

AMERICAN RIVER ENDURANCE RUNS

RUNNER'S GUIDE

SATURDAY, APRIL 4, 2026



Presenting Sponsor



PHOTO: FACCHINO PHOTOGRAPHY



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The History of American River Endurance Runs

American River 50 keeps heading in right direction

Lure of the trail, climb to Auburn among race's many selling points.

Veteran ultra-runners look back on the early days of the American River 50-Mile Endurance Run and chuckle at the now-obvious notion.

The whole thing started off backwards.

One of the American River 50's strengths is its breathtaking, dramatic climb to Auburn at the end of the race, an ascent that leaves ultra-runners looking for something extra while on a friendly dirt surface.

But for the event's first two years, in **1980** and **1981**, the race started in Auburn and finished on the American River bike trail in Sacramento.

That didn't go over so well with the ultra-crowd.

"Running into the sun for five hours on the bike trail is not a party," said Auburn's **Tim Twietmeyer**, a five-time Western States Endurance Run winner and an AR 50 regular.

No one wanted to get caught taking a walk break by recreational walkers, runners and cyclists passing by.

"When you're walking in the last five miles, you didn't feel like you should be walking," said Auburn's **Bill Finkbeiner**, who first ran AR 50 in 1981. *"You feel like you're really on display."*

"Then it started going uphill. I kind of liked it better that way. That uphill finish, it seemed like you're climbing Everest."

Former AR 50 race director **Greg Soderlund** noted it's easier to run the race uphill.

AR 50 has a lot more than the right direction going for it. The point-to-point race offers a mix of pavement (19 miles) and trail (31 miles) that can produce fast times and help those running in their first.

"For a beginner, it's a great little sampler," Twietmeyer said. *"You've got the easy stuff on the bike trail and later on it's not really a torture track."*

Cool ultra-runner Kathy Young likes the mix of surfaces. *"I don't know if I've done any other event with a combination of that much pavement and then trail,"* she said. *"It's a really, really nice race."*

Soderlund said it's easy for runners to go out too fast on the bike trail.

"You can run the first half pretty comfortably," he said. *"When your legs are tired on the trail, you're using different muscles."*

"It's easy to make a mistake. It's easy to go out fast and not have enough left for the second half."

But there have been plenty of fast times. **Tom Johnson** set the men's course record of 5 hours, 33 minutes and 21 seconds in 1994. **Ann Trason** established the women's mark of 6:09:08 in 1993.

Jim Howard, who won the first three AR 50s, ran 5:32:18 on the original course in 1981.

Since the course changed direction, the likes of **Rich Hanna** (5:37:14 in 1995), **Tom Greene** (5:41:08 in 1998) and

The History of American River Endurance Runs *(CONT'D)*



Anton Krupicka (5:42:37 in 2008) have recorded impressive times.

On the women's side, Trason owns four of the fastest six times, all under 6:30.

Ellie Greenwood posted the third-fastest performance in 2012 (6:18:47) and the fifth-best in 2011 (6:25:43).

The first race in 1980 drew 200 entrants. Last year's event attracted 500 starters, making AR 50 the second-largest 50-miler in the United States.

"It's crazy how the demand has grown for the marquee events," Twietmeyer said. "People like to go to the big races. You know you're going to get taken care of."

Will Roxburgh, who owned the Fleet Feet stores in Roseville and Folsom, helped put on the race from 1989-1997. The thing he

remembers most vividly are those jackets given to the finishers.

"It was always big," he said. "We divvied up who's responsible for what. That was my responsibility. A lot of pressure to keep it up."

"We always held it (the jacket's design) in secret. Kind of the lure of the event."

Sacramento's **Gloria Takagishi** has started 39 AR50s. For her, the race's appeal centers on its beautiful course.

"We're really lucky around here," she said. "We can get out there in the wilderness and you're still just so close to everything."

The race's climb into Auburn allows runners to savor the natural beauty of the trail and anticipate the finish as spectators walk and run down to accompany friends on the final leg of the journey to the Auburn Overlook.



CITY OF
FOLSOM
DISTINCTIVE BY NATURE

Welcome to Folsom!

On behalf of the City of Folsom, it is my pleasure to welcome runners, volunteers, sponsors, and visitors to the American River Endurance Runs.

For more than a decade, Folsom has been proud to host this incredible event that showcases our city's natural beauty, strong sense of community, and commitment to health and wellness. The scenic trails around Folsom Lake and the American River Parkway provide an inspiring backdrop for endurance athletes to challenge themselves and push their limits.

Thank you to the organizers, volunteers, and sponsors who make this event possible year after year.

Congratulations to all the runners for your dedication and perseverance. I wish you the very best as you take on this challenge. May your run be safe, memorable, and rewarding. Enjoy the views!

Sincerely,

Justin Raithel
Mayor, City of Folsom



Dear Ultra Runners,

Welcome to Folsom! We are thrilled to host you for the American River 50 Mile Endurance Run, one of the most iconic ultramarathons in the country. Whether you are a seasoned ultrarunner or tackling your first 50, 25 or 10-mile challenge, we are honored that your journey brings you to our community.

Folsom is an outdoor recreation destination, and much of the American River Parkway Trail that you'll experience during the race runs right through our city. While you're here, we invite you to explore more of what Folsom has to offer—over 50 miles of paved recreational trails, scenic waterfront access at Lake Natoma and Folsom Lake, and countless opportunities to relax, refuel, and recover after the big run.

Be sure to spend some time in Historic Folsom or the Palladio for shopping, dining and live entertainment opportunities. Whether you're celebrating a finish or simply soaking in the atmosphere, Folsom is a great place to unwind.

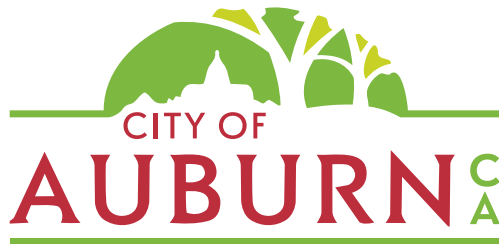
For ideas on dining, attractions, and things to do while you're in town, go to www.visitfolsom.com, where you'll find a complete guide to making the most of your stay.

Running 50 miles is an incredible accomplishment. Congratulations on taking on this challenge—we hope you enjoy every mile and every moment in Folsom.

Good luck on race day,

Joseph P. Gagliardi
President/CEO
Visit Folsom

www.VisitFolsom.com



1225 Lincoln Way, Auburn, CA 95603

Dear 2026 American River Endurance Run Athletes, Crews, and Friends,

Welcome to Auburn!

On behalf of our entire community, it is my pleasure to welcome you to our beautiful town and to the trails that make Auburn such a special place. Whether you are chasing a personal goal, exploring new terrain, or simply enjoying the experience of running in one of Northern California's most iconic trail destinations, we are honored that you chose to spend your time here.

Auburn has a long and proud history of trail running. Our canyon trails, rivers, and ridgelines have challenged and inspired athletes from around the world, and we are thrilled to share them with you. From steep climbs to sweeping views, these trails reflect the spirit of adventure that defines both our landscape and our community.

To all the runners: thank you for bringing your energy, determination, and passion to Auburn. Events like this celebrate the resilience and camaraderie that make trail running such a special sport.

To the crews, families, and friends supporting these athletes: we see you too. Your encouragement, patience, and dedication make these journeys possible, and we are grateful you are here. While your runner is out on the course, I encourage you to explore Auburn's vibrant Old Town and Downtown, scenic parks, and many locally owned shops, cafés, and restaurants.

