



BY **UTMB®**

# RUNNER GUIDE

APRIL 25-26, 2025



**UTMB®**  
WORLD SERIES

OFFICIAL UTMB® WORLD SERIES PARTNERS

**HOKA**

**näak**

**SUUNTO**

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Welcome to Auburn, the Endurance Capital of the World! As mayor and lifelong resident of the charming and beautiful town, I would like to take this opportunity to share with you some of the sights.

Since you are all here to run in some of the most beautiful and difficult terrain in the world, you are well aware of the fact that Auburn its surrounding area is a destination for endurance athletes of all levels and abilities. Athletes come from around the world to compete in the many well-established and internationally famous events that take place here each year, including the Tevis Cup, the Western States 100 Mile Endurance run, and many more. Auburn's unique history as the first large Gold Rush settlement in 1849, and as the county seat of Placer County, has allowed it to evolve into a destination point for people of all ages and walks of life to enjoy.

I invite you to take a walk around Auburn. Its walkability and extensive bike access to the surrounding trails attract thousands of people year-round. In addition to the hiking, running, biking, rafting, and many other forms of recreation, a walk through town will reveal many boutique stores and shops: a jewelry store with Lladro designs, an ice cream and beer shop, a recovery and fitness gym, many bike and running stores, tiles in Central Square commemorating historical figures such as Rattlesnake Dick, a bakery that produces 1000 loaves of bread a day, a veteran's garden, a Catholic church well over 100 years old, and numerous breweries, nearby wineries, and fine-dining restaurants. As you pass by City Hall, with its historic classrooms from a school that once existed on the site, you can enjoy a game of pickleball at the newly installed courts. You can then stroll through Old Town Auburn and walk on sidewalks once frequented by gold miners.

We welcome you with open arms and hope to see you on our city streets. We look forward to seeing all of you!

Sincerely,

Sandy Amara, Mayor

# SCHEDULE

Thursday, April 24, 2025			
START	END	EVENT	LOCATION
12 PM	6 PM	Basecamp, Official Canyons Merchandise Store, & HOKA Fly Lab Trail	Corner of E Placer and High St
12 PM	6 PM	Bib Pick-Up at Basecamp	Corner of E Placer and High St
12 PM	6 PM	Kids' Race Registration at Basecamp	Corner of E Placer and High St
12 PM	6 PM	100M Drop Bag Drop-Off	Gold Country Fairgrounds Parking
3:30 PM	4 PM	Tips for Racing Chat with Vibram Elite Runner, Robyn Lesh	Corner of E Placer and High St
4 PM	4:30 PM	Runner Briefing at Basecamp	Corner of E Placer and High St
4:30 PM	5 PM	How to Crew Canyons Panel	Corner of E Placer and High St
5 PM	6 PM	How to Save Your Feet: Hands on Foot Care Clinic for Runners & Crew. Other medical issues with runners will be discussed at Basecamp.	Corner of E Placer and High St
5 PM		HOKA Common Ground Happy Hour ( <a href="#">Register Here</a> )	The Station Public House
Friday, April 25, 2025			
START	END	EVENT	LOCATION
6 AM	10:30 AM	100M Drop Bag Drop-Off	Gold Country Fairgrounds Parking
8 AM	9:30 AM	100M ONLY: Bib Pick-Up at Basecamp	Corner of E Placer and High St
9:45 AM	10:45 AM	Shuttles to China Wall for 100M	Gold Country Fairgrounds Parking
10 AM		HOKA Shakeout Run ( <a href="#">Register Here</a> )	Corner of E Placer and High St
10 AM	6:30 PM	Basecamp, Official Canyons Merchandise Store, & HOKA Fly Lab Trail	Corner of E Placer and High St
10 AM	6:30 PM	Bib Pick-Up at Basecamp	Corner of E Placer and High St
10 AM	5 PM	Kids' Race Registration at Basecamp	Corner of E Placer and High St
10 AM	6:30 PM	100K Drop Bag Drop-Off - NO RACE MORNING DROP BAG DROP-OFF	Gold Country Fairgrounds Parking
10:30 AM	11 AM	Tips for Racing Chat with Vibram Elite Runner, Robyn Lesh	Corner of E Placer and High St
11 AM	11:30 AM	Runner Briefing at Basecamp	Corner of E Placer and High St
11:30 AM	12:30 PM	How to Save Your Feet: Hands on Foot Care Clinic for Runners & Crew. Other medical issues with runners will be discussed at Basecamp.	Corner of E Placer and High St
12 PM		100M Race Start: NO BIB PICK-UP OR DROP BAG DROP-OFF	China Wall
12:30 PM	1 PM	Adaptive Athlete Panel with Zach Friedley & Mohammed Lahna	Corner of E Placer and High St
1:30 PM	2 PM	Elite Women Runner Panel	Corner of E Placer and High St
2 PM	2:30 PM	Elite Men Runner Panel	Corner of E Placer and High St
3:30	4 PM	Tips for Racing Chat with Vibram Elite Runner, Robyn Lesh	Corner of E Placer and High St
4 PM	4:30 PM	Runner Briefing at Basecamp	Corner of E Placer and High St
4:30 PM	5 PM	How to Crew Canyons Panel	Corner of E Placer and High St
5 PM	8 PM	Race Weekend Party	High St in Downtown Auburn
5:30 PM	6:30 PM	Free Kids' Race	High St in Downtown Auburn
Saturday, April 26, 2025			
START	END	EVENT	LOCATION
2:45 AM	3:30 AM	Shuttles to China Wall for 100K	Gold Country Fairgrounds Parking
5 AM		100K Race Start: NO BIB PICK-UP OR DROP BAG DROP-OFF	China Wall
5:45 AM	6:45 AM	Shuttles to Start Line for 50K	Gold Country Fairgrounds Parking
6 AM	7:50 AM	Race Day Bib Pick-Up at Basecamp (50K & 25K)	Corner of E Placer and High St
6:30 AM	7:45 AM	Shuttles to Start Line for 25K	Gold Country Fairgrounds Parking
7 AM		50K Race Start	High St in Downtown Auburn
8 AM		25K Race Start	High St in Downtown Auburn
10 AM	8 PM	Basecamp & Official Canyons Merchandise Store	Corner of E Placer and High St
12:30 PM		25K Awards Ceremony	Corner of E Placer and High St
4 PM		50K Awards Ceremony	Corner of E Placer and High St
5 PM		100K Top 10 Awards Ceremony	Corner of E Placer and High St
Sunday, April 27, 2025			
8 AM	10 AM	Basecamp & Official Canyons Merchandise Store	Corner of E Placer and High St
9 AM		100M & 100K (Age Group) Awards Ceremony	Corner of E Placer and High St



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# PRE-RACE INFORMATION

## BIB PICK-UP

Runners must pick up their own bib during the below hours.

### BASECAMP (EXPO) PICK-UP

Bib pick-up will be available at Basecamp at the corner of E Placer and High St during the following times:

- Thursday, April 24 from 12 PM to 6 PM
- Friday, April 25 from 10 AM to 6:30 PM

### RACE MORNING PICK-UP

There will be NO race morning bib pick-up for the 100K. Race morning pick-up for the 100M will be at Basecamp on Friday, April 25 from 8 AM to 9:30 AM. Race morning pick-up for the 50K and 25K will be at Basecamp on Saturday, April 26 from 6 AM to 7:50 AM. All bibs must be picked up at least 10 minutes before the race start.

## WHAT TO BRING

A Passport or Valid ID.

### BIB PICK-UP STEPS

1. Present photo ID to volunteers to begin check-in process and receive bib number.
2. Pick up bib.
3. Pick up runner giveaway items.

Visit the Solutions Table for any registration questions. Please note, we are not able to offer distance changes into sold out events and there are no distance changes on race day.

## TIMING

The timing chip on your bib will automatically record your times. All runners in the race must wear their race bib with the tag intact in order to have their times recorded. Do not fold your bib, or you risk damaging the timing chip. No bib = no time! Please make sure the race bib is pinned on your front and is visible throughout the race.

## MEDICAL INFORMATION

If you have a known medical condition, we highly advise that you take the following steps:

- Stop by the Solutions Table at Athlete Check-In to get a special race day wristband on which you should write the details of your medical condition(s).
- Write the details of your medical condition(s) on the back of your athlete bib, which you will receive in your race packet.

The medical information that is placed on your wristband and athlete bib will provide medical staff or emergency services with essential information. If you have any questions or concerns about providing medical information, please visit the Solutions Table.

## RUNNER WRISTBAND

Runners will receive a wristband printed with their race distance during Bib Pick-Up. This band will identify you as an official runner and must be worn during race week. The wristband allows you access to post-race food at the finish line and one free beer (option of non-alcoholic beer) at the Festival Basecamp Party.





