

Guess what, it's 8 days and counting to the start of the ***Inaugural AR25 Mile Endurance Run!*** We are excited for your participation and know you will have a blast on the best sections of our course!

Please take a moment to read through the race logistics in order to prepare you for a safe, fun and successful journey.

Packet Pick Up

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

- Thursday, March 31, 2016 -- 2 P.M. – 8 P.M.
- Friday, April 1, 2016 10 A.M. – 7 P.M.

Directions to Fleet Feet Folsom

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

Race Day Pick Up (bib number only – swag at finish line)

Beal's Point, Folsom Lake -- Saturday, April 2, 2016 -- 6 A.M. – 6:45 A.M.

Race Start

Beal's Point, Folsom Lake

Saturday, April 2, 2016 -- 7 A.M. (one mass start)

Getting to the Start – Our recommendations in order!

1. Have a friend or family member drop you at Beal's Point.
2. Leave your car at the finish line and take the bus from the Overlook finish line) to Beal's Point at 5:30 A.M.
Sign up here for the bus
<http://ultrasignup.com/shopping.aspx?did=37677>
3. 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!**

Finish Line Drop Bags

If you wish to leave clothes for the finish, please label a 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.***

Course

The course will begin on the levee at Beal's Point and follow the last 25 miles of the AR50

course. The course is marked in **ORANGE** ribbon. Any intersections will be chalked. We ask that when crossing any park roads that you pay attention to traffic and remove all head phones. This is for your safety and the safety of our event.

Aid Stations/Mileage Pace Chart

Please review! <http://ar50mile.com/docs/AR25PaceChart.pdf>

The section between Granite Bay Horse Assembly and Horseshoe Bar requires **minimum 2 bottles or hydration pack**. Plan accordingly.

All aid stations will have water, Roctane Energy Drink, Roctane Energy Gels, sweet and salty snacks, boiled potatoes and lots of other goodies. Soda will also be available.

Pacers

No pacers are allowed. You got this!!!

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.

Volunteers

Our volunteers are the lifeblood of our event! Please remember to say thanks or give a smile as they are giving their time and energy to help you have a safe and fun experience.

Finish Line

Once you reach the finish line, you will be greeted by our extraordinary race announcers and awarded your finisher medallion. (If you did not pick up your shirt or goody bag we will hand to you at the finish line.)

Food and beverages will be served to all 25 mile finishers.

Beer Garden will open at 11:30 A.M. 21 and over are welcome.

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.

We hope you have a fantastic day and we look forward to seeing you at the finish line!

The NorCalUltras Team

