

Welcome to the 40th Annual American River 50 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.



40th Anniversary

Welcome to the 40th Annual American River 50 Mile Endurance Run!

Please read the entire content of this email, as the transportation and Startline logistics have been updated.

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

We are also proud to have American River be part of the Pacific Association Ultra Grand Prix again this year. This is a series of 16 ultra races throughout the year, including Way Too Cool, American River and Rio Del Lago.

Click <https://www.pausatf.org/joinrenew-now/> to join USATF!

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) 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 AR50 a premier event.

The trails are in pristine condition, the sun will be shining and our one of a kind sweet finisher's jacket and AR50 medallion await you at the finish line. On behalf of myself and AR50 event 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.

[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 #ar50 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 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 Friday between 2PM and 6:30PM.
- Your bib number will be placed in the AR50 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 AR50.

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 Folsom Point, Folsom Lake - 5:00 a.m. - 5:45 a.m
Folsom Point is off of East Natoma Street, at the intersection of Briggs Ranch Drive and Folsom Point. [Click Here for Google Map](#). Another location is [Folsom Point Boat Ramp](#) (although you will not be able to park) or [1000 East Natoma Street, Folsom, CA](#) (not the house but the road).

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

Please Read!

- **The park road in to Folsom Point will close at 5:45 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.

Course Logistics

Race Day Transportation

- There is NO parking for anyone.
- There are only three options for race-day transportation.

- Family/Friends drop you off at the kiosk before 5:45AM or the East Natoma Street gate after 5:45AM.
- Take the shuttle from the designated hotels.
- Sign up for the shuttle from the Overlook to the Start.

Bus Transportation

- You must pre-register for the bus (A.M.) that leaves from the Overlook. [Click here to register.](#)
- Deadline is 11PM on April 1, 2019.
- The morning bus leaves from the finish line (Auburn) at 4:10 A.M.
- There will be NO evening bus going back to the Folsom Point.
- **If you are staying at one of the designated partner hotels, your bus ride to the Start Line and from the Finish Line is complimentary. Please read the following information pertaining to the transportation about the locations and time frame of departures. You do not need to sign up for this service. The evening shuttle will leave from the Finish Line (Auburn) at 7 P.M. to take runners back to their hotels and Whole Foods.**

<http://ar50mile.com/lodging.asp>

Course Info

- [Click here to view the course map](#)
- 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 5). 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 road crossings. This is for your personal safety and the safety of the event.



Timing and Race Start

- [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.
- Start time is at 6:00AM 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 8.5 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](#)

Drop Bags and Pacers

Drop Bag Locations:

- Beal's Point (Mile 25)
- Rattlesnake Bar (Mile 41)
- Finish Line (Mile 50!!)
- Please bring your drop bags on Saturday morning to the race start.
- Look for the designated for each location.
- Label your bag with your bib number AND 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.
- Pacers are required to provide 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

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 50 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.
- [Lucky Trails Jackpot](#) - Our friends from SRA want you to hit the jackpot!
 - Top 3 Overall Male and Female will also receive:
 - 1st: \$300, 2nd: \$200, 3rd: \$100
 - Hit the Jackpot - Runners that finish the race in the following positions receive \$50:
 - 50th place finisher, 150th, 250th, 350th, 450th, 550th
 - The lucky trails jackpot winners are awarded on placement finish and NOT chip timing
- 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 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.

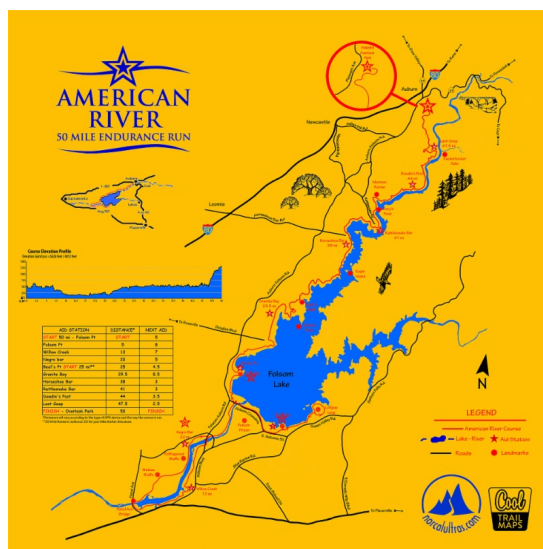
Volunteers

"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 AR50 and wish to volunteer, please e-mail: 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 as at packet pickup on Friday!!

Race Day Special - \$10

Bandannas also available for WTC, Auburn State Recreation Area, Cronan Ranch,

AR50 40th Anniversary Beanie



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. **Good thru April 15, 2019.**

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 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.



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!



#ar50 - 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!!!

SPONSORS