Our small businesses are the heart of our community, and they are excited to welcome you. Whether you're grabbing a post-run meal, enjoying a cup of coffee, or browsing our historic streets, we hope you experience the warmth and hospitality that Auburn is known for.

Thank you for visiting, for supporting our community, and for being part of the incredible trail running tradition that continues to grow here.

Wishing you a memorable race, strong miles, and a wonderful stay in Auburn.

Warmly,

Kelley Davis
Mayor, City of Auburn



Auburn Area Chamber of Commerce

Serving Auburn since 1906

Welcome Runners!

You're about to have an amazing experience running the legendary American River 50-Mile Endurance Run!

The terrain you'll be running has it all—hills, rocks, streams, neighborhoods, history and stunning views of the American River! It's challenging to be sure, but the beauty of your surroundings will be a positive distraction. The last mile of this race proves to be a challenge, with a steep trail to the top of American River Canyon, where Auburn, and your finish line, await. The town of Auburn brings ultra-runners, mountain bikers and equestrians from around the world to enjoy our vast trail system and adventure opportunities.

In fact, Auburn is officially “The Endurance Capital of the World”, as it has become a mecca of endurance races for running, biking and equestrians! The original Western States Trail goes from the top of the Sierra peaks and ends in Auburn, where we welcome and host athletes from all over the world. For me personally, I'm lucky enough to have the canyon trails in my back yard, and I have been running and hiking the trails for almost 30 years. It's a very special feeling to know that you're in the very same area that Maidu Indian tribes were once grinding acorns on the smooth rocks, and the Gold Miners lined up along the river, searching for their fortune, and then the lumber mills and mines that turned the Confluence into a major hub of industry.

Auburn embraces the outdoor spirit, and is proud of our Gold Rush Heritage. It also is the home to fine dining, world-class wine trail, breweries, golf, and boutique shopping. When you finish your race, stick around to treat yourself to an ale at the brewery, a breakfast in Old Town, or a stroll through history in downtown and enjoy all that Auburn has to offer.

In the meantime, best of luck to you in this incredible journey!

Enjoy the run,
Michele Tuggle, CEO Auburn Chamber of Commerce

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Marin King, *Administrative Assistant*



March 19, 2026

Julie Fingar
American River 50 Race Director
President NorCalUltras

Re: American River Endurance Runs

Participants of the American River Endurance Runs,

Welcome to Auburn and Folsom Lake State Recreation Areas, two of California's treasured State Parks! Both parks offer diverse and extensive trail systems which host premiere endurance events and are enjoyed by hundreds of thousands of trail users each year.

During your race you will be on trails created for dam construction, by miners seeking gold during the California Gold Rush, by homesteaders, for a mining railroad and some segments traverse historic Native American routes. All of our trails are valued by our local communities and are here for everyone to enjoy. We hope you take a moment to appreciate the scenery, the challenge, and the sense of community that make this event so special during your race.

On behalf of Auburn Sector Superintendent Lauren Shoemaker, welcome to California State Parks and thank you for helping us celebrate and protect these treasured natural spaces.

Mike Howard
Superintendent
Folsom Lake State Recreation Area



Race Beneficiary



American River 50 Endurance Run 2026

[Protect American River Canyons](#) wishes all the American River 50 Endurance competitors a safe speedy race with opportunities to appreciate the wildflowers and scenic beauty of the American River watershed.

PARC works to protect and enhance the natural, recreational and cultural resources of the North and Middle Forks of the American River especially in the Auburn State Recreation Area. Our big accomplishment for 2025 was collaborating with Placer County Public Works Dept. to remove the 50-year-old steel and concrete debris from the Hwy 49 Bridge that collapsed in a flood in 1964. The Hell Hole Coffey Dam failed sending 40 foot wave downriver. The bridge debris was a safety hazard to all river recreationists.

Working with the Auburn SRA PARC sponsored 2 river cleanups; replaced 5 Auburn SRA trailhead map panels, installed a concrete bench on the Stagecoach Trail and provided art instruction for the Auburn Junior Ranger program.

PARC ramped up its Auburn to Cool Trail bridge campaign and met with State Parks and the Bureau of Reclamation to initiate needed updated planning and engineering studies for a trail bridge crossing at China Bar. Both agencies agree in concept to the bridge crossing. We are currently seeking grant funding for the updated Auburn to Cool trail bridge feasibility study that includes planning, design and engineering studies for the proposed trail bridge.

PARC would like to thank AR 50 Endurance participants and NorCalUltras for their generous support of our river conservation efforts and river education outreach.

Eric Peach
PARC Conservation Chairman

PARC ~ PO Box 9312 Auburn CA 95604 ~ 530-537-2241 ~ www.parc-auburn.org

Protect American River Canyons works to protect the natural, recreational, and cultural resources of the North and Middle Forks of the American River for all to enjoy and responsibly care for.



Welcome from Julie

Welcome to the American River Endurance Runs Presented by Altra!

As Race Director, it is truly a pleasure to welcome each of you to this special event and to the incredible community that makes it possible. Having run the American River 50 myself about half a dozen times, I know exactly what you're in for out there—and you're in for something special.

For 47 years, runners have gathered along the American River Parkway to challenge themselves, connect with one another, and experience one of the most beautiful trail corridors in California. What began as a single race has grown into a full weekend of events that now includes the American River 50 Mile, the American River 25 Mile (now in its 9th year), and the American River 10 Mile (in its 4th year). Each distance brings its own challenge, but all share the same spirit of perseverance, camaraderie, and respect for the trails we are fortunate to run.

This event would not exist without the incredible support of our NorCalUltras team, volunteers, community partners, and local agencies. From early morning aid station crews to the finish line team, hundreds of volunteers come together to support every runner on course. Their dedication and enthusiasm embody what makes the trail running community so special.

We are also grateful to the communities along the course and to the agencies that help protect and maintain the American River Parkway. Their partnership allows us to host this event year after year and ensures that future generations can experience these trails. We'd also like to thank PARC (Protect the American River Canyon), our race beneficiary, for their ongoing work to preserve and protect this remarkable place.

To our runners: whether you're chasing a personal best, tackling a new distance, or simply soaking in the miles with friends, we are honored to have you here. I encourage you to thank a volunteer, look out for one another on the trail, and take a moment to appreciate the incredible place we get to run.

Thank you for being part of the American River Endurance Runs tradition. I look forward to celebrating your accomplishments at the finish line.

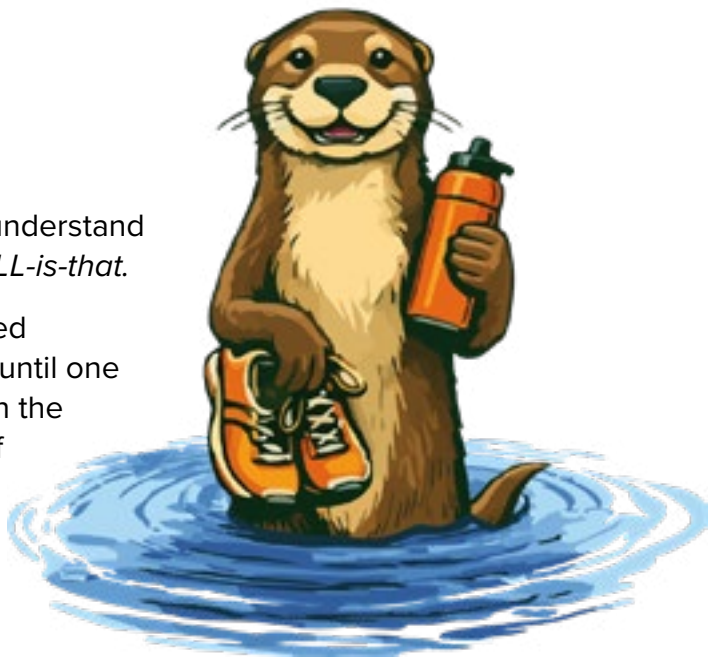
See you on the trails,

Julie Fingar
Race Director

A Word About Our Mascot, Onyx

That's pronounced *AHN-icks*, though we're given to understand that in parts of the Blue Ridge it is pronounced *wut-ALL-is-that*.

