

## Welcome to the 4th Annual American River 25 Miler!

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 4th Annual American River 25 Mile Endurance Run!

**Please read the entire content of this email, as the transportation has been updated.**

We are thrilled to continue our partnership with the Folsom Tourism Bureau.

We invite you to read about the AR50 [history rich in tradition](#).

AR25 and AR50 and NorCalUltras are proud to support our race beneficiaries: California Conservation of Trails (CCOT) and Running School.

Our volunteers are the lifeblood of this event. Without the dedication of our aid station captains, crews, course markers, medical/safety teams, radio operators, mounted patrol sweeps, and my NorCalUltras 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 City of Folsom, Folsom Tourism Bureau, California State Parks- Gold Fields District, Auburn State Recreation Area, the Auburn Recreation District and City of Auburn for their continued support.

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

The trails are in pristine condition, the sun will be shining and your AR25 medallion await you at the finish line. On behalf of myself and AR25/50 event team, we look forward to seeing you soon.

**HAPPY TRAILS!**

Julie Fingar, Race Director



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**Presenting Sponsors**

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

[Visit Folsom](#)



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



Official Footwear Sponsor - [Salomon](#)



Official Hydration Sponsor - [Camelbak](#)



Official Skirt Sponsor - [RYP Wear](#)



Official Vehicle Sponsor - [Future Nissan of Folsom](#)



Official Community Partner - [Sacramento Running Association](#)



Official Motivation/Podcast Sponsor - [Kokopelli](#) and [Trail Runner Nation](#)



**Get Connected with NorCalUltras**



Use #ar25 for updates and to share!

**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:

- Friday, April 5, 2019 from Noon - 7 P.M.

A friend may pick up your packet for you!

5, that's right, 5 runners that come on Friday will have the chance to win a lucky pass in to the 2020 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 Friday between 2PM and 6:30PM.
- Your bib number will be placed in the AR25 Drawing.
- On the half hour of each hour, a winner will be drawn at random.
- Certificates are non-transferrable and must be used for the 2020 event.
- You do not need to be present to win. Winners will be emailed the week after AR25.

**Please note, AR25/50 is now cupless.**

Our friends from GU will be providing all entrants a reusable cup for the aid stations!! Don't forget to bring it with you on race day!!



## 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 Logistics

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 Auburn Fairgrounds, located at the intersection of Auburn-Folsom Blvd & Sacramento Street. The entrance is behind 7-Eleven at 303 Sacramento Street in Auburn. No AR25 bus will be leaving from the Overlook, the pick-up point for AR25 is in the Fairgrounds parking lot. Take the bus from the the parking lot to Beal's Point, which will depart no later than 5:45AM. Arrive at the Fairgrounds parking lot no later than 5:30AM so that you will not miss the bus. This location is about .8 miles from the finish line at the Overlook. Morning bus is \$20, sign up here:**

<https://ultrasignup.com/shopping.aspx?dtid=31820>

## 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!!

## Aid Stations

- [Click here for aid station information](#)
- Runners should carry two water bottles, as it is 8.5 miles between Granite Bay Aid Station and Horseshoe Bar Aid station.
- Aid stations will be well stocked with plenty of energy food and fluids.

## Crewing Instructions and Tips

- [Click here to read our essential crew tips.](#)
- [Click here for important crew driving instructions.](#)

## 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 start line. Your bags will be at the finish line in the "**AR25 Drop Bag**" area.

## 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.

## AR 25 Awards

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

## Drops

If for any reason you must drop, you must do so at an aid station and let the captain know. We will do 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.

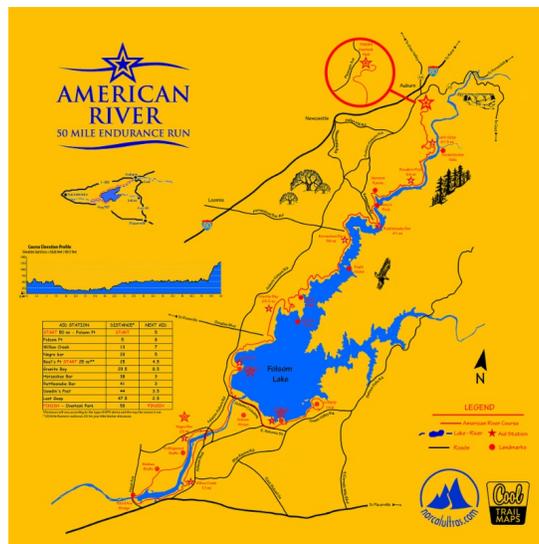
## Volunteers

"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 AR25/50 and wish to volunteer, please e-mail: [volunteers@norcalultras.com](mailto:volunteers@norcalultras.com)

## Post Race Festival

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



## AR50 Course Bandanna!- Get 'em while they last!

[Cool Trail Maps](#) will be selling AR50 course bandannas on race day at the Cool Trail Maps tent, as well at packet pickup on Friday!!

## Race Day Special - \$10

Bandannas also available for WTC, Auburn State Recreation Area, Cronan Ranch, Dru Barner and Western States Trail. Limited quantities available.



Don't miss your chance to snag your "AR50 40th Anniversary Beanie" at our NorCalUltras Merchandise tent. Limited quantities available.

### ***Race Day Special - \$10***

### **Post Race Eats**

- [Baja Fresh](#) Burritos, Chips and Salsa
- Chef Tim Ruffino's homemade soup for your soul
- Cool beverages
- [Tap It Series](#) Beer from our friends at [Auburn Community Taphouse](#), and [Sufferfest](#) Beer as well serving up their gluten removed brews - for those 21 and over. Bring your ID!
- Fresh fruit
- Signature homemade decadent brownies

### **Coupons**

**\$10 off registration for our Summer Events!**

- [She Rocks the Trails](#)- 10K and 25K - July 6, 2019
- [Twilight Trail Adventure Runs](#)- 5K and 10K - August 3, 2019

**Use Discount Code AR252019**

**Good thru April 30, 2019**

Register here! [Ultra SignUp](#)

### **RYP Wear**



RYP Wear will be at the post race festival with all of their fabulous and fun running skirts! Get \$10 off of skirts purchased on race day, or order yours now with code AR50 at [RYPWear.com](http://RYPWear.com). **Good thru April 15, 2019.**

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## AR Snippets

**GU** - In 1993, it all started in a Berkeley, California kitchen. Dr. Bill Vaughan formulated the first GU Energy Gel as a more digestible fuel for his daughter, a top ultramarathoner. What he created was a breakthrough product that allowed athletes to effectively fuel on-the-go. Innovation created GU Energy Labs 25 years ago, and today it is still family owned. GU is a proud sponsor and excited to help fuel you to the finish line. Good luck runners, #GUFORIT!



**Salomon** - Salomon is excited to continue sponsoring Way Too Cool and support the Auburn running community. Way Too Cool 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.



### **Auburn Community Tap House:**

Auburn Community Tap House & Bottle Shop is a community tap house offering a rotating selection of the best local independent craft brews, ciders and wine in a family-friendly environment. You'll find a large draft selection and about 75 different cans/bottles to choose from. In addition, they also offer small bites and snacks. The tap house also welcomes outside food and beer can be purchased to go as well. Cheers!

**#ar25** - Don't forget to use this in your twitter feed as you are having a blast either preparing for AR or while you are running AR or if you are cheering on folks at AR!!!

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## SPONSORS