# PRE-RACE INFORMATION

## RUNNER BRIEFINGS

Runner Briefings are held in the days preceding the race. Please refer to the Event Schedule for times and locations. Runner Briefings consist of a Question and Answer session with race management to address any issues, concerns, or changes that have arisen during race week.

## EMERGENCY PHONE NUMBER

In a situation where you or another runner is in an emergency and unable to make it to an Aid or Medical Station, please call **813-422-2094**. If you abandon the course for any reason and do not notify an official, please call this phone number to notify race staff. This number will also be printed on the back of runners' bibs. We recommend saving this number in your phone. Reminder that ALL 100M runners are required to carry an active cell phone during their event.

## RACE REGULATIONS

All runners and their crew must read, be familiar with, and follow the Race Regulations. [CLICK HERE](#) to view a complete list of regulations.

## VOLUNTEER APPRECIATION WRISTBANDS

Runners will receive a UTMB Cares wristband during bib pick-up and are encouraged to gift the wristband to a volunteer that exemplifies the UTMB Cares values of solidarity, respect, inclusivity, authenticity, and humility. We are so grateful to each volunteer, and we're excited for this opportunity to show our thanks during race weekend.



## RUNNER TRACKING

[LIVETRAIL.NET](https://livetrail.net) will be available to track runners throughout the event. Please note these are timing splits at certain checkpoints on the course and are NOT live/GPS tracking. Due to the remote nature of these locations there may be possible delays on LiveTrail updating. [CLICK HERE](#) for Runner Tracking FAQs.





# PRE-RACE INFORMATION

## EQUIPMENT

### 100M

MANDATORY	RECOMMENDED
1 Liter of Hydration Capacity	Spare Headlamp
Reusable Cup	Survival Blanket
Running Pack	Whistle
Cell Phone	Gloves
Jacket with Hood	Valid ID
2 Headlamps & Spare Batteries	
Additional Nutrition (800 kcal - 2 gels & 2 bars)	
Hat	

### 100K

MANDATORY	RECOMMENDED
1 Liter of Hydration Capacity	Survival Blanket
Reusable Cup	Whistle
Running Pack	Gloves
Cell Phone	Valid ID
Headlamp & Spare Batteries	
Additional Nutrition (800 kcal - 2 gels & 2 bars)	
Jacket with Hood	
Hat	

### 50K & 25K

MANDATORY	RECOMMENDED
1 Liter of Hydration Capacity	Additional Nutrition
Reusable Cup	Running Pack
Cell Phone	Valid ID
	Hat
	Jacket with Hood

## TREKKING POLES

Trekking poles will be allowed for all distances. Please be cautious around other runners while using them.

## 100M & 100K DROP BAG DROP-OFF

100M and 100k drop bag drop-off is at the [Gold County Fairgrounds Parking Lot](#). There will be **NO** 100K race morning drop bag drop-off. Please refer to the Event Schedule for drop bag drop-off hours and locations. You will be required to write your name, bib number and Aid Station/location on your bags. Not doing so could result in a bag being delivered to the wrong location. Please do not put anything of great value or any important documents in these bags.

## RACE MORNING SHUTTLES

Shuttles for all distances will pick up at Gold County Fairgrounds Parking (209 Fairgate Rd). They will drop off at the start area at China Wall for the 100M and 100K, and the start area in Downtown Auburn for the 50K and 25K. The shuttles will run during the following times:

- 100M: 9:45 AM to 10:45 AM on Friday, April 25
- 100K: 2:45 AM to 3:30 AM on Saturday, April 26
- 50K: 5:45 AM to 6:45 AM on Saturday, April 26
- 25K: 6:30 AM to 7:45 AM on Saturday, April 26

**Due to parking restrictions, there is no parking at China Wall for the 100M & 100K start. All 100M & 100K runners must take the provided shuttles. There is no runner drop-off or spectators allowed at China Wall for the 100M & 100K start.**

  
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*Adventure  
starts  
here*

**Some people  
choose  
fine dining**



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**SUUNTO RACE**  
the performance watch



# RACE DAY INFORMATION

## AID STATIONS

Aid stations will be located throughout the course. Please refer to the specific race category to view locations for the aid stations. The general offerings are as follows:

- Nutrition: Electrolyte drink, gels, chews & bars; assorted fruits (bananas, oranges & watermelon); soda; assorted sweets & salty snacks (chips, pretzels, etc.); peanut butter & jelly sandwiches; warm broth & food
- Runner Care: Basic first aid/blister care; bug spray; sunscreen; lubrication for chaffing; feminine products

## SWEEP TEAM

There will be a Sweep Team covering every section of trail for all distances. They are equipped with GPS tracking devices, radios, and are tracked by and in constant communication with race command to help ensure the safety of runners. They will have bells on them to indicate they are nearby. If you hear a bell and are off trail for any reason, please return to the trail or call out to the Sweep Team. It is also good practice if you leave the trail to leave a belonging on the trail to help notify the Sweep Team.

## WEATHER

Please be sure to check the weather before race day. Weather can range from hot temperatures to snowy mountain tops this time of year. [CLICK HERE](#) to view historical weather data in Auburn.

## START & FINISH LINE BAGS

There will be a location provided at Basecamp for finish line drop bags with post-race necessities for all distances. There will also be a location at China Wall at the start of the 100-Mile and 100K races for shedding extra layers. Please place items in a bag, labeled with your name & bib number. Please do not put anything of great value, including important documents, in these bags.

## MEDICAL INFORMATION FOR RUNNERS & CREW

Emergency medical care will be provided at every aid station and the finish line. Participation in this event is at the runner's own risk. Adequate training is essential. Runners are encouraged to consult with their medical provider prior to the event. Please be sure to notify race staff of any medical condition or allergies. You can place all this information on the back of your race bib as well as on the white medical bracelets you can pick up at the registration tent. Runners' crews must be prepared, anticipate runners' needs, and provide basic care. This includes hydration and nutrition specific to the runner based on experience and tolerance, aside from race provided supplies. Runners may experience nausea and vomiting during the race. This can be for a variety of reasons, most commonly over-hydration, under-hydration, heat stress and altitude exposure. It is advised the runner always "drinks to thirst", avoiding over or under hydration. Be sure to seek medical attention if symptoms continue or worsen.

Foot care is very important! Be sure to prepare and bring sufficient supplies to provide foot care for your runner. For more information on pre-race and during race foot care, follow [THIS LINK](#) for some great videos!

EMS personnel and transport teams will be available for serious injury or illness. Additionally, runners must be responsible for their own limitations. Medical personnel have full authority in evaluating whether a runner may continue. Medical staff will be available at all Runner Briefings. Good luck!

## ROAD SAFETY

Runners will cross several roads throughout the course where vehicle traffic is not required to stop. It is the runner's responsibility to safely cross the road. Please always be aware of your surroundings and use caution during these sections of the course. Runners must obey all Course Marshals, and only cross roads when they allow. Headphones are discouraged during these sections of the course. Always look before crossing these roads.



# RUNNER BIBS

DO NOT fold your bib under any circumstance.

All bibs must be front facing and visible at all times. We recommend pinning bibs to your shorts, pants or leggings.

Just so we know who you are, or you forget who you are!



Make sure you are at the correct race!

**THE CANYONS 100M**  
**3610**

Your race distance.

**LONGFIRSTNAME**  
LONGLASTNAME

IN CASE OF EMERGENCY OR  
DROPPING FROM RACE, CALL  
813-422-2094

Only call this number in an emergency or if you are abandoning the course.

This is where your timing chip will be. Do not bend the bib or damage this chip. This could result in the loss of tracking.

List all your Medical Information here. This is crucial for our Medical Team.

The image shows the back of the runner's bib, which is a white form with black text and lines for writing. It includes fields for Name, T-Shirt Size, Emergency Contact, Emergency Phone, Allergies to Medicines, List of Current Medications, and Current Medical Condition(s). At the bottom, there is a logo for 'RACE RESULT', a barcode, and some small text including 'www.raceresult.com' and '(A-18)'. The form is numbered '18' in the top corners.

Please fill your information out.

Please fill your Emergency Contact person information out. This should not be someone who is also running the race.

