

Julie Fingar

Guess what? It is 7 days and counting to the start of the 37th Annual American River 50 M Endurance Run! We are excited for your participation and know you will have a blast from finish!

Please take a moment to read through the race logistics and ar50mile.com in order to prepare 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.
**There are prizes for coming on Thursday to packet pick up! Review the link below and come early!*
- 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)

Brown's Ravine Marina
661 Green Valley Road
El Dorado Hills, CA 95762
5:00 A.M. – 5:45 A.M.

If you are driving to the start or getting dropped off in a vehicle (other than a bus) MUST be inside the park gate before 5:00 A.M. The road closes at 5:00 A.M. Please take this seriously.

Race Start Brown's - Ravine Marina

- 6:00 A.M. (Wave 1)
- 6:15 A.M. (Wave 2)

Getting to the Start – Our recommendations in order!
Please review the transportation page thoroughly

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

Sign up for the bus here:

<http://ultrasignup.com/shopping.aspx?did=32668>

Once again, the entrance to the start line will close at 5:00 A.M. CHP will be strictly enforcing this closure.

Drop Bags and Pacers

Please review the pacers and drop bag information

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

3 Drop Bag Locations

- Beal's Point
- Rattlesnake Bar
- Finish Line

There will be 3 signs designating which location you wish for your drop bag. Please completely label your bag with ***your name, Bib # and the location.*** Please place in the location you wish to see your drop bag at!

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.

Please review the course description here: <http://ar50mile.com/course.asp>

Aid Stations/Mileage Pace Chart

Please review!

- Wave 1 - <http://ar50mile.com/docs/AR50-2015-0600-Start%20Mileage-Pace-Chart.pdf>
- Wave 2 - <http://ar50mile.com/docs/AR50-2015-0615-Start-Mileage-Pace-Chart.pdf>

Your wave start will be designated on your bib. Please start in the wave you are assigned. This is for your safety and the safety of our event.

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.

Crew Instructions

Please review the designated crewing locations.

<http://ar50mile.com/docs/Crew-Driving-Instructions.pdf>

If you crew at a non-designated location, your runner will be immediately disqualified. Please adhere to all the instructions.

Dropping from the Race

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 Festivities

Once you reach the finish line, you will be greeted by our extraordinary race announcers and awarded your AR50 finisher medallion and AR50 Finisher's Jacket. (If you did not pick up your shirt or goody bag we will hand to you at the finish line.)

The Salomon Ultra Village will be open from 10:00 A.M. – 8:00 P.M. Please visit our vendors during this time.

Food and beverages will be served to all 50 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