

FACEBOOK TWITTER

AMERICAN RIVER 50 MILE ENDURANCE RUN

Welcome to the 38th Annual American River 50 Mile Endurance Run Presented by [Clif Bar](#). We hope you're getting excited for a safe and successful journey to Auburn. Please take time to read through all details below so that we may help in your final preparations toward race day.

<http://AR50MILE.COM>

WELCOME RUNNERS!

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

AR50 and NorCalUltras 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 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 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 sponsors and partners for their contributions to help make AR50 a premier event.

The trails are in pristine condition, the sun will be shining and our one of a kind sweet Patagonia jacket and AR50 medallion await you at the finish line. On behalf of my AR50 team, we look forward to seeing you soon.

Happy trails,

Julie Fingar, Race Director



[Letter from the City Council of](#)

[Letter from the Folsom](#)

[Auburn - Bridget Powers](#)

Welcome to the City of Auburn, the "Endurance Capital of the World".
[Read More.](#)

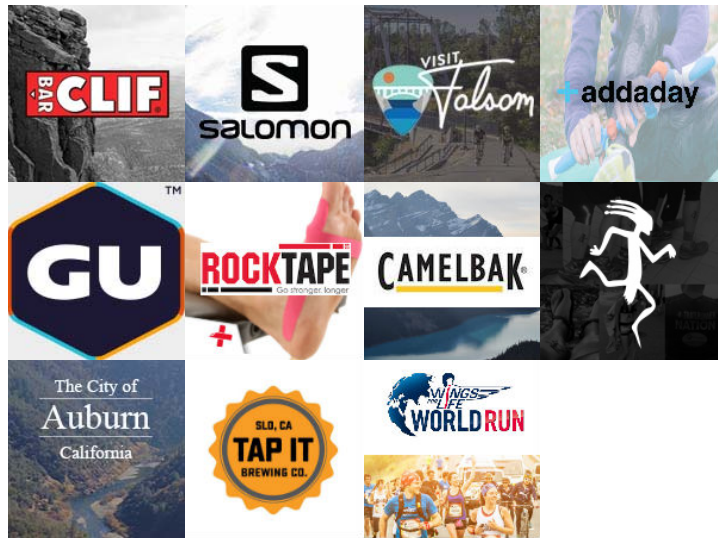
[Tourism Bureau](#)

Welcome to Folsom! We are so glad you are here! We hope you enjoy Folsom's many amenities including...
[Read More.](#)

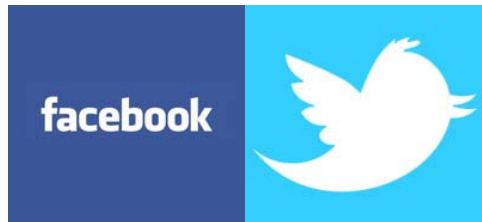
"THE SKY IS NOT MY LIMIT...I AM."
- T.F. HODGE

PRESENTING SPONSORS

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



GET CONNECTED



[Facebook](#)

[Twitter](#)

Click here for Facebook updates before, during and after the race!

Click here to follow us on Twitter and receive race-day updates.



EARLY CHECK IN

Early Check In is at Fleet Feet Sports, Folsom. 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.



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 AR50 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 3 P.M. and 8 P.M.
- You will enter your name in to the AR50 candy jar.
- At the last 10 minutes of each hour, a winner will be drawn at random.
- Certificates are non transferable and must be used for the 2018 event.
- **Must be present to win.**

RACE DAY CHECK IN

Race Day Check In is at Brown's Ravine Marina from 5:00 a.m. - 5:40 a.m.
Address: Browns Ravine, Folsom, Ca. 95763. [Click here for map.](#)

Start Time

All runners will start at 6:00 a.m.

Please Read!

- **The park road in to Brown's Ravine will close at 5:00 A.M. You MUST be in before this time. This is for your safety and the safety of the event.**
- You will only receive your bib number and B-tag. Your shirt and goody bag will need to be picked up at the finish line at the AR50 Awards Tent. We will NOT mail these out after the race.
- If you have checked in on Thursday or Friday, you do not need to check in on race morning.

Race Day Transportation

There are four options for race-day transportation.

[Click here to see each option and make the proper arrangements.](#)
Thank you.