# PACER BIBS

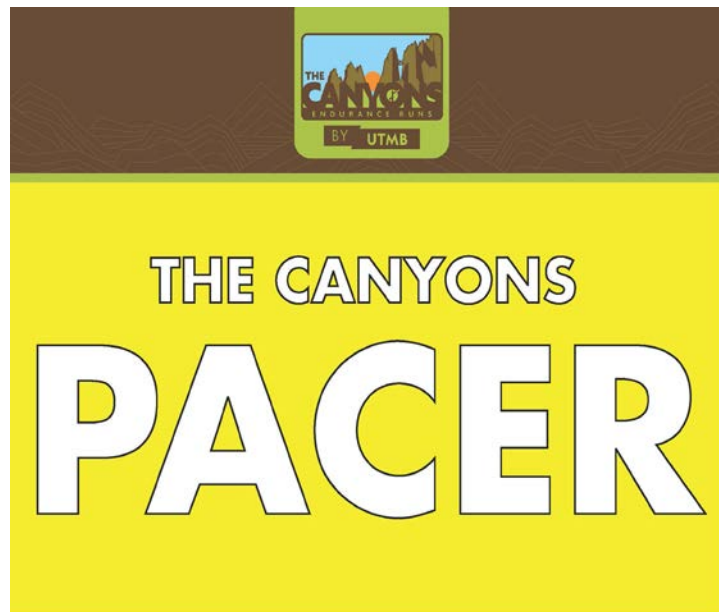
## PACERS

Pacers are allowed ONLY in the 100M race. Runners are allowed two pacers, but only one pacer may be with the runner at any given time. Please review the Pacer Rules found in the Race Regulations located [HERE](#). No pacers are allowed in any other distance. All pacers must sign their waiver and pick up their own bib during Basecamp hours or at the Cool Aid Station. Pacers are permitted to enter the course at the following Aid Stations:

- Cool 1 (Mile 62.9)
- Cool 2 (Mile 75.1)

DO NOT fold your bib under any circumstance.

Only the 100M allows pacers.



All pacers must sign their own waiver in order to receive their pacer bib.

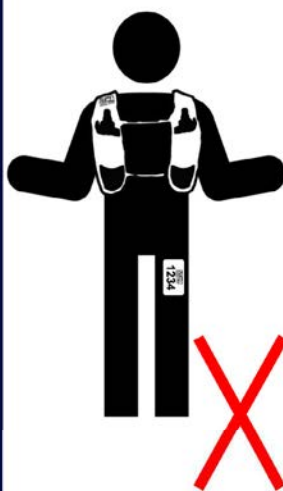
All bibs must be front facing and visible at all times, including pacer bibs. We recommend pinning bibs to your shorts, pants or leggings.

# HOW TO WEAR YOUR BIB

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All bibs must be front facing and legible.

Do not fold the bibs as it will damage the timing chip.



Do not wear the bib on the back of your person or running vest.

Do not wear the bib under or too close to your running vest, so that it remains legible and the timing chip doesn't get damaged.

Do not rotate the bib as it will potentially render the timing chip unreadable.

Do not place the bib on an article of clothing that will be quickly removed.





**ULTRA ENERGY™ DRINK MIX**  
Go longer, go farther.







# COURSE MARKINGS

## COURSE RIBBONS

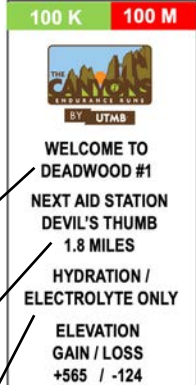


 <p><b>100M</b> White Ribbons (with reflective material) &amp; Reflective Markers (for night sections)</p>	 <p><b>100K</b> Green Ribbons</p>
 <p><b>100M &amp; 100K</b> Both ribbons will be tied together with a clothespin.</p>	 <p><b>50K</b> Blue Ribbons</p>
 <p><b>50K &amp; 25K</b> Both ribbons will be tied together with a clothespin.</p>	 <p><b>25K</b> Orange Ribbons</p>
 <p><b>WRONG WAY</b> All courses will have pink ribbons marking sections of trail that are NOT on course.</p>	

## COURSE SIGNAGE

	<p><b>Critical Turn Ahead:</b> This indicates a turn or intersection is coming up. Pay close attention to course markings.</p>
	<p><b>Wrong Way:</b> This indicates a section that is not on the race course. Do not pass these signs. Look for the appropriate course markings or signage to stay on course.</p>
	<p><b>Directional Arrows:</b> These indicate the direction of travel on course. Follow the direction of the arrow. A left or right arrow sign may also indicate a turn is coming up.</p>
	<p><b>Course-Specific Directional Arrows:</b> These indicate the direction of travel specific to a course. Follow the direction of the arrow of the race you are in. These signs are at locations where multiple course overlap.</p>

## AID STATION SIGNAGE

Each race distance will be listed at the top to which the below information applies.

100 K 100 M	50 K	50 K 100 K 100 M
		

The name of the aid station you're arriving to.

Distance (miles) to the next aid station.

Indicates the next aid station is not a Full Aid Station and is limited to water and electrolytes.

Elevation gain/loss (ft) to the next aid station.

The name of the aid station after the one you're currently at.

If the next aid station has a hard cut-off, you'll see them listed for each distance.

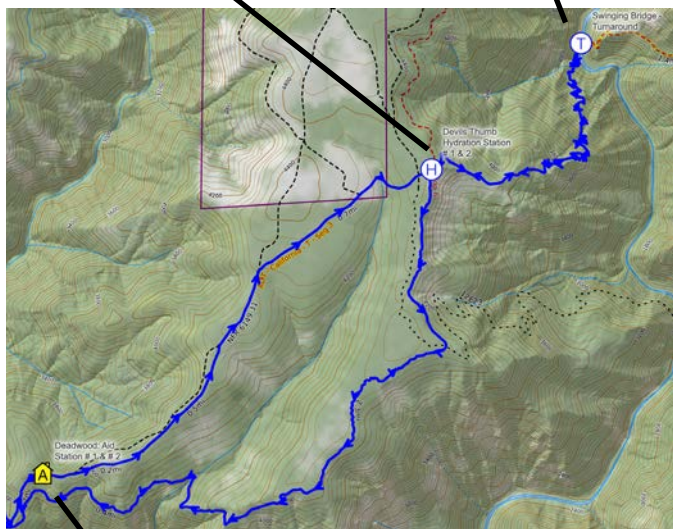


# COURSE MARKINGS

## SWINGING BRIDGE TURNAROUND 100M & 100K

Course signage and a Marshal will be stationed at the Devil's Thumb Hydration Station to remind runners to make the descent to Swinging Bridge for their marking.

Swinging Bridge Turnaround where runners need to check-in and receive their marking.



All runners must check-in at Deadwood 1 coming from the start at China Wall, and again at Deadwood 2, on the return from Devil's Thumb and the Swinging Bridge Turnaround. Any runner that does not have their Swinging Bridge Turnaround marking will be disqualified.



## COURSE MARKING STANDARDS ALONG THE TRAIL

All course ribbons will be placed within eyesight of the next one. Look for course ribbons to be placed on the following:

- Trees
- Bushes
- Tied to rocks on the trail
- Forest service trail signage
- Course signage

## URNS & INTERSECTIONS

Leading up to a turn, additional markings will be applied to the side of the trail in the direction of the approaching turn. Immediately after the turn is made, additional course markings will be applied to both sides of the trail to serve as "confidence" markers to ensure you made the correct turn and are on course. Directional arrow signage will be placed leading up to and at turns, in the direction of the upcoming turn. Prior to key intersections, a "Critical Turn Ahead" course sign will be added to alert runners leading up to a turn.

## WRONG WAY

"Wrong Way" signage will be placed at intersections on trails that are not on the course. Additional "Wrong Way" signage will be placed further down a trail that is not on the course in case the first sign is missed. If you do not see a course marking ribbon or flag within your field of vision, you are most likely off course. Re-trace your steps until you find the correct course marking for your race.

## COURSE MARSHALS & ROAD CROSSINGS

Runners must follow and obey all Course Marshals at the locations they are stationed. Where there are road crossings, runners must give the right of way to vehicles and only cross when the Course Marshal allows them to do so.



# SHUTTLES & PARKING

## EVENT PARKING & SHUTTLE LOCATIONS

### Gold Country Fairgrounds

#### Parking & Shuttles

209 Fairgate Road, Auburn, CA 95603  
Thursday Opening Time: 6:00 am  
Friday Opening Time: 6:00 am  
Saturday Opening Time: 12:00 am

#### Friday Shuttle Schedule

**100M** 9:45am-10:45am.  
(RUNNERS ONLY)

#### Saturday Shuttle Schedule

**100K** 2:45 am-3:45am  
(RUNNERS ONLY)  
**50K/25K** 5:45 am-7:45 am  
Runner Priority.

### Overlook Park - Overflow

#### No Runner Shuttle

(\*need to walk to the Fairgrounds for Shuttle)  
855 Pacific Ave.  
Auburn, CA 95603

### Pacific Avenue

#### No Runner Shuttle

(\*need to walk to the Fairgrounds for Shuttle)  
Roadside parking allowed on both sides of the road. Please be mindful not to block resident driveways.



## DOWNTOWN AUBURN

Please observe all parking rules applied by local businesses and residents.

### START/FINISH AREA

#### High Street

Closed Friday 4/25 at 9am to Sunday 4/27 at 7am

### BASECAMP

#### High Street and E Placer Street

Thursday 4/24 12pm-6pm  
Friday 4/25 10am-6:30pm

### SHUTTLE STOP

#### Lincoln Way

Joe Elder's Bus Depot

General Shuttle:  
50K/25K Start Dropoff  
Saturday 5:45am-7:45am

All Distance Finishers  
(Fairgrounds and Overlook Parking)  
Saturday 11:00am to Midnight.