So anyway, meet Onyx the Otter. This little dude loved splashing in the water and minding his own business until one day he noticed a bright orange¹ flash racing by, low on the trail. Everyday he would see the same thing—a pair of orange things attached to legs stretching up above otter level. No tail, mostly hairless. Sometimes the flash was with friends and other times it was all by itself. Now and then one of them would fall down pretty hard and would flop and wail like nobody's business. This one time he saw a flash go crashing into a hedge of poison oak. That was funny. *Fun Fact: River otters don't have a reaction to poison oak, and they don't believe in karma so they are more than ready to have a chuckle at our expense.*



Every Spring, hundreds, possibly thousands—maybe even millions²—passed by at once. Curious, Onyx climbed out of the water and sat beside the trail, watching them while eating sushi. One runner pulled out a phone and posted his pic on Insta. “Look at this cute otter I found on my run!” That runner’s cousin shared the post, “Look at this cute otter my cousin found on her run. Do you think they’re poisonous?” That cousin isn’t the brightest bulb. Soon others were sharing posts, and the thing just snowballed. One fellow on r/cryptozoology pronounced Onyx a water-dwelling subspecies of Yeti. So yeah, Onyx went viral without even knowing what going viral means, had himself a fan club. He had a statue in his honor in New York City, was given the key to the city of Winnipeg (*in absentia*), and a bench named for him in Okinawa.

He greeted the orange flashes³ each morning for a long time, then kinda tapered off. When the trail was marked for AR, the race organizers hoped runners would spot him—a little encouragement along the way and a story to tell at the finish. Onyx sightings are now quite rare, but many still believe he’s out there, probably avoiding influencers, their cousins, and anyone from r/cryptozoology, an otter laying low and watching bright orange flashes zip by.

Whether you registered for AR50, AR25, or AR10, let us know if you spot Onyx along the way!

-
- 1 Let's be real here, otters don't know what orange is. That's not to say an otter can't see there's a difference between something orange and something fish-colored.
 - 2 Mama otters can count to five because that's about how many kits they'll have at any one time, and it's only natural that a mother of any sort can count how many children she's got to fuss over. We don't know if papa otters can count to one, nevermind all the way to five, so it's a good bet five is a hard limit. Put five runners on the trail, the otter will say, “Yep, that's four, maybe five.” If you put six trail runners in front of an otter, it's the same as forty, and forty may as well be a million. And neither do otters grasp the logistics of keeping an aid station supplied for a million runners, so don't come back with any “It doesn't even make sense that you could have a million runners on a river trail. Maybe Germany's famed Autobahn, but not any kind of single track. It's just *not* realistic.” Ask yourself why an otter would need to be able to count past five. Go on, ask yourself, Smartypants McPedant.
 - 3 Again, these shoes could have been, like, indigo, mauve, what have you. We'll never know.



Race Weekend Schedule of Events

Friday, April 3rd

START/END	EVENT	LOCATION
12:00 PM – 7:00 PM	Runner Check In	Fleet Feet Folsom

Saturday, April 4th

START/END	EVENT	LOCATION
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AR50

4:30 AM	AR50 Bus from Overlook (Finish Line) to Folsom Point (Start Line)	
5:40 AM	AR50 Runner Briefing at Start Line	
6:00 AM	AR50 Start	

AR25

5:45 AM	AR25 Bus from Overlook (Finish Line) to Beal's Point (Start Line)	
5:45 AM – 6:45 AM	AR25 Mile bib pick up at Beals Point	
6:45 AM	Runner Briefing at Start Line	
7:00 AM	AR25 Start	

AR10

8:00 AM	Bus from Overlook (Finish Line) to Rattlesnake Bar White Gate (Start Line)	
7:45 AM – 8:45 AM	AR10 Mile bib pick up at Rattlesnake Bar	
8:45 AM	Runner Briefing at Start Line	
9:00 AM	AR10 Start	

Finish Line – Overlook Park

10:00 AM – 8:00 PM	AR Live Stream- Finish Line	
10:00 AM – 8:00 PM	Vendor Village & Dust Bowl Beer & Ponderosa Cider Garden Open	
10:00 AM – 8:00 PM	Monsters of Massage	
2:00 PM – 8:00 PM	Drop Bag Retrieval at Finish Line	
9:30 AM	First 25M Finisher expected at Finish Line	
10:00 AM	First 10M Finisher expected at Finish Line	
11:04 AM	First 50M Finisher expected at Finish Line	
8:00 PM	Last 50M Finisher	
8:00 PM	Final Cut Off	



Runner Check In

Whatcha doin' Friday?

Checking in, that's what! All runners must check in at Fleet Feet Folsom on Friday before the race. Fleet Feet Folsom is still at [6610 Folsom-Auburn Road, Folsom, CA 95630](https://www.fleetfeet.com/locations/folsom). Need to call? (916) 358-9484.

Friday, April 3rd
12 noon until 7:00 PM

You'll get your race bib, cool swag, tips if you want them¹, possibly a recipe for brownies or a place you can just buy brownies.

Some fun give aways will happen at packet pick up, but you have to be present to win. And Fleet Feet is right there, so if you need anything, you can step in and get it.

FLEET FEET™
FOLSOM · ROSEVILLE

¹ Such as the best way (we think) to fold a fitted sheet or how to determine if it's your car's alternator or the battery that's the problem here.



Swag & Race Merch

All participants will receive

- Technical Shirt
- Finisher's medallion for both 50K and 10 Mile
- Goodie Swag Bag



American River Race Merchandise — It's Here!

Onyx the Otter has officially approved this year's gear.

- Don't miss your chance to grab:
- American River "We Otter Run Trails" Sweatshirts
- Headsweats Performance Hats

Merchandise will be available at the **NorCalUltras Merchandise Booths** on **Saturday, April 4th** in the Ultra Village. Supplies are limited — once they're gone, they're gone.



Deals & Steals

In addition to our new American River Endurance Runs merchandise, we'll also have special pricing on select items from past:

- Way Too Cool Endurance Runs
- American River Endurance Runs
- Rio Del Lago Endurance Runs

Need an extra shirt? Want to inspire a friend or future runner? Looking for a throwback favorite? Stop by the NCU Merchandise Booths on race day and take a look.



Getting to the Race

Registration for the morning shuttle from Overlook Park to the start will close on March 28th. If you have not registered for the shuttle, you have three options.

Partner Hotel Shuttles

For runners staying at partner hotels in Folsom, there is a complimentary shuttle to the start at Folsom Point at 4:45 AM. There is no need to sign up for this service, just be in front of your hotel prior to 4:45 AM. Be sure to check with the hotel for the departure point.

For the return, those staying at the partner hotels in Folsom, the bus (Folsom Cordova District Busses) will depart from Overlook Park at 8:00 PM, returning to same Folsom morning pick up points. The evening bus is FREE, sign up here: <https://raceroster.com/store/105067/listing>

If your expected finish time is later than 8:00 PM you must choose a different option.

