



# American River 50 Mile

## Frequently Asked Questions (FAQs)



### What day, time and where is the AR50 start?

American River 50 Mile is on Saturday, April 4th. The start is at 6AM sharp and is located at Folsom Point (1000 East Natoma Street, Folsom, CA 95630). Although there is parking, it will be best if you will be dropped off, either by the complimentary hotel busses or your crew. The gates to the park will be closed to all car traffic at 5:20AM. However, if you arrive after the gates close, you will need to walk down to the start. The gates will reopen at 6:30AM.

### What time do hotel busses depart?

There will be 2 busses departing for the AR50 start at Folsom Point. The 1<sup>st</sup> bus be departing from the hotels are: 1) Hilton Garden Inn & Larkspur Landing (as they are in the same area) at 4:45am, 2) Lake Natoma Inn at 5am.

The 2<sup>nd</sup> bus will be departing from Whole Foods in Folsom (270 Palladio Pkwy, Folsom, CA 95630). This bus will take runners that are staying at the Courtyard by Marriott, Residence Inn by Marriott, Hampton Inn & Suites or any other hotel in that area. Please make sure you are in the parking lot at Whole Foods, not at the hotels. This bus will leave at 4:45am.

### Can I leave anything on the bus (clothing, etc...) and will it be taken back to the hotels?

**No**, do NOT leave anything on the bus. Anything left on the bus will be given to a charity of choice by the hotel. Again, do NOT leave anything on the busses. Come prepared to run, or place anything you may not want to carry with you in a drop bag. Drop bags will be accepted for Beals Point, Rattlesnake Bar and the Finish Line only. The drop bags will be provided to you (specific NCU drop bags) at Packet Pickup or at the start.

### Is there race parking at the start?

Yes, there is absolutely parking at the start, however you must be in the parking lot before the gates close at 5:20AM and will not be open again until 6:30AM.

### Will there be bathrooms at the start of AR50?

Yes, there will porta-potties placed near the start line.

### Will there be drinking water at the start of AR50?

**No**, there will not be any drinking water available, so please come prepared with your bottles/packs full.

### Will I need a headlamp?

Yes, it is suggested, as the sun will not rise until around 6:45 AM. And the sun will set at around 7:30PM. You may drop off your headlamp at the 1<sup>st</sup> aid station, Folsom Point. You will be able to pick up your headlamp at the Finish Line (in the Drop Bag Area). If you are in need of a headlamp later on during the day, please make sure you carry one with you or in your drop bag or with your crew. The early morning headlamps will only be transported up to the Auburn Dam Overlook.

### Is there a bus from finish back to the hotels?

Yes, the (single) bus will leave the Auburn Dam Overlook at 8:00PM sharp and will return to the morning departure points.

### All race details are at:

<http://Ar50mile.com>