# SHUTTLES & PARKING



Click the map for directions to Cool Aid Station parking.



## FORESTHILL AID STATION

**\*There is absolutely NO PARKING on CHURCH STREET or in FRONT OF BUSINESSES OR RESIDENCES. There is NO PARKING IN FRONT OF THE SCHOOL. This is reserved for the Foresthill Aid Station.** Please be \*respectful\* to the residents of Foresthill, their property, and be mindful of late hour noise levels. Arrive early, carpool if at all possible, and park as close to the next car as possible. If you park in the No Parking areas, you should expect to be ticketed. Any reports of parking on, or causing damage to, private property will result in a DISQUALIFICATION OF YOUR RUNNER.

Click the map for directions to Foresthill parking.



# SHUTTLES & PARKING

## DRIVER'S FLAT AID STATION

### PARKING LOT:

#### **Foresthill Rd**

Parking Allowed - Fee Required: Crew and Spectator Parking. Walk in to Aid Station on Driver's Flat Rd. Approx 1/2 mile.

### ROADSIDE PARKING:

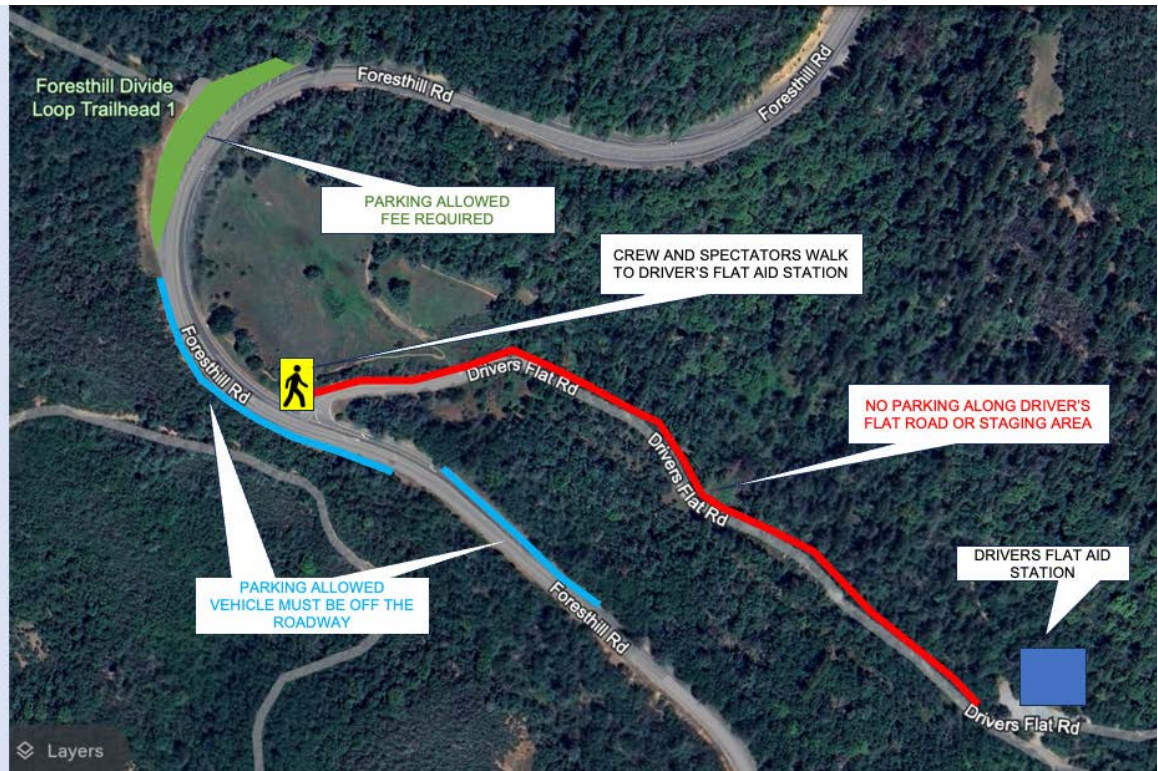
#### **Foresthill Rd**

Parking Allowed Along Roadside - Walk in to Aid Station

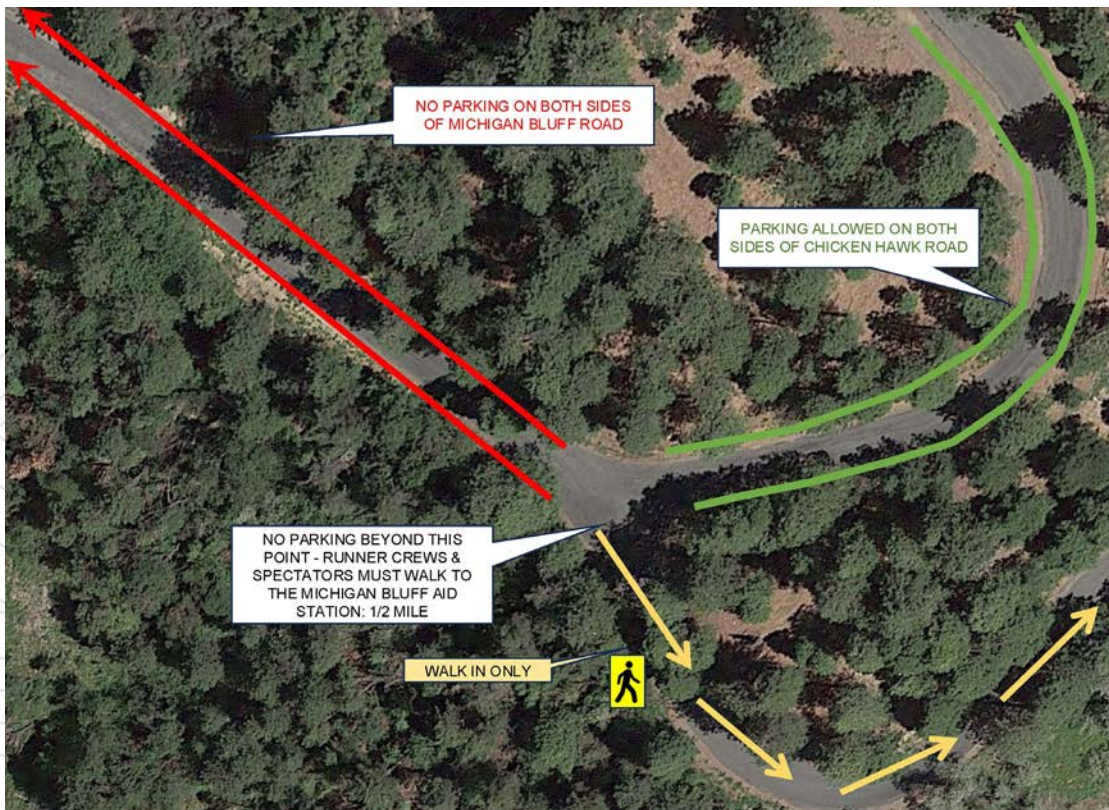
### NO PARKING:

#### **Driver's Flat Rd and Staging Area**

Crew and Spectators must walk in. No Parking or waiting.



Click the map for directions to Driver's Flat parking.



## MICHIGAN BLUFF SPECTATOR/CREW PARKING

### **MICHIGAN BLUFF ROAD:**

**NO PARKING** along Michigan Bluff Rd both directions to the intersection of Michigan Bluff and Chicken Hawk Rd.

### **CHICKEN HAWK RD:**

Parking is allowed on Chicken Hawk Rd. both directions.

**NO PARKING BEYOND THE INTERSECTION OF MICHIGAN BLUFF ROAD AND CHICKEN HAWK ROAD.**

**RUNNER CREWS & SPECTATORS MUST WALK TO THE MICHIGAN BLUFF AID STATION: 1/2 MILE.**

Click the map for directions to Michigan Bluff parking.



# NO CREW ACCESS OR PARKING

## CREW RULES

Crews are only allowed at the designated crew locations and aid stations. Please see the specific race category for precise locations. Follow all parking directions and signs when arriving at these areas and stay within the designated crew area at each location. We ask that you also remain aware of the other runners that are in the crew area or that may be passing by the area for runner safety. Crews are not allowed to leave the area running with their runners. Please read and review the Crew Rules found in the Race Regulations guide located [HERE](#). **THERE IS NO OVERNIGHT PARKING OR CAMPING AT ANY CREW LOCATIONS. YOU RUN THE RISK OF BEING TOWED AND YOUR RUNNER BEING DISQUALIFIED SHOULD YOU PARK OR CAMP OVERNIGHT.**

### CHINA WALL 100M & 100K START

There is no parking, drop-off, or spectators at the China Wall Start location. Due to permit restrictions and very minimal space, we require runners to use the provided shuttles to transport to the race start from the Gold Country Fairground Parking.