Let your crew do the driving

You've got enough to think about as it is, so have someone drop you off at the start. The entrance to the parking lot closes from 5:20 AM to 6:30 AM, **so plan accordingly.**

Drive yourself to the start

Drive to the start at Folsom Point, park for the day, pay parking fee (\$12). It is critical that you arrive early because the lot will be closed from 5:20 AM – 6:30 AM.

We advise you choose this option **only as a last resort.** Available parking is limited, and you will need to finish your race **and** retrieve your car before the parking area at Folsom Point closes at 8:00 PM, no exceptions. **You will not be able to retrieve your car after 8:00 PM.**

Depending on conditions, it can take 25-35 minutes (or more) to drive from the finish at the Overlook to Folsom Point. If your expected finish time is later than 7:15 PM, you will probably not reach Folsom Point in time to retrieve your vehicle before the gate is shut and locked.

Important...

Drivers can connect with runners only at crew-approved aid stations. Please see the relevant pace chart for information.

Buses do not return to aid stations — pacers must make own arrangements to return to their vehicles.

Directions for the Googles

Folsom Point is located at 1000 East Natoma Street Folsom CA 95630
(not the house but the road)

Beals Point is located at Beals Point, Granite Bay, CA 95746
(click the link for precise GPS coordinates)

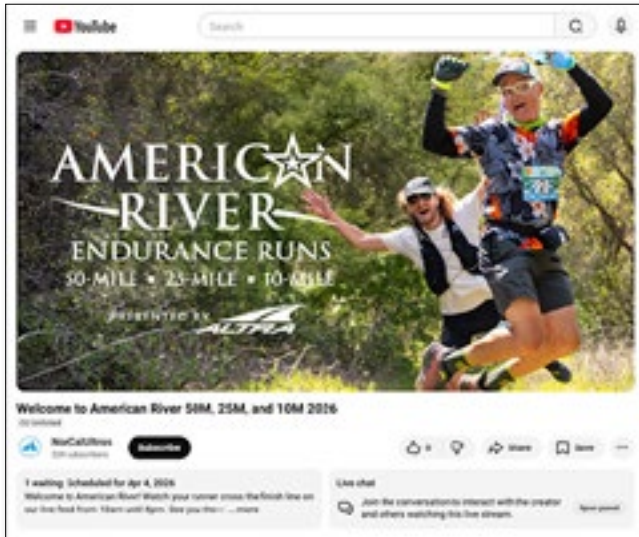
American River Canyon Overlook Park is located at 855 Pacific Ave, Auburn, CA 95603

Runner Tracking, Live Stream, & Race Photography



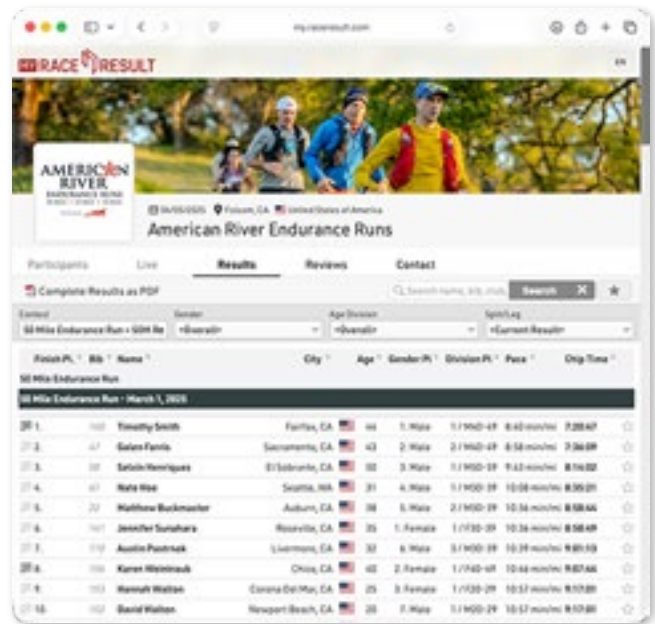
Live race coverage from the finish line at Auburn Dam Overlook

<https://www.youtube.com/live/EreG-Hwr59E>



Live results:

<https://myrace.ai/races/ar50-2026/results>



When photos drop, you'll find them here:
<https://facchinophotography.zenfolio.com/f563393728>





Runner Bibs

Or, How To Identify Different Species Of Trailrunner In The Wild



50 MILES – RED
1 – 350



25 MILES – ORANGE
400 – 575



10 MILES – CHARCOAL
600 – 775



Course Marking

Finding One's Way Hither and Yon

Our course is marked clearly with **orange ribbon**. You will see confidence ribbons at regular intervals, and as many ribbons as are necessary to make the turns very clear. We add **reflective tape** to the ribbon marking any section you may run in the dark*.

You should familiarize yourself with the course anyway.

Read a detailed section-by-section description here:

<https://www.ar50mile.com/course.asp>

AR50 starts before sunrise. Runners can drop headlamps at Folsom Point aid station — ask for the bin. Headlamps can be retrieved at the finish at Auburn Overlook.

*AR25 and AR10 both start in daylight.



The 50 mile race won't stay dark for long

Civil twilight begins at 6:16 AM on April 4th. Civil twilight is defined as the period in which the sun is not yet above the horizon, but there is enough light to see the ground, kind of like this photo here. Some of us more, um, *seasoned runners*** may still find carrying a light of some kind will help to avoid a faceplant.

GPS Stuff

You can review interactive maps by clicking the links below, including options to download a .GPX, .TCX, or .FIT file to load onto your watch or phone:

50 mile course:

<https://www.plotaroute.com/route/3203154>

25 mile course:

<https://www.plotaroute.com/route/2859310>

10 mile course:

<https://www.plotaroute.com/route/1851747>

**We learned to drive on a stick shift. We also insist to this day that we don't need the internet and can do just fine with trusty ol' folding paper maps. We like to think that but it's quite possible we'd be lost in two minutes, grinding the clutch the whole time. We need reading glasses to read this footnote so go ahead and laugh at our expense because we can't find our readers at the moment and consequently have no idea what this says.



AR 50 Course Map





AR 50 Mileage & Pace Chart

6:00 AM START

Aid Station	Distance (miles)	Next Aid (miles)	Front Runner	Middle Runner	Back Runner	Crew	Drop Bags	Pacers	Cutoff
Start - Folsom Point	Start	7.40	6:00 AM	6:00 AM	6:00 AM	No	No	No	
Folsom Point⁴	7.40	7.90	6:44 AM	7:28 AM	7:52 AM	No	No	No	8:00 AM ²
Willow Creek	15.30	7.75	7:31 AM	9:03 AM	9:53 AM	No	No	No	
Black Miners Bar	23.05	4.05	8:18 AM	10:36 AM	11:51 AM	No	No	No	
Beal's Point¹	27.10	5.20	8:42 AM	11:25 AM	12:53 PM	Yes	Yes	Yes	1:00 PM ²
Granite Bay Horse Assembly	32.30	6.51	9:13 AM	12:27 PM	2:12 PM	Yes	No	Yes	2:30 PM ²
Horseshoe Bar	38.81	2.84	9:52 AM	1:45 PM	3:59 PM	No	No	No	
Rattlesnake Bar	41.65	3.10	10:09 AM	2:19 PM	4:46 PM	Yes	Yes	Yes	5:10 PM ²
Dowdin's Post	44.75	3.68 ¹	0:28 AM	2:57 PM	5:38 PM	No	No	No	
Last Gasp^{3&4}	48.43	2.37	10:50 AM	3:41 PM	6:38 PM	Yes	No	No	
Finish - Auburn Dam Overlook¹	50.80	Finish	11:04 AM	4:09 PM	7:17 PM	Yes	Yes	N/A	8:00 PM ²

Notes:

¹ Medical

² ABSOLUTE CUTOFF

- It should be noted that cutoff times are not intended to be a pacing guide. They are quite generous, especially early, and slower runners should focus on the 14-hour time not the cut-off time. If you're close to the cut-offs you're in trouble!
- Remember when calculating your time, you need to take into consideration the time you spend at an aid station. For example, if you spend 5 minutes per aid station (there are 9 aid stations) that is 45 minutes added to your time. If you are close to the absolute cutoffs, you will not make it.
- Cut-off times reflect the deadlines for LEAVING the aid station. If you return to an aid station after the cut-off, you will be pulled from the Run. The cut-off times will be strictly enforced by the Cutoff Coordinators or Aid Station Captains. Anyone leaving an aid station after the cut-off time will be disqualified. This rule is for the safety of all participants. IF YOU MISS THE CUT-OFF, YOU MUST STOP. Significant sanctions will apply to anyone breaking this rule.
- Please make note, the cutoffs are based on 15:15 minute/mile to Granite Bay. The cutoffs for the rest of the course is based on 16:30 minute/mile.

