



BY **UTMB®**

CREW & SPECTATOR GUIDE

APRIL 23 - 25, 2026



UTMB®
WORLD SERIES

OFFICIAL UTMB® WORLD SERIES PARTNERS

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QUICK LOOK

RACE START

- 100M: Friday, April 24 at 12 PM
- 25K: Friday, April 24 at 4 PM
- Kids' Race: Friday, April 24 at 4:30 PM
- 100K: Saturday, April 25 at 5 AM
- 50K: Saturday, April 25 at 7 AM

LOCATIONS

BASECAMP (EXPO):

1050 High Street; Auburn, CA 95603

25K & 50K START:

High St in Downtown Auburn

MAIN PARKING & SHUTTLE LOCATION:

Gold Country Fairgrounds Parking
209 Fairgate Rd, Auburn, CA 95603

FINISH LINE FOR ALL DISTANCES:

High St in Downtown Auburn

There is no runner drop-off or spectators permitted at China Wall for the 100M & 100K start.

EXPO HOURS

Thursday, April 23	12 PM to 6 PM
Friday, April 24	10 AM to 6 PM
Saturday, April 25	10 AM to 8 PM
Sunday, April 26	8 AM to 10 AM

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)



EVENT PARKING

MAIN EVENT PARKING

- **LOCATION:** Gold Country Fairgrounds: 209 Fairgate Road, Auburn, CA 95603
- **OPENING TIMES:**
 - Thursday, April 23rd – 6:00 AM
 - Friday, April 24th – 6:00 AM
 - Saturday, April 25th – 12:00 AM

OVERFLOW EVENT PARKING

- **LOCATION:** Overlook Park: 855 Pacific Ave., Auburn, CA 95603
- **OPENING TIMES:**
 - Thursday, April 23rd – 6:00 AM
 - Friday, April 24th – 6:00 AM
 - Saturday, April 25th – 12:00 AM
- Please note: There is no Runners Shuttle pick-up or drop-off at Overlook Park. All Runners must walk to the Main Event Parking area at the Gold Country Fairgrounds

ADDITIONAL OVERFLOW EVENT PARKING

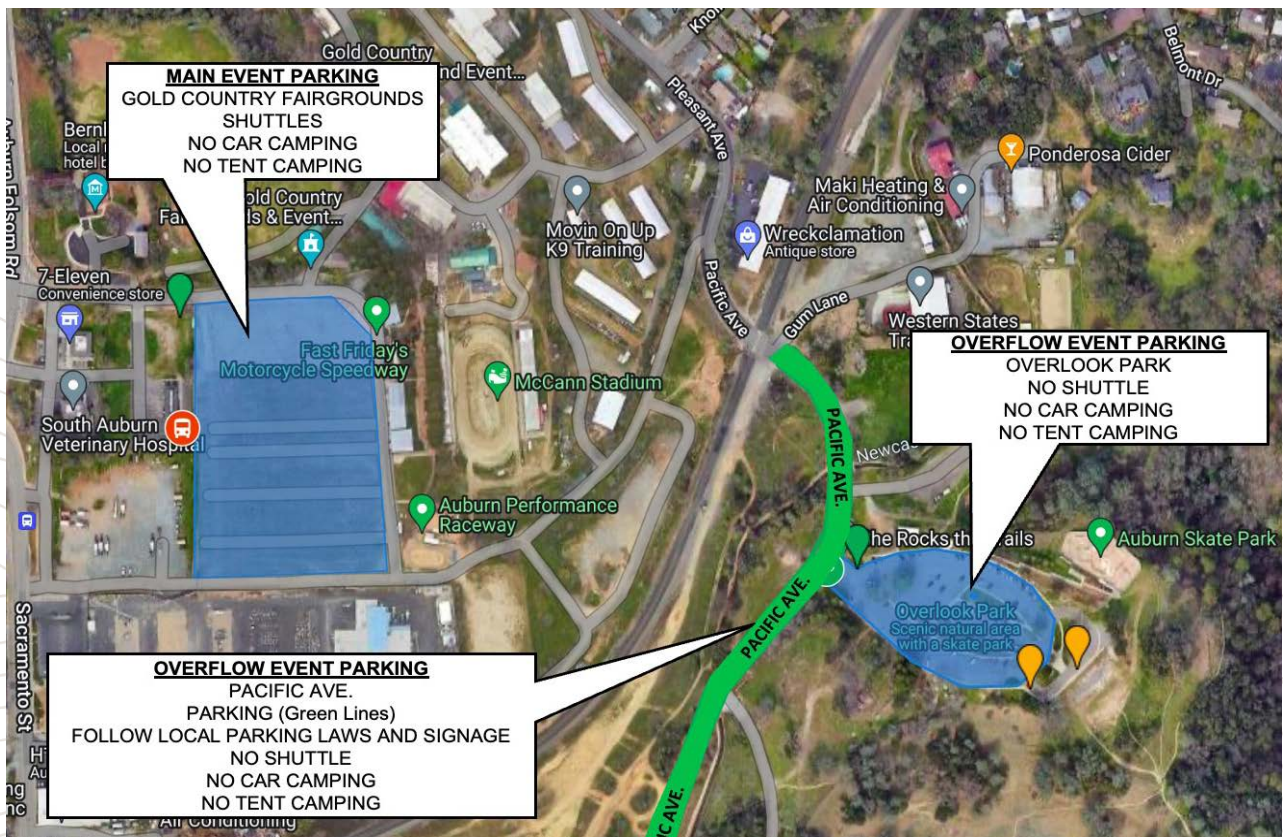
- **LOCATION:** Along both sides of Pacific Ave.
- **OPENING TIMES:** Follow all local parking times and rules. Runners are subject to penalties if found in violation
- Please note: There is no Runners Shuttle pick-up or drop-off along Pacific Ave. All Runners must walk to the Main Event Parking area at the Gold Country Fairgrounds