### DEADWOOD & DEVIL'S THUMB AID STATIONS 100M & 100K

No crew or spectators allowed at these locations due to permit restrictions and questionable terrain.

### CAL 2 AID STATION 100M & 100K

There is absolutely no crew or spectator access allowed at this location due to strict permitting restrictions and private property land ownership. **Any crew or spectators attempting to access their runner from this location risk runner disqualification.**

### MAMMOTH BAR AID STATION 100M, 100K & 50K

No crew or spectators at this location due to permitting and traffic control.

### CONFLUENCE AID STATION ALL DISTANCES

No crew allowed at this location due to limited space, heavy day use and traffic control.

### BROWN'S BAR AID STATION 100M

No crew or spectators at this location due to permitting and access.

### CLEMENTINE AID STATION 50K





No crew or spectators are allowed at this location due to limited space and traffic control.

### ALT AID STATION 100M

No crew or spectators at this location due to permitting and private property land ownership.

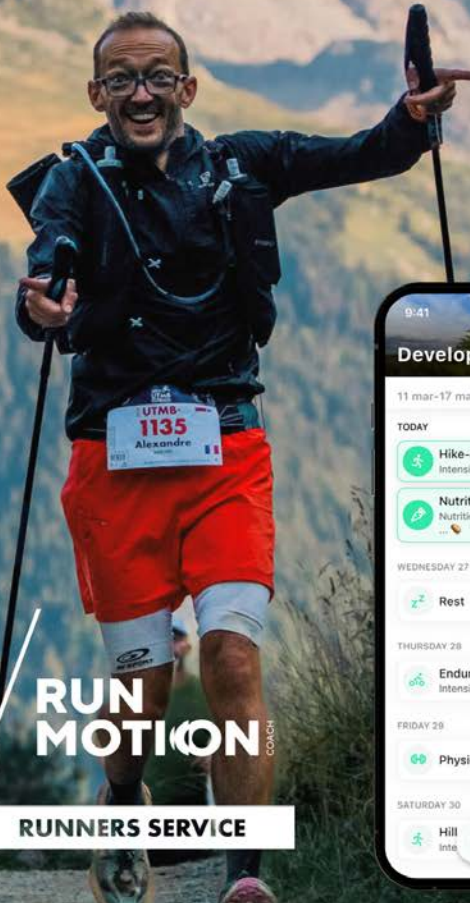


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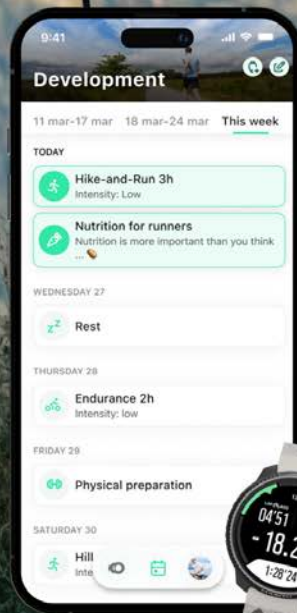
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MOTION**

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BY **UTMB**

# 100 MILE COURSE

AUBURN, CALIFORNIA

Scan for interactive map:



 **STARTING LINE**

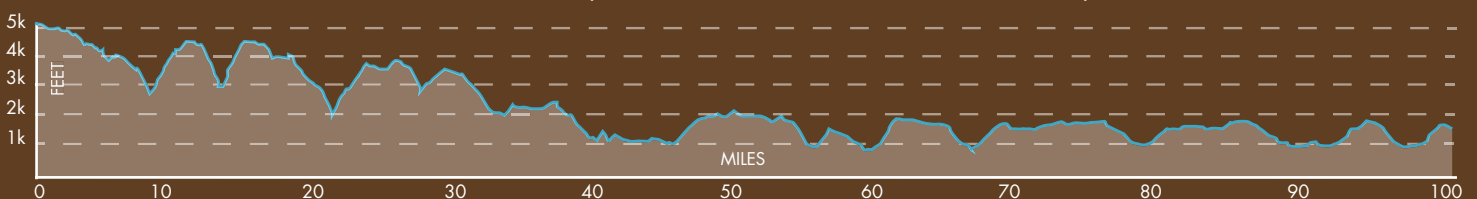
 **FINISH LINE**

 **10 MILE MARKER**

 **AID STATION**

 **MEDICAL STATION**

START ELEVATION: 5,016 FT | FINISHING ELEVATION: 1,270 FT | GAIN: 18,204 FT





# 100M COURSE

## COURSE INFORMATION

[CLICK HERE](#) to download the 2025 100M course route as a GPX file.

## AID STATIONS

Aid stations are estimated and subject to change. They will be offered at the following locations:

MILE	LOCATION	SUPPORT
10.1	Deadwood 1	Full Aid, Bathrooms
12.0	Devils Thumb 1	Hydration Only
13.5	Swinging Bridge (Turnaround)	RUNNERS MUST MAKE THE DESCENT DOWN TO SWINGING BRIDGE & CHECK-IN. RUNNERS THAT DO NOT RECEIVE A CHECK-IN MARKING WILL BE DISQUALIFIED AT DEADWOOD 2.
15.1	Devils Thumb 2	Hydration Only
18.3	Deadwood 2	Full Aid, Bathrooms
24.0	Michigan Bluff	Full Aid, Bathrooms, <b>CREW</b>
30.0	Foresthill	Full Aid, Bathrooms, Drop Bags, <b>CREW</b>
38.2	Cal 2	Full Aid
47.5	Drivers Flat	Full Aid, Bathrooms, <b>CREW</b>
55.5	Mammoth Bar	Full Aid, Bathrooms
59.1	Confluence	Full Aid, Bathrooms
59.9	No Hands 1	Hydration Only
62.9	Cool 1	Full Aid, Bathrooms, Drop Bags, Pacers, <b>CREW</b>
64.6	Coffer Dam 1	Hydration Only
69.1	Coffer Dam 2	Hydration Only
75.1	Cool 2	Full Aid, Bathrooms, Drop Bags, Pacers, <b>CREW</b>
79.2	Browns Bar 1	Full Aid
84.7	ALT	Full Aid, Bathrooms
92.3	Browns Bar 2	Full Aid
98.3	No Hands 2	Hydration Only

## COURSE CUT-OFFS

Each runner will have 35 hours to complete the course and receive their Western States Qualifier. There will be intermediate cut-offs along the course as follows:

- 7: 45 PM at Michigan Bluff (Mile 24.0)
- 9:30 PM at Foresthill (Mile 30.0)
- 3 AM at Driver's Flat (Mile 47.5)
- 5:30 AM at Mammoth Bar (Mile 55.5)
- 8 AM at Cool 1 (Mile 62.9)
- 12 PM at Cool 2 (Mile 75.1)
- 3:30 PM at ALT (Mile 84.7)
- 11 PM on Saturday at the finish line (Mile 101.8)

Intermediate cut-off times are calculated with the consideration of the following:

- Safety of all participants including, but not limited to runners, volunteers, medical staff, and search & rescue.
- Remoteness of certain sections of trail.
- Access to certain sections of trail.
- Conditions of certain sections of trail.

The race organization reserves the right to add or change any listed cut-off times prior to and during the race. The race organization reserves the right to remove a runner from the course and remove their bib, if it determines there is no possibility of an athlete finishing before the listed cut-off times based on their location, time, and average pace.

A runner **MUST** leave an Aid Station prior to the cut-off time, or they will be considered a Drop, and their bib will be removed. A runner cannot leave an Aid Station behind the Course Sweeps. **NO EXCEPTIONS!** A runner also cannot leave the Aid Station prior to the cut-off time, then return to the Aid Station, or receive assistance from their crew. Any runner leaving the Aid Station prior to the cut-off, must continue on the marked course. Any runner arriving to an Aid Station after the cut-off time will be considered a Drop and their bib will be removed. **NO EXCEPTIONS!**

For permitting reasons, and the continuation of the event, the safety of all runners, volunteers, safety personnel, and race staff, the cut-off times and rules must be honored and respected for all UTMB events.



BY **UTMB**

# 100K COURSE

AUBURN, CALIFORNIA

Scan for interactive map:



 **STARTING LINE**

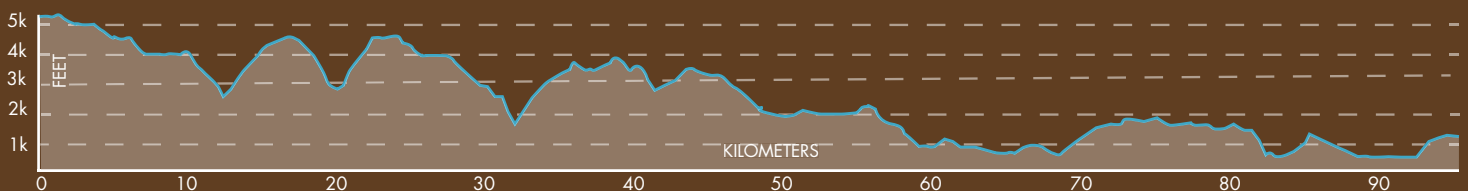
 **FINISH LINE**

 **10 KILOMETERS**

 **AID STATION**

 **MEDICAL STATION**

START ELEVATION: 5,016 FT | FINISHING ELEVATION: 1,270 FT | GAIN: 12,295 FT



# 100K COURSE

## COURSE INFORMATION

[CLICK HERE](#) to download the 2025 100K course route as a GPX file.

