

- Joe's Cafe with grilled burgers, veggie burgers and hot dogs.
- Chef Tim Ruffino's homemade soup & chili for your soul
- Cool beverages
- Fresh fruit
- Decadent chocolate brownies from Carroll's Kitchen

Awards

- Awards will be given to the top 3 Overall Male and Female
- Age Division Awards to the top 3 in each ten year age group.
- 2 Spirit Awards will be given for the individuals who have the most "creative fun" en route to the finish.

Coupon



[Ultra SignUp](#)

AR Snippets

CLIF - Check out ClifCast - the Podcast from CLIF Bar offering information and insights on sports nutrition for runners. Get the lowdown on proper nutrition, hydration, and other tips and tricks dedicated to getting the most out of your training and race day efforts.

www.clifbar.com/clifcast

<http://itunes.apple.com/podcast/clifcast/id370438300>

GU - GU provides easy to digest nutrition on-the-go, giving your body a quick boost and sustained energy to fuel you to the finish line. On-course products include Energy Gels, Roctane Energy Gels, Energy Chews, Roctane Energy Drink and our new Energy Stroopwafels. Good luck runners, #GUforit!

Salomon - Salomon is excited to continue sponsoring AR25 & AR50 and support the Auburn running community. AR50 is one of the biggest and best trail races in the country that offers a beautiful and challenging course for all participants. Salomon is committed to providing the perfect trail shoe for every runner and every type of terrain.

+ addaday - Ultramarathon training isn't for the faint of heart. You ask a lot of your body, take care of it by adding in a daily massage to your training. Recover right so you can push harder. Addaday tools are versatile and innovative and are designed specifically to help you feel better, move more and run longer.

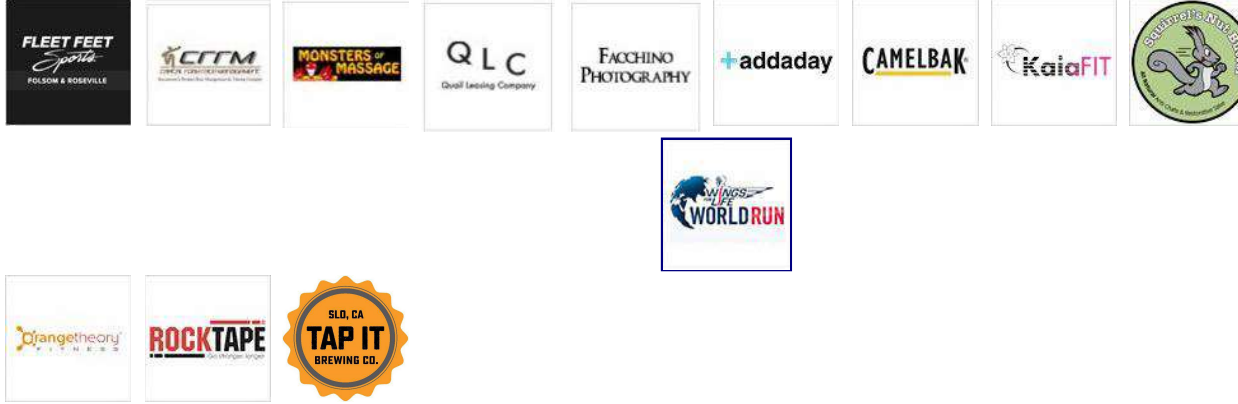
RockTape: Prepare - Perform - Recover. RockTape is the world's best kinesiology tape. It can be used to treat sports and non-sports injuries, including shin splints, plantar fasciitis, runner's knee and back pain. Start Strong and Finish Strong with RockTape.

Tap It Brewing: Join us race day in the festival and celebrate with Tap It Brewing! Cheers! 21 and over - have your ID. #ar50 - Don't forget to use this in your twitter feed as you are having a blast either preparing for AR50 or while you are running AR50 or if you are cheering on folks at AR50!!

#ar50 - Don't forget to use this in your twitter feed as you are having a blast either preparing for WTC or while you are running WTC or if you are cheering on folks at WTC!!!

SPONSORS





NorCalUltras | staff@norcalultras.com | www.norcalultras.com

Get Connected with NorCalUltras



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Constant Contact
Try it free today