DOWNTOWN EVENT PARKING

- If Runners choose to park in Downtown Auburn and walk to Basecamp (Expo) or the Start/Finish Line, they must follow all local parking times and rules. Runners are subject to penalties and towing if found in violation
- Please be respectful all local businesses and residents if choosing to park in Downtown Auburn, especially in the late night and early morning hours

CAR CAMPING & TENT CAMPING

Under no circumstance, is car camping or tent camping allowed in any Event Parking Location. Violation of this may result in disqualification from race.



EVENT SHUTTLES

100 MILE RUNNER SHUTTLES

- **WHO:** Runners Only
- **PICK-UP LOCATION:** Gold Country Fairgrounds: 209 Fairgate Road, Auburn, CA 95603
- **DROP-OFF LOCATION:** China Wall OHV Staging Area, Foresthill, CA 95631
- **FIRST SHUTTLE:** Friday, April 24th – 9:45 AM
- **LAST SHUTTLE:** Friday, April 24th – 10:45 AM

Please note: Parking or runner drop-off at the 100 Mile Start in China Wall is strictly prohibited. Spectators or crew are not allowed at the 100 Mile Start in China wall and therefore are not allowed on any 100 Mile Runner Shuttles. Violation of this may result in a disqualification.

100K RUNNER SHUTTLES

- **WHO:** Runners Only
- **PICK-UP LOCATION:** Gold Country Fairgrounds: 209 Fairgate Road, Auburn, CA 95603
- **DROP-OFF LOCATION:** China Wall OHV Staging Area, Foresthill, CA 95631
- **FIRST SHUTTLE:** Saturday, April 25th – 2:45 AM
- **LAST SHUTTLE:** Saturday, April 25th – 3:45 AM

Please note: Parking or runner drop-off at the 100k Start in China Wall is strictly prohibited. Spectators or crew are not allowed at the 100k Start in China wall and therefore are not allowed on any 100k Runner Shuttles. Violation of this may result in a disqualification.

50K RUNNER SHUTTLES

- **WHO:** Runners Only
- **PICK-UP LOCATION:** Gold Country Fairgrounds: 209 Fairgate Road, Auburn, CA 95603
- **DROP-OFF LOCATION:** Elders/State Theater Bus Depot, Downtown Auburn
- **FIRST SHUTTLE:** Saturday, April 25th – 5:45 AM
- **LAST SHUTTLE:** Saturday, April 25th – 6:45 AM

Please note: Runners will take priority boarding shuttles prior to 50k race start. Any crew or spectators will need wait until all runners have been transported.

25K RUNNER SHUTTLES

- **WHO:** Runners Only
- **PICK-UP LOCATION:** Gold Country Fairgrounds: 209 Fairgate Road, Auburn, CA 95603
- **DROP-OFF LOCATION:** Elders/State Theater Bus Depot, Downtown Auburn
- **FIRST SHUTTLE:** Friday, April 24th – 2:45 PM
- **LAST SHUTTLE:** Friday, April 24th – 3:45 PM

Please note: Runners will take priority boarding shuttles prior to 25k race start. Any crew or spectators will need wait until all runners have been transported

MAIN EVENT PARKING TO/FROM BASECAMP (EXPO) SHUTTLES