## AID STATIONS

Aid stations are estimated and subject to change. They will be offered at the following locations:

MILE	LOCATION	SUPPORT
10.1	Deadwood 1	Full Aid, Bathrooms
12.0	Devils Thumb 1	Hydration Only
13.5	Swinging Bridge (Turnaround)	RUNNERS MUST MAKE THE DESCENT DOWN TO SWINGING BRIDGE & CHECK-IN. RUNNERS THAT DO NOT RECEIVE A CHECK-IN MARKING WILL BE DISQUALIFIED AT DEADWOOD 2.
15.1	Devils Thumb 2	Hydration Only
18.3	Deadwood 2	Full Aid, Bathrooms
24.0	Michigan Bluff	Full Aid, Bathrooms, <b>CREW</b>
30.0	Foresthill	Full Aid, Bathrooms, Drop Bags, <b>CREW</b>
38.2	Cal 2	Full Aid
47.5	Drivers Flat	Full Aid, Bathrooms, <b>CREW</b>
55.5	Mammoth Bar	Full Aid, Bathrooms
59.1	Confluence	Full Aid, Bathrooms

## COURSE CUT-OFFS

Each runner will have 20 hours to complete the course and receive their Western States Qualifier. There will be intermediate cut-offs along the course as follows:

- 12:45 PM at Michigan Bluff (Mile 24.0)
- 2:30 PM at Foresthill (Mile 30.0)
- 7:45 PM at Driver's Flat (Mile 47.5)
- 10:15 PM at Mammoth Bar (Mile 55.5)
- 1 AM on Sunday at the finish line (Mile 63.1)

Intermediate cut-off times are calculated with the consideration of the following:

- Safety of all participants including, but not limited to runners, volunteers, medical staff, and search & rescue.
- Remoteness of certain sections of trail.
- Access to certain sections of trail.
- Conditions of certain sections of trail.

The race organization reserves the right to add or change any listed cut-off times prior to and during the race. The race organization reserves the right to remove a runner from the course and remove their bib, if it determines there is no possibility of an athlete finishing before the listed cut-off times based on their location, time, and average pace.

A runner MUST leave an Aid Station prior to the cut-off time, or they will be considered a Drop, and their bib will be removed. A runner cannot leave an Aid Station behind the Course Sweeps. **NO EXCEPTIONS!** A runner also cannot leave the Aid Station prior to the cut-off time, then return to the Aid Station, or receive assistance from their crew. Any runner leaving the Aid Station prior to the cut-off, must continue on the marked course. Any runner arriving to an Aid Station after the cut-off time will be considered a Drop and their bib will be removed. **NO EXCEPTIONS!**

For permitting reasons, and the continuation of the event, the safety of all runners, volunteers, safety personnel, and race staff, the cut-off times and rules must be honored and respected for all UTMB events.





BY **UTMB**

# 50K COURSE

AUBURN, CALIFORNIA

Scan for interactive map:



STARTING LINE



FINISH LINE



10 KILOMETERS

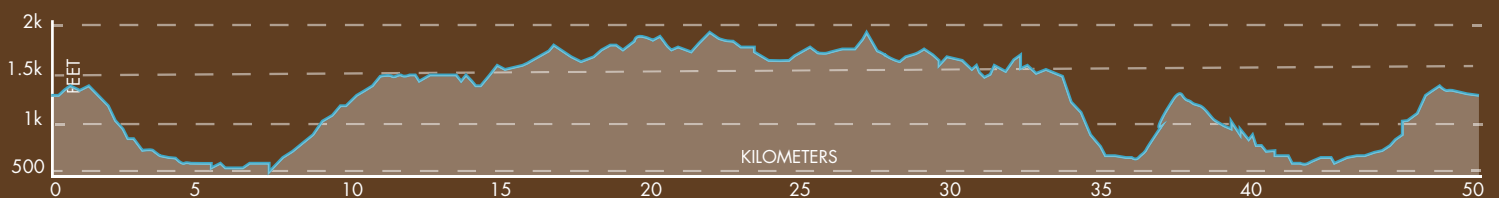


AID STATION



MEDICAL STATION

START ELEVATION: 1,270 FT | FINISHING ELEVATION: 1,270 FT | GAIN: 5,094 FT



# 50K COURSE

## COURSE INFORMATION

[CLICK HERE](#) to download the 2025 50K course route as a GPX file.

## AID STATIONS

Aid stations are estimated and subject to change. They will be offered at the following locations:

MILE	LOCATION	SUPPORT
4.0	Confluence 1	Full Aid, Bathrooms
7.2	Clementine	Full Aid, Bathrooms
15.6	Driver's Flat	Full Aid, Bathrooms
23.5	Mammoth Bar	Full Aid, Bathrooms
27.2	Confluence 2	Full Aid, Bathrooms

## COURSE CUT-OFFS

Each runner will have 10 hours to complete the course. The final course cut-off at the finish line in Downtown Auburn will be at 5 PM on Saturday. Course cut-off times are estimated based on runners' start times and projected paces, and are subject to change.





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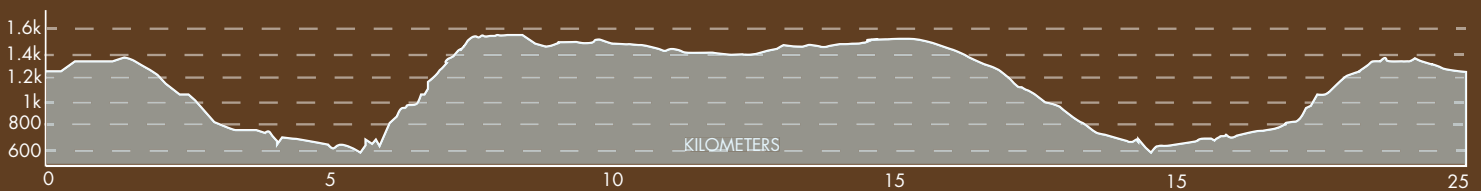
# 25K COURSE

AUBURN, CALIFORNIA

Scan for interactive map:



START ELEVATION: 1,266 FT | FINISHING ELEVATION: 1,266 FT | GAIN: 2,500 FT





# 25K COURSE

## COURSE INFORMATION

[CLICK HERE](#) to download the 2025 25K course route as a GPX file.

## AID STATIONS

Aid stations are estimated and subject to change. They will be offered at the following locations:

MILE	LOCATION	SUPPORT
3.5	No Hands 1	Hydration Only
6.5	Cool 1	Full Aid, Bathrooms
8.6	Cool 2	Full Aid, Bathrooms
12.0	No Hands 2	Hydration Only

## COURSE CUT-OFFS

Each runner will have 5 hours to complete the course. The final course cut-off at the finish line in Downtown Auburn will be at 1 PM on Saturday. Course cut-off times are estimated based on runners' start times and projected paces, and are subject to change.