³ Crew must park at finish and hike down to Aid Station

⁴ Skratch Hydration and Neversecond C30 Energy Gels

Pace

Front Runner = 6:00 min/mile pace

Middle Runner = 12:00 min/mile pace

Back Runner = 15:15 min/mile pace - from Start to Granite Bay

Back Runner = 16:30 min/mile pace - from Granite Bay to Finish

AR 25 Course Map





AR 25 Mileage & Pace Chart

7:00 AM START

Aid Station	Distance (miles)	Next Aid (miles)	Front Runner	Middle Runner	Back Runner	Crew	Drop Bags	Pacers ²	Cutoff
Start - Beal's Point	Start	6.62	7:00 AM	7:00 AM	7:00 AM	Yes	No	No	
Granite Bay Horse Assembly	6.62	6.51	7:39 AM	8:19 AM	8:49 AM	Yes	No	No	
Horseshoe Bar	13.13	2.84	8:18 AM	9:37 AM	10:36 AM	No	No	No	
Rattlesnake Bar	15.97	3.10	8:35 AM	10:11 AM	11:23 AM	Yes	No	No	12:00 PM²
Dowdin's Post	19.07	3.68	8:54 AM	10:48 AM	12:14 PM	No	No	No	
Last Gasp^{1&3}	22.75	2.37	9:16 AM	11:33 AM	1:15 PM	Yes	No	No	
Finish - Auburn Dam Overlook	25.12	Finish	9:30 AM	12:01 PM	1:54 PM	Yes	No	N/A	2:30 PM²

Notes:

- ¹ Crew must park at the finish and hike down to Last Gasp aid station. Please note, the distance is about 2.37 miles each way, descending about 500' on the way to the aid station, and climbs the same amount on the return to the Overlook.
- ² **ABSOLUTE CUTOFF for AR25**
No Pacers allowed for AR25
- ³ **Skrtach Hydration and Neversecond C30 Energy Gels**

Pace

Front Runner = 6:00 min/mile pace
 Middle Runner = 12:00 min/mile pace
 Back Runner = 16:30 min/mile pace

AR 10 Course Map





AR 10 Mileage & Pace Chart

9:00 AM START

Aid Station	Distance (miles)	Next Aid (miles)	Front Runner	Middle Runner	Back Runner	Crew	Drop Bags	Pacers ²	Cutoff
Rattlesnake Horse Staging	Start	3.95	9:00 AM	9:00 AM	9:00 AM	No	No	No	
Dowdin's Post	3.95	3.68	9:23 AM	9:47 AM	10:11 AM	No	No	No	
Last Gasp ^{1, 2 & 3}	7.63	2.37	9:45 AM	10:31 AM	11:17 AM	Yes	No	No	
Auburn Dam Overlook	10.00	Finish	10:00 AM	11:00 AM	12:00 PM	Yes	Yes	N/A	1:00 PM ²

Notes:

- ¹ Crew must park at finish and hike down to aid station.
- ² If you make it to Last Gasp by this cutoff, you can finish no matter what time.
No Pacers allowed for AR10
- ³ Skratch Hydration and Neversecond C30 Energy Gels

Pace

Front Runner = 6:00 min/mile pace
 Middle Runner = 12:00 min/mile pace
 Back Runner = 18:00 min/mile pace



Nutrition & Hydration on Course



All AR aid stations are stocked with Neversecond C30 Energy Gels, Skratch Sport Hydration Drink, Skratch Energy Chews, SaltStick Electrolyte Caplets & Organic Jambars.

- Neversecond C30 Energy Gels (Caffeinated and Non-Caffeinated)
- Skratch Sport Hydration Drink (Caffeinated and Non-Caffeinated)
- Skratch Energy Chews
- SaltStick Electrolyte Caplets

Folsom Point

- Neversecond – Non-Caffeine Energy Gels – Orange, Passion Fruit, Unflavored
- Skratch Lemon + Lime Sports Hydration Drink – (No Caffeine)
- Skratch – Grape & Orange Energy Chews
- SaltStick Electrolyte Caplets
- Jambars – Musical Mango (Vegan/GF, Non-GMO) & Jammin’ Jazzleberry (Vegan/GF, Non-GMO) & Tropical Trio (Vegan/GF, Non-GMO) & Chocolate Cha Cha (GF, Non-GMO) & Malt Nut Melody (Non-GMO)

Willow Creek

- Neversecond – Non-Caffeine Energy Gels – Passion Fruit, Fruit Punch, Unflavored
- Skratch Orange Sports Hydration Drink – (No Caffeine)
- Skratch Grape & Orange Energy Chews
- SaltStick Electrolyte Caplets
- Jambars – Musical Mango (Vegan/GF, Non-GMO) & Jammin’ Jazzleberry (Vegan/GF, Non-GMO) & Tropical Trio (Vegan/GF, Non-GMO) & Chocolate Cha Cha (GF, Non-GMO) & Malt Nut Melody (Non-GMO)

Black Miners Bar

- Neversecond – Non-Caffeine Energy Gels – Passion Fruit, Orange, Citrus
- Skratch Lemon+Lime Sports Hydration Drink – (No Caffeine)
- Skratch Grape & Orange Energy Chews
- SaltStick Electrolyte Caplets
- Jambars – Musical Mango (Vegan/GF, Non-GMO) & Jammin’ Jazzleberry (Vegan/GF, Non-GMO) & Tropical Trio (Vegan/GF, Non-GMO) & Chocolate Cha Cha (GF, Non-GMO) & Malt Nut Melody (Non-GMO)



Nutrition & Hydration *(continued)*

Beal's Point

- Neversecond – Non-Caffeine Energy Gels – Passion Fruit, Orange, Citrus
- Skratch Orange Sports Hydration Drink – (No Caffeine)
- Skratch Grape & Orange Energy Chews
- SaltStick Electrolyte Caplets
- Jambars – Musical Mango (Vegan/GF, Non-GMO) & Jammin' Jazzleberry (Vegan/GF, Non-GMO) & Tropical Trio (Vegan/GF, Non-GMO) & Chocolate Cha Cha (GF, Non-GMO) & Malt Nut Melody (Non-GMO)

Granite Bay

- Neversecond – Non-Caffeine Energy Gels – Citrus, Passion Fruit, Unflavored
- Neversecond – Caffeine Energy Gels – Berry
- Skratch Lemon+Lime Sports Hydration Drink – (Caffeine)
- Skratch – Grape & Orange Energy Chews
- SaltStick Electrolyte Caplets
- Jambars – Musical Mango (Vegan/GF, Non-GMO) & Jammin' Jazzleberry (Vegan/GF, Non-GMO) & Tropical Trio (Vegan/GF, Non-GMO) & Chocolate Cha Cha (GF, Non-GMO) & Malt Nut Melody (Non-GMO)