Bus Transportation

- You must pre-register for the bus (A.M. or P.M.). [Click here to register.](#)
- Deadline is Wednesday, March 29, 2017
- The morning bus leaves promptly from the finish line (Auburn) at 4:10 A.M.
- There are 2 evening shuttles.
 - The shuttles leave at 7:00 P.M. to take runners who parked at the starting line back to Brown's Ravine Marina and also those staying at Folsom Hotels.
The gate to Brown's Ravine closes at 7:00 P.M.
- For both the AM and PM busses, you MUST be pre-registered.

LODGING AND SHUTTLE TIMES

Here is the schedule for hotel departures. Please be early as the shuttle will leave on time.



Lake Natoma Inn

Departure: 4:15 A.M.



Courtyard by Marriott & Residence Inn by Marriott

- Departs at 4:15 AM from Whole Foods Market parking lot in Folsom (270 Palladio Parkway, Folsom CA 95630)
- These properties are adjacent to one another



Hilton Garden Inn & Larkspur Landing Folsom

- Departure: 4:15 A.M.
- Pick up is at Hilton Garden Inn
- These properties are adjacent to one another

Hampton Inn

- Departs at 4:15 AM from Whole Foods Market parking lot in Folsom (270 Palladio Parkway, Folsom CA 95630)

TIMING AND RACE START

| [VIEW ONLINE](#) |

- AR50 is using the ChronoTrack B-tag timing system.
- Your timing chip is on your bib.
- Please do NOT fold or it will not read.
- Race Starts at 6:00 A.M.

COURSE AND MAP

[| VIEW ONLINE |](#)

- Course will be marked in **ORANGE** ribbon.
- Follow all chalk and flour markings
- Head lamps will be needed at the start. You can drop your head lamp in the designated bin at Folsom Point (mile 4.97). Be sure to put your name on it.
- You can retrieve your head lamp at the finish drop bag area.
- Please remove all headphones at aid stations and bike trail intersections. This is for your personal safety and the safety of the event.

AID STATIONS

[| VIEW ONLINE |](#)

- Please review the mileage charts and course cut-offs.
- Runners should carry two water bottles, as it is 8.69 miles between Granite Bay Aid Station and Horseshoe Bar Aid station.
- Aid stations will be stocked with [Clif Nut Butter Bars](#) and
- [GU Roctane](#) Energy Gel, various flavors and Roctane Energy Drink; Summit Tea and Grape will be on course
- Aid Stations will be well stocked with plenty of energy foods and fluids.

CREWING INSTRUCTION AND TIPS

[| VIEW ONLINE |](#)

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

DROP BAGS AND PACERS

[| VIEW ONLINE |](#)

Drop Bag locations:

- Beal's Point (Mile 24)
- Rattlesnake Bar (Mile 40)
- Finish Line (Mile 50)
- Please bring your drop bags on Saturday morning to the race start.
- Look for the designated sign for each location.
- Label your bag with your name

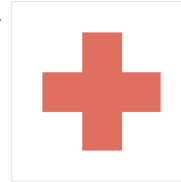
Pacers

Pacers can be picked up at:

- Beal's Point
- Granite Bay
- Rattlesnake Bar
- Pacers do not need to sign in.
- Only one pacer at a time is allowed.
- Pacers are required to arrange their own transportation.

MEDICAL INFORMATION

Medical personnel will be at mile 25 (Beal's Point) and Finish Line. Medical personnel and aid station captains have the authority to pull any runner from the course. Cut off's on course are strictly enforced. They are in place for your safety and those around you. Your cooperation and understanding are appreciated.



TRAIL ETIQUETTE

Pack it in & Pack it out!

Keep it Beautiful.

AR50'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.

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

AR50 AWARDS

- [Patagonia "Hit Your Split"](#)
- [Spirit Awards](#)

* Split will be based on the chip time (verified by our timing company CRRM.)

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 AR50 and wish to volunteer, please e-mail:

volunteers@norcalultras.com

POST RACE EATS

Each runner will receive a raffle ticket at the finish line to enjoy a trip to "Joe's Café" for grilled burgers, veggie burgers and hot dogs. Beverages will accompany the meal.



Chef Tim Ruffino's homemade soup & chili for your soul.



Decadent chocolate brownies from Carroll's Kitchen.

Cool beverages

Fresh fruit

AR50 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.

<http://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 AR50 and support the Auburn running community. American River 50 Mile 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 Race Video by Stephen Porter](#)

COUPONS



SPONSORS