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# AID STATION GUIDE

AS Label	AS Location	AS Mileage	Miles to Next AS	Elev. Gain to Next AS (ft)	Elev. Loss to Next AS (ft)	Cumulative Elev. Gain (ft)	Cumulative Elev. Loss (ft)	Cut-Off Time	Drop Bags	Crew
100M										
Start	China Wall	0.0	10.1	1,787	-2,870	1,787	-2,870			
AS1	Deadwood 1	10.1	1.8	565	-124	2,352	-2,994			
HS1	Devils Thumb 1	12.0	1.6	0	-1,642	2,352	-4,636			
N/A	Swinging Bridge (Turnaround)	13.5	1.6	1,642	0	3,994	-4,636			
HS2	Devils Thumb 2	15.1	3.2	283	-724	4,277	-5,360			
AS2	Deadwood 2	18.3	5.7	1,774	-2,229	6,051	-7,589			
AS3	Michigan Bluff	24.0	5.9	1,173	-1,367	7,224	-8,956	7:45 PM		X
AS4	Foresthill	30.0	8.3	725	-2,311	7,949	-11,267	9:30 PM	X	X
AS5	Cal 2	38.2	9.3	1,725	-1,727	9,674	-12,994			
AS6	Drivers Flat	47.5	7.9	984	-2,050	10,658	-15,044	3 AM		X
AS7	Mammoth Bar	55.5	3.7	679	-718	11,337	-15,762	5:30 AM		
AS8	Confluence	59.1	0.8	189	-184	11,526	-15,946			
HS3	No Hands 1	59.9	3.0	1,156	-219	12,682	-16,165			
AS9	Cool 1	62.9	1.7	70	-158	12,752	-16,323	8:00 AM	X	X
HS4	Coffer Dam 1	64.6	4.6	947	-947	13,699	-17,270			
HS5	Coffer Dam 2	69.1	5.9	708	-620	14,407	-17,890			
AS10	Cool 2	75.1	4.1	259	-1,020	14,666	-18,910	12 PM	X	X
AS11	Browns Bar 1	79.2	5.5	947	-261	15,613	-19,171			
AS12	ALT	84.7	7.6	675	-1,361	16,288	-20,532	3:30 PM		
AS13	Browns Bar 2	92.3	6.1	1,009	-1,185	17,297	-21,717			
HS6	No Hands 2	98.3	3.5	907	-227	18,204	-21,944			
Finish	Downtown Auburn	101.8						11 PM (Saturday)		
100K										
Start	China Wall	0.0	10.1	1,787	-2,870	1,787	-2,870			
AS1	Deadwood 1	10.1	1.8	565	-124	2,352	-2,994			
HS1	Devils Thumb 1	12.0	1.6	0	-1,642	2,352	-4,636			
N/A	Swinging Bridge (Turnaround)	13.5	1.6	1,642	0	3,994	-4,636			
HS2	Devils Thumb 2	15.1	3.2	283	-724	4,277	-5,360			
AS2	Deadwood 2	18.3	5.7	1,774	-2,229	6,051	-7,589			
AS3	Michigan Bluff	24.0	5.9	1,173	-1,367	7,224	-8,956	12:45 PM		X
AS4	Foresthill	30.0	8.3	725	-2,311	7,949	-11,267	2:30 PM	X	X
AS5	Cal 2	38.2	9.3	1,725	-1,727	9,674	-12,994			
AS6	Drivers Flat	47.5	7.9	984	-2,050	10,658	-15,044	7:45 PM		X
AS7	Mammoth Bar	55.5	3.7	679	-718	11,337	-15,762	10:15 PM		
AS8	Confluence	59.1	4.0	958	-275	12,295	-16,037			
Finish	Downtown Auburn	63.1						1 AM (Sunday)		

# AID STATION GUIDE

AS Label	AS Location	AS Mileage	Miles to Next AS	Elev. Gain to Next AS (ft)	Elev. Loss to Next AS (ft)	Cumulative Elev. Gain (ft)	Cumulative Elev. Loss (ft)	Cut-Off Time	Drop Bags	Crew
50K										
Start	Downtown Auburn	0.0	4.0	313	-995	313	-995			
AS1	Confluence 1	4.0	3.2	950	-38	1,263	-1,033			
AS2	Clementine	7.2	8.4	1,210	-1,016	2,473	-2,049			
AS3	Driver's Flat	15.6	7.9	984	-2,050	3,457	-4,099			
AS4	Mammoth Bar	23.5	3.7	679	-718	4,136	-4,817			
AS5	Confluence 2	27.2	4.0	958	-275	5,094	-5,092			
Finish	Downtown Auburn	31.2						5 PM		
25K										
Start	Downtown Auburn	0.0	3.5	220	-898	220	-898			
HS1	No Hands 1	3.5	3.0	1,156	-219	1,376	-1,117			
AS1	Cool 1	6.5	2.1	141	-141	1,517	-1,258			
AS2	Cool 2	8.6	3.4	76	-1,013	1,593	-2,271			
HS2	No Hands 2	12.0	3.5	907	-226	2,500	-2,497			
Finish	Downtown Auburn	15.5						1:00 PM		

**PLEASE NOTE: Mileage, elevation gain and elevation loss are based on CalTopo. The above elevation gain/loss data is derived from a segmented GPX file on CalTopo which tends to be more accurate than a single line GPX route. Actual data may vary on course and from watch to watch.**



# FINISH LINE

## AWARDS CEREMONIES

Join us at Basecamp for the Awards Ceremonies!

- The 25K Awards Ceremony will be held on Saturday, April 26 at 12:30 PM. Top five overall male and female awards and first place male and female age group awards will be awarded.
- The 50K Awards Ceremony will be held on Saturday, April 26 at 4 PM. Top five overall male and female awards and first place male and female age group awards will be awarded.
- The 100K Overall Awards Ceremony will be held on Saturday, April 26 at 5 PM. Overall awards will be given to the top five male and female finishers. The 100K Age Group Awards Ceremony will be held on Sunday, April 27 at 9 AM.
- The 100M Awards Ceremony will be held on Sunday, April 27 at 9 AM. Top five overall male and female awards and first place male and female age group awards will be awarded.

If you cannot attend the Awards Ceremony, please email [canyons@service.byutmb.world](mailto:canyons@service.byutmb.world) to have your award shipped to you. Shipping fees will apply. Please note that we cannot ship awards outside of the United States. Unclaimed awards will be held for 30 days.

## 100M & 100K DROP BAG PICK-UP

Drop bags from the 100M and 100K distances will be returned to Basecamp for pick-up. Drop bags can be collected by the runner, a family member, or a friend only upon presentation of the Bib Number. Drop bags will be available no later than 2 hours after the completion of the race and until Sunday, April 27 at 12 PM (noon). After that time, drop bags are subject to charitable donation. **DO NOT PUT ANYTHING OF GREAT VALUE IN YOUR DROP BAGS!** The organization is not responsible for items in drop bags.

## START & FINISH LINE BAG PICK-UP

Finish line drop bags that were dropped by 50K or 25K runners with post-race necessities, and start line bags from the 100M and 100K will be available at Basecamp for pick-up.

## POST-RACE MESSAGE

Monsters of Massage will be offering post-race massages to runners at the finish line for the 100K from 4 PM to 9 PM.

## PHOTOGRAPHY

FinisherPix will have multiple photographers along the course to document your journey.

## HOW TO ORDER YOUR PIX

- Register your e-mail address at [www.finisherpix.com](http://www.finisherpix.com) to be notified as soon as photos are online.
- Keep your bib number visible on the FRONT of your body during the run and at the finish line so you can be easily identified.
- Smile and celebrate when you cross the finish line! Don't worry about touching your watch, the timing company will ensure an accurate record of your achievement.
- Visit [www.finisherpix.com](http://www.finisherpix.com) to view, order, and share your photos from the event.

## RETRIEVING A DNF BIB

If you DNF from your race, your bib will be removed to help account for all runners on and off the course. If you would like to retrieve your bib, please contact Race Command at (813) 422-2094.

## VOLUNTEER

Our volunteers allow us to do what we do! Please be sure to thank the volunteers that help you along your journey. All volunteers will receive swag and early entry to future Canyons Endurance Runs events. [CLICK HERE](#) to register to volunteer.





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# TICKET TO WESTERN STATES

## WESTERN STATES

The 100M and 100K events are Western States qualifiers for 2026. To be eligible for the Western States Lottery, runners must complete the 100M distance in under 35 hours, or the 100K distance in under 20 hours.

## GOLDEN TICKET

The Canyons Endurance Runs by UTMB is a Western States 100M Golden Ticket qualifier. The top three female and male finishers in the 100K will automatically qualify for entry to the 2025 Western States 100M event. If a recipient has already qualified for Western States or declines entry, the Golden Ticket will pass down to the next finisher. No runner below fifth place will be offered the Golden Ticket.

Recipients will receive their Golden Ticket invitation through an email following acceptance and will have two weeks from the qualifying race to complete registration, including payment of the entry fee. Deferments and transfers are not permitted.

## ABOUT THE WESTERN STATES TRAIL

The Western States Trail extends from Salt Lake City, Utah, across the Great Basin, and over the Sierra Nevada to Sacramento, California. Originally a Native American route, the California portion of the trail was later taken up by trans-Sierra travelers in the 19th century seeking a passage to the Nevada mines.

## WESTERN STATES ENDURANCE RUN 100 INFORMATION

The trail begins in Olympic Valley, California and crests at Emigrant Pass at 8,750 feet. After passing by Duncan Canyon and Robinson Flat, the trail leads to Last Chance, a mining ghost town marking the beginning of "the canyons", Deadwood and El Dorado. After conquering "the canyons", runners will conquer the Foresthill Divide and reach Rucky Chucky, crossing the American River with just below class 6 rapids. As night falls, runners will climb to the Cool limestone quarry, cross Highway 29, and experience Pointed Rocks Ranch. After crossing No Hands Bridge and making the final climb to Robie Point, runners will arrive at the finish line at Auburn's Placer High School.