Horseshoe Bar

- Neversecond – Non-Caffeine Energy Gels – Orange, Passion Fruit, Unflavored
- Neversecond – Caffeine Energy Gels – Berry
- Skratch Orange Sports Hydration Drink – (No Caffeine)
- Skratch – Grape & Orange Energy Chews
- SaltStick Electrolyte Caplets
- Jambars – Musical Mango (Vegan/GF, Non-GMO) & Jammin' Jazzleberry (Vegan/GF, Non-GMO) & Tropical Trio (Vegan/GF, Non-GMO) & Chocolate Cha Cha (GF, Non-GMO) & Malt Nut Melody (Non-GMO)

Rattlesnake Bar

- Neversecond – Non-Caffeine Energy Gels – Citrus, Passion Fruit, Fruit Punch, Unflavored
- Skratch Lemon+ Lime Sports Hydration Drink – (No Caffeine)
- Skratch – Grape & Orange Energy Chews
- SaltStick Electrolyte Caplets
- Jambars – Musical Mango (Vegan/GF, Non-GMO) & Jammin' Jazzleberry (Vegan/GF, Non-GMO) & Tropical Trio (Vegan/GF, Non-GMO) & Chocolate Cha Cha (GF, Non-GMO) & Malt Nut Melody (Non-GMO)



Nutrition & Hydration *(continued)*

Dowdins Post

- Neversecond – Non-Caffeine Energy Gels – Citrus, Passion Fruit, Fruit Punch, Unflavored
- Skratch Lemon+ Lime Sports Hydration Drink – (No Caffeine)
- Skratch – Grape & Orange Energy Chews
- SaltStick Electrolyte Caplets
- Jambars – Musical Mango (Vegan/GF, Non-GMO) & Jammin’ Jazzleberry (Vegan/GF, Non-GMO) & Tropical Trio (Vegan/GF, Non-GMO) & Chocolate Cha Cha (GF, Non-GMO) & Malt Nut Melody (Non-GMO)

Last Gasp

- Neversecond – Non-Caffeine Energy Gels – Orange, Citrus, Unflavored
- Skratch Raspberry Limeade Sports Hydration Drink – (Caffeine)
- Skratch Orange Sports Hydration Drink – (No Caffeine)
- Skratch – Grape & Orange Energy Chews
- SaltStick Electrolyte Caplets
- Jambars – Musical Mango (Vegan/GF, Non-GMO) & Jammin’ Jazzleberry (Vegan/GF, Non-GMO) & Tropical Trio (Vegan/GF, Non-GMO) & Chocolate Cha Cha (GF, Non-GMO) & Malt Nut Melody (Non-GMO)



Race Timing & Awards

Timing

Capital Road Race Management is the official timing company of the American River Endurance Runs. We will be using the ChronoTrack B-tag timing system. You must wear your B-tag on your shorts or singlet. If you do not wear your B-tag following the instructions, you will not receive an official time nor be eligible for an award. [Please read the B-tag instructions here.](#)

Awards

Overall awards will be given to the top three male and female. If you are competing for a top 3 overall award, you will be scored on “gun time.” All age division awards will be based on chip time.

Top 3 podium men and women receive a commemorative bottle from [Ponderosa Cider Co.](#)

All 50 Mile, 25 Mile, and 10 Mile finishers will receive a hand-crafted wooden finisher medallion, made by Foresthill legend Sam Fiandaca.



The Altra 50-25-10 Club

3 winners will be selected at random to receive fun ALTRA swag.

A reminder that we must order shirts well in advance of the race. Shirts can be exchanged for a different size at the finish line, depending on availability.





Post-Race Feast

You did it. You ran a long way along the American River. Now it's time for the most important part of the day...

The Post-Race Feast!

We're serving up a fun, festive celebration featuring one of our favorite local gems:



Nadia's Mac Shack — a beloved local business in nearby **Cool, CA**.

Come refuel, hang out, and soak up the finish line vibes with a warm bowl of comfort food and a cold drink in hand.

What's on the Menu

Mac & Cheese (aka: happiness in a bowl)

- Classic Mac
- Sherman Mac

GF + Dairy-Free Options

Gluten-free and dairy-free options will be available! Please ask a NorCalUltras team member if you need one.

Drinks

For everyone

- Indivi Water
- Coke
- Ginger Ale

For those 21+ (ID required)

- Dust Bowl Brewing Co brews
- Ponderosa Cider



Dessert

Homemade Chocolate Chip Cookies! **HOMEMADE! COOKIES!**

Make it a moment

Stick around, grab a bowl, toast your effort, and celebrate with the NorCal Ultras community. You earned every bite.



Volunteers

Volunteers are the life blood of any event. We need your support! Please consider giving back to the sport through your volunteer contribution. Volunteer hours can be credited for ultra marathon service requirements. For spouses or friends of participants, this is a great way to enjoy and experience the event. Each volunteer will receive a goodie item, and post-race food from **Nadia's Mac Shack**.





General Race Rules

Welcome to the **American River Endurance Runs**, a 46-year tradition of community, grit, and trail respect. These rules help ensure the safety of every runner, volunteer, and crew member — and protect the incredible trails we're privileged to use. Please review carefully before race weekend.

No Littering — Ever

Respect the trails and the natural beauty of Folsom Lake and Auburn State Recreation Area. All trash must be disposed of at aid stations — not on the trails. Pack it in, pack it out. If you see a fellow runner drop something, be the trail hero and pick it up.

Aid Your Fellow Runner

If you encounter an injured or distressed runner, you must stop and assist. Notify the next aid station or race official with:

- The runner's **bib number**
- **Location** (approximate mile or landmark)
- **Nature of the injury**

If the runner cannot move safely, please stay with them until help arrives.

Bibs Must Be Visible

Bibs are required to be worn **front-facing** and **unobstructed** at all times. Do not fold, cut, or alter your bib in any way — they're how we identify and track you.

Dropping from the Race

You may only drop at designated aid stations. If you need to drop, **notify the Aid Station Captain** and **turn in your bib**.

Stay on Course

Runners must remain on the **marked trails** at all times to protect vegetation and prevent erosion. If you go off-course, backtrack to the last visible marker before continuing.

Cup-Less Race

AR is a **cup-less event** — help us reduce waste! Runners must carry their own reusable hydration cup, bottle, or flask to refill at aid stations.

Pacers (50 Mile Only)

Pacers are allowed **only** in the 50 Mile race. Please review the **Pacer Rules** on the next page for all details related to pacing. No unofficial or “bandit” pacing is allowed. Any runner receiving assistance from an unregistered pacer will be **disqualified**.

Pacers are **not permitted** in the 10- or 25-mile race.

No Pets on Course

We love your furry friends, but they'll need to cheer from home. Pets are not allowed on the course, at aid stations, or on the trails during the race. For the safety of all runners, volunteers, and your pets — and because it poses a significant liability — animals are not permitted on the course or at aid stations during the event. Infractions will result in your runner being disqualified.

No Course Cutting

All runners must follow the official, marked course. Cutting the trail or skipping sections will result in disqualification.

Cut-Off Times Are Firm

All runners must leave each aid station before the posted cut-off time. This is for runner safety and ensures fairness for all participants. If you arrive after a cut-off, your bib will be pulled. You can email race staff after the event to have your bib mailed to you.