# UTMB WORLD SERIES

## QUALIFYING POINTS

The 2025 Canyons Endurance Runs by UTMB 100M, 100K, 50K, and 25K will give runners running stones:

- 100M: 4 Running Stones
- 100K: 3 Running Stones
- 50K: 2 Running Stones
- 25K: 1 Running Stone

A valid UTMB Index is mandatory to enter the UTMB Mont-Blanc lottery. [CLICK HERE](#) for more information regarding the UTMB Performance Index.





# GENERAL RULES

1. No littering. Please respect the trails and nature by disposing of trash at an Aid Station.
2. If you see an athlete who is injured, you are required to report this by letting race officials know the runners bib number, location and injury. Please stay with the athlete if they are in need until medical help arrives.
3. Bibs are required to be worn front facing and unobstructed, so they are visible at all times. Bibs cannot be folded or manipulated in any fashion.
4. You are only allowed to drop from the race in designated areas. These locations are provided due to the fact that transport from the more remote locations is difficult for non-emergency withdrawals from the race. If you need to drop from the race at one of the designated, you must locate and notify the Aid Station Captain and turn in your race bib.
5. Runners must stay on the designated trails to protect vegetation or natural footing. If you diverge, retrace back to the last known marker, and continue.
6. This is a cup-less race. Runners will carry a personal container to refill at each Aid Station.
7. Pacers are allowed ONLY in the 100M race. Please read and review the Pacer Rules found in the Race Regulations guide located [HERE](#). Pacers are not allowed in any other distance.
8. We love pets, but ask them to stay home for the event. Pets are not allowed on the course.
9. Course-cutting is not allowed.
10. If you do not pass the designated course cut-off locations by the specified times, you will be not allowed to continue the race.
11. Crews are ONLY allowed in the areas that are noted in the above information. Please respect the areas along the course that are designated as NO CREW. This could effect future events for all runners.
12. [CLICK HERE](#) to review the Anti-Doping policy.

# POISON OAK

## DO NOT TOUCH!

If you must step off trail when Mother Nature calls, or to allow another runner to pass, be careful where you go! Oils from this plant cause a painful, itchy rash.

Apply dish soap or a specialized product like CoreTex IvyX directly to dry skin to remove oils after exposure. Follow with a shower using cool or lukewarm water. DO NOT take a hot shower as this will open your pores and spread the oils, worsening the rash. Auburn Running Company will be at Basecamp with CoreTex IvyX for sale. They also have it for sale in their store, just a short walk from Basecamp. All runners will receive a discount on purchases!

A rash from poison oak looks like patches or streaks of red, raised blisters. These photos show what poison oak looks like on the trails this time of year. It can grow as shrub or vine, with rounded edges and a large middle leaf. The plant can appear red, green, or yellow.

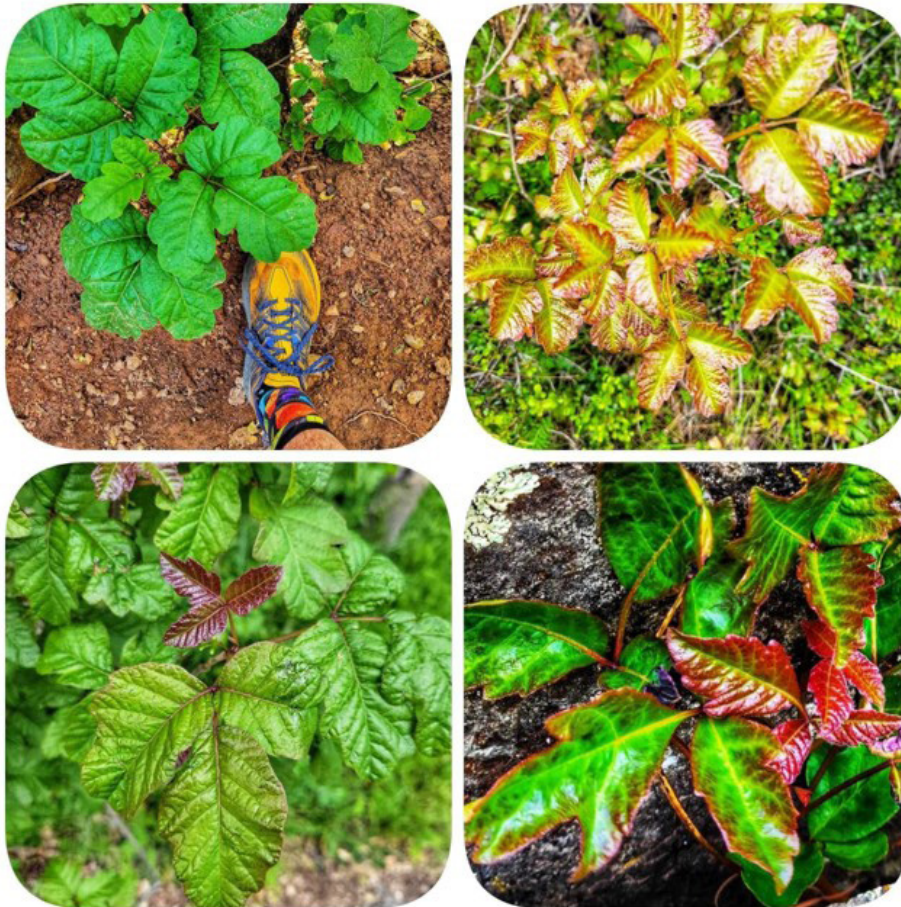


Photo Credit: Chris Nottingham



# RUNNER PERKS

Make sure to wear your wristband while visiting local businesses in Auburn for some exciting Runner Perks! For more information on Runner Perks or local businesses, [CLICK HERE](#).

Business Name	Address	Type of Business	Runner Perks
The Auburn Bodega	937 Lincoln Way	Deli/Organic Market	Free pickle juice
Two Ass Brewing Company	140 Hoffman Ave	Brewery/Taproom	\$1 off pints, \$5 off clothing
Elmwood Motel	588 High St	Motel/Hotel	Care package for the run
Zhūsh Modern	351 Commercial St	Boutique	10% off regular-priced clothing
Crooked Lane Brewing Co	536 Grass Valley Hwy	Brewery & Restaurant	\$2 off pints
Placer Land Trust	922 Lincoln Way, #200	Conservation Non-Profit	
Ponderosa Cider Co	102 Gum Ln, Unit B	Cidery	10% off ciders
The Station Public House	750 Lincoln Way	Restaurant & Beer Garden	10% off
Lori McIntosh Luxury Homes	13715 Bell Brook Dr	Real Estate	
Broker Direct Lending	629 Lincoln Way #300	Mortgage Broker	No appraisal fee, no credit report or application fee for pre-approvals, & no underwriting fees
Auburn Running Company	833 Lincoln Way	Running Specialty	Discounts on select items
The Grilli Team	900 Lincoln Way	Real Estate	
Auburn Area Chamber of Commerce	1103 High St	Chamber	
Coyote Pizzeria	150 Sacramento Street	Pizza, Beer, & Wine	15% discount
The Baker and the Cakemaker	1102 Lincoln Way	Sourdough Bakery & Cafe	
The Healthy Habit	799 Lincoln Way	Organic Eatery	
The Bee Gal Shoppe	890 Lincoln Way	Pure Honey & Gift Store	\$1 off a jar of pure raw honey
Ragged Glory Trading Co	1558 Lincoln Way	Vintage Clothing Boutique	10% off
North Fork Deli	886 Lincoln Way	Deli	15% off for runners, & 10% off for crew/volunteers
Old Town Pizza	510 High St	Old Town Pizza	Free small breadsticks
Wild Runners Auburn	198 Sacramento St	Running Store	
Placer County Sparks Law Library	1523 Lincoln Way	Public Law Library	
Roper's Jewelers	818 Lincoln Way	Fine Jewelry Store	15% off
The Farmers Marketplace	195 Elm Ave	Grocery Store	5% off
Depoe Bay Coffee Roasters	893 High St	Coffee Shop	15% off
Zhūsh Modern	351 Commercial St	Boutique	10% regular-priced clothing

# WELCOME RUNNERS!



BY **UTMB®**

Looking for something fun to do while in town? Or find the best local beer or pizza? Please help us support our local businesses who have supported us and welcoming us all to Auburn! Please visit our ["Things to Do In Town"](#) page for more info and look for our "Welcome Runners" window flyer at participating businesses for some amazing Runner Perks! Be sure to show your wristband when shopping.



SCAN HERE FOR MORE AUBURN  
LOCAL BUSINESSES!





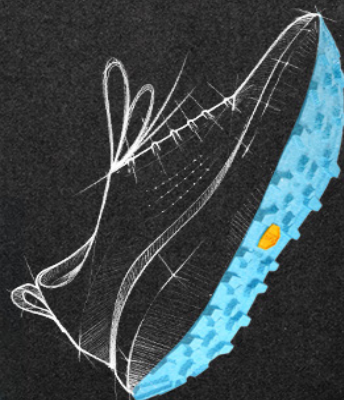


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