Crew Access

Crew members are allowed **only** at the designated crew-access aid stations:

Beal's Point, Granite Bay Horse Assembly, Rattlesnake Bar, Last Gasp, and Auburn Dam Overlook.

Please respect all **No Crew Zones** — violation of this rule will result in runner disqualification. No exceptions.

Final Note

American River Endurance Runs is built on respect — for the trails, for the volunteers, and for each other. Run smart, stay kind, and leave the course better than you found it.



Pacers & Drop Bags

Pacers

- Pacers are allowed for AR50 runners only.
- Pacers may ONLY join a runner at
 - Beal's Point (mile 27.10)
 - Granite Bay Horse Assembly (mile 32.30)
 - Rattlesnake Bar (mile 41.65)
- You may have more than one pacer to help you get to the finish line, but runners may be accompanied by no more than one pacer at a time.
- Pacers do not need to check in prior to running.
- Pacers do not need to wear a bib, but they must clearly identify themselves at every aid station.
- Pacers should be well conditioned to travel the distance with their runner.
- Pacers are responsible for their own transportation to and from their starting location. Race management will not organize or facilitate any shuttle.
- Pacers may eat and drink from the aid station tables. Pacers must enter and exit with their runner. No "muling" is allowed. "Muling" is when a pacer carries any supplies (drinks, food, clothing, etc) for the runner outside of the aid station area.
- No trekking poles for runners, no dogs, no bikes, no horses. If you've acquired the magical ability to fly by just waving your arms, you're not allowed to do that.

Drop Bags

- Each AR50 runner will receive 3 issued NCU drop bags at packet pickup. Only official NCU drop bags may be used at Beals Point, Rattlesnake Bar and Finish Line.
- All on course drop bags are 16" x 16", and all personal items must be in these bags.
- All drop bags are collected on race morning at the start (6 AM).
- Please look for the sign with your desired location.

- Please label your drop bag with your name, bib number AND aid station name.
- Please do NOT leave any valuables including keys, iPods, cell phones, etc in your drop bag.
- NorCalUltras is NOT responsible for the loss of any drop bags.

Drop Bag Locations

- Beal's Point
- Rattlesnake Bar
- Finish Line

Drop Bag Return

- All drop bags must be retrieved at the finish line on race day. It is the responsibility of each runner to claim his or her drop bags. If you cannot retrieve your drop bags, please have a friend or family member pick up your drop bag.
- Drop Bags will NOT be mailed to anyone. Any unclaimed drop bags on race evening will be donated to charity on Monday following the race. Thank you for your cooperation and understanding with our updated policy.
- Race management works very hard to expedite drop bag retrieval in a timely manner. However, we ask for your patience. Here is an approximate time schedule of drop bag returns. Please make a note of this:
 - Beals Point drop bags will not return to the finish line until after the aid station closes and cleans up. Estimate: 2:00 PM..
 - Rattlesnake Bar drop bags will not return to the finish line until after the aid station closes and cleans up. Estimate: 6:30 PM.
- Drop bags must be picked up at the finish line by 8 PM. Thanks for your understanding and assistance with these guidelines.



Sponsor Deals



Experience Wild 3 Trail Running Shoe



Pick up your pair of the Wild 3 at Fleet Feet Folsom/Roseville or your local retailer.

It's about to get wild. With a shoe that's lightweight, grippy, and focused on performance, get ready to achieve trail running euphoria. It's designed with the new Altra EGO™ P35 midsole foam, made for a light & efficient ride. And a MaxTrac™ outsole, made to deliver unreal grip and durability. We redesigned the heel collar and updated the fit construction for a more comfortable, secure feel. With the Altra Fit, you get room for your toes and a secure midfoot for natural movement. A low 4mm drop with rocker shape geometry helps promote natural body alignment and an efficient toe-off. Easily attach a Trail Gaiter, made to help keep your feet clean from debris, with an integrated GaiterTrap™ detail. Responsive. Effortless. Grippy. It's no wonder the Experience Wild 3 is ideal for a trip in the woods.



Sponsor Deals



Finish Strong. Celebrate Hard. Cheers from Dust Bowl!

Dust Bowl Brewing Co. offers an extensive portfolio of craft beer ranging from easy-drinking lagers and big IPAs to unique, specialty releases. No matter the style, you can expect only the highest standards, ingredients and craftsmanship in every brew! Dust Bowl beers are readily available throughout California and Northern Nevada.

If you're looking for your closest retailer, email: info@dustbowlbrewing.com. You can also ship door-to-door in California – [visit our online store](#).









Sponsor Deals

Ponderosa Cider Co.



Crafting Exquisite Ciders for Everyone to Enjoy!

At Ponderosa Cider we produce a range of ciders, everything from dry to semi-sweet, 100% apple to fruited. With our craftsmanship and range everyone will find a cider they enjoy and go back for.

Brut Dry Sparkling hard cider

Celebration Sauce

7% ABV * 750 ml

50-MILE 25-MILE 10-MILE

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Sponsor Deals



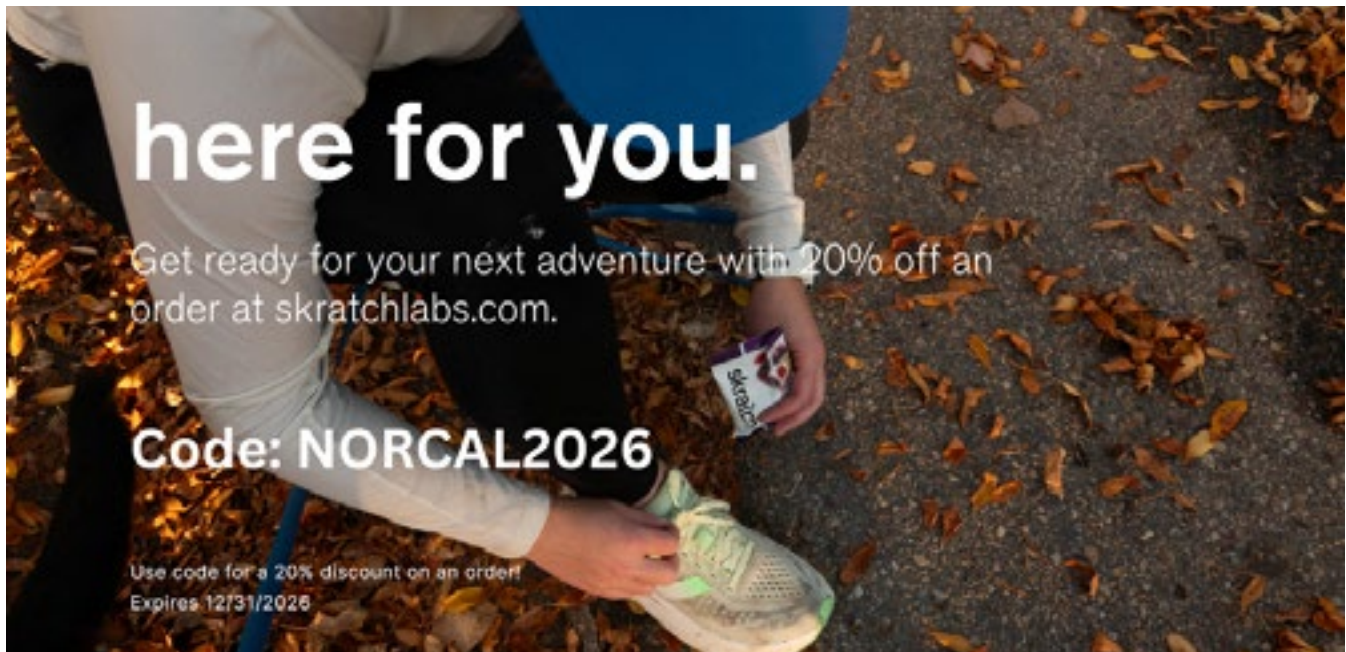
JAMBAR is an energy bar. It's a labor of love. It's an instrument of positivity. There's a lot to unwrap. So let's get jammin'!

You can have the best intentions, but when you're making an energy bar, you're only as good as your ingredients. At JAMBAR, only the highest quality ingredients are used. Plus, 50% of the profits from JAMBAR are being donated to programs that support active living and the art of music.

Use promo code: [ULTRA20](#) for 20% OFF at [jambar.com](#) until 12/20/26



Sponsor Deals



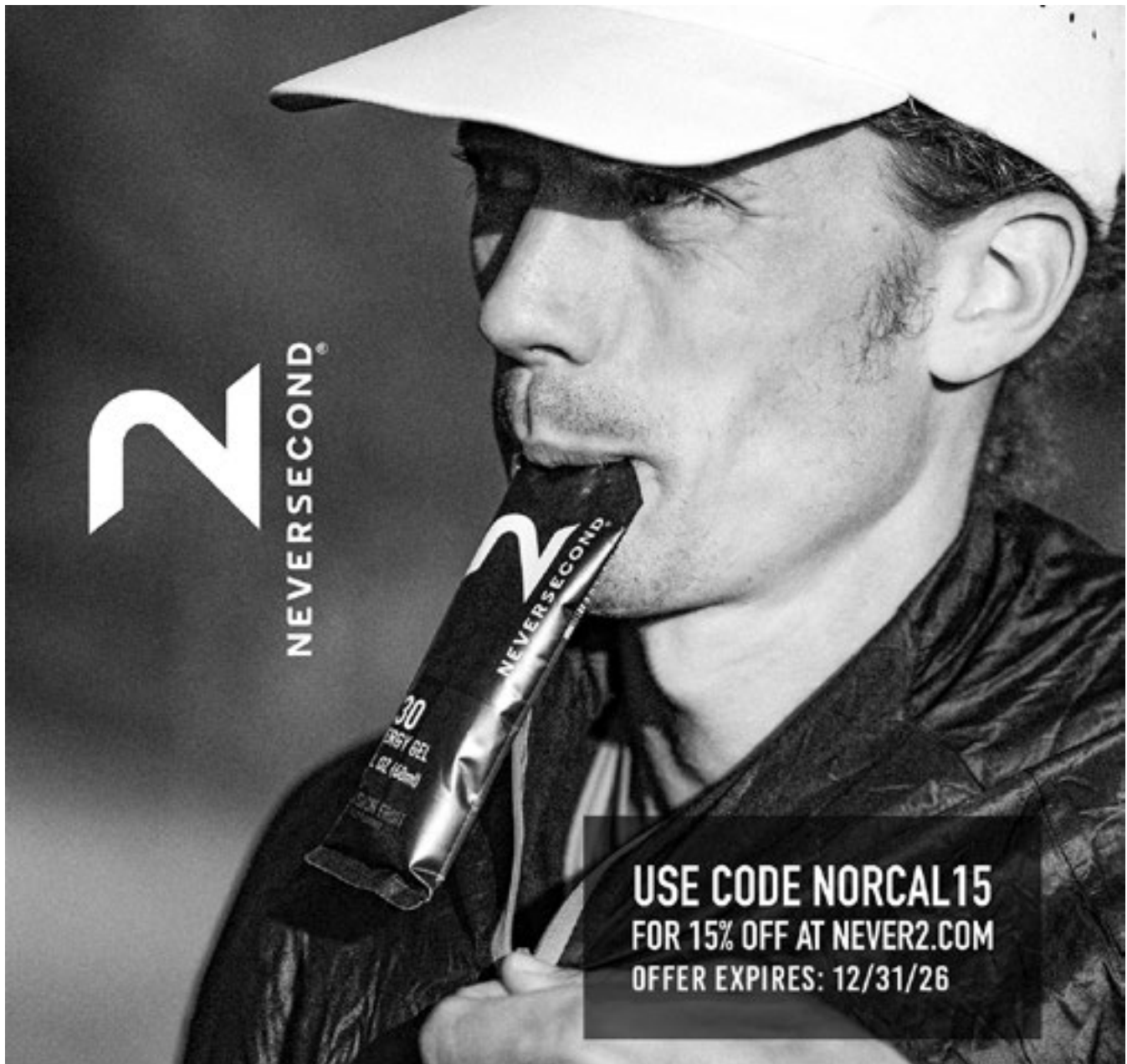
Taste. Real. Performance.

From Skratch Labs, real fuel made with real food — because running ultras is hard enough without gut bombs and neon circus sticky drinks.

- Made with real fruit
- Crafted with care, backed by science
- Tested by pros and relied on by athletes at every level to deliver when it counts.

Still not sure? Try it yourself and feel the difference! Skratch Labs is giving American River 50/25/10 runners an exclusive discount to fuel and hydrate better! Use code **NORCAL2026** at checkout for 20% off an order at skratchlabs.com, now through 12/31/2026.

Sponsor Deals



Fuel matters—especially on rolling singletrack, long river miles, and steady climbs.

We're excited to welcome @neversecond as the official on-course gel for NorCalUltras 2026. Grounded in sports science and elite endurance research, Neversecond gels are precisely formulated to deliver optimal carbohydrates and sodium, supporting consistent energy delivery, gut tolerance, and sustained performance deep into the miles.

You'll find Neversecond gels on course at Way Too Cool, American River, and Rio Del Lago Endurance Runs, fueling athletes across varied terrain and long days on classic NorCal trails.



Our Sponsors



chris o'connor
DESIGN + ILLUSTRATION





Helpful Tips



How to Change a Tire

Safely park on level ground, turn on your hazard lights, and set the parking brake. Retrieve the scissor jack and tools, and spare tire. These are usually in the back of your vehicle under all the things. While all of your tires are still on the ground, loosen, but do not remove, the lug nuts on the flat tire.

If you have the means on hand, it is always safest to chock your back wheels so nothing rolls away from you. Jack up the vehicle, remove the lug nuts, the tire, install the spare, tighten nuts by hand, lower the car, and fully tighten the nuts in a star pattern. Drive to the nearest service station and ask them if they can plug your tire. Always consult your owner's manual.

How to Reset Your Router

Pull the power cord out, wait 30 seconds, then plug it back in. If this doesn't work, find a 10-year old and tell that kid you got no internets on the thingamabob and can't watch your shows.



A Biscuit Recipe

Try these biscuits made from three ingredients, one being a well-known brand of pancake and baking mix that comes in yellow boxes with a picture of, like, pancakes and biscuits on the front.

1. Heat Your Oven

Heat your oven to 450°F. This high temperature is key for a good rise.

2. Mix the Dough

In a medium bowl, stir together 2 cups of [ubiquitous brand of pancake/biscuit mix], 2/3 cup of milk, and 1 tbs of vegetable oil (or whatever you use when a recipe calls for vegetable oil). When measuring [ubiquitous brand of pancake/biscuit mix], spoon it into your measuring cup and level it off with a knife. Do not pack or tap it down, as this can make your biscuits dense.



3. Form and Bake Biscuits

Drop dough by 8 spoonfuls onto ungreased cookie sheet. Try to make each spoonful of dough roughly the same size and bake them on the middle oven rack for the best results. Bake 11-13 minutes or until golden brown.

It's fun to do
hard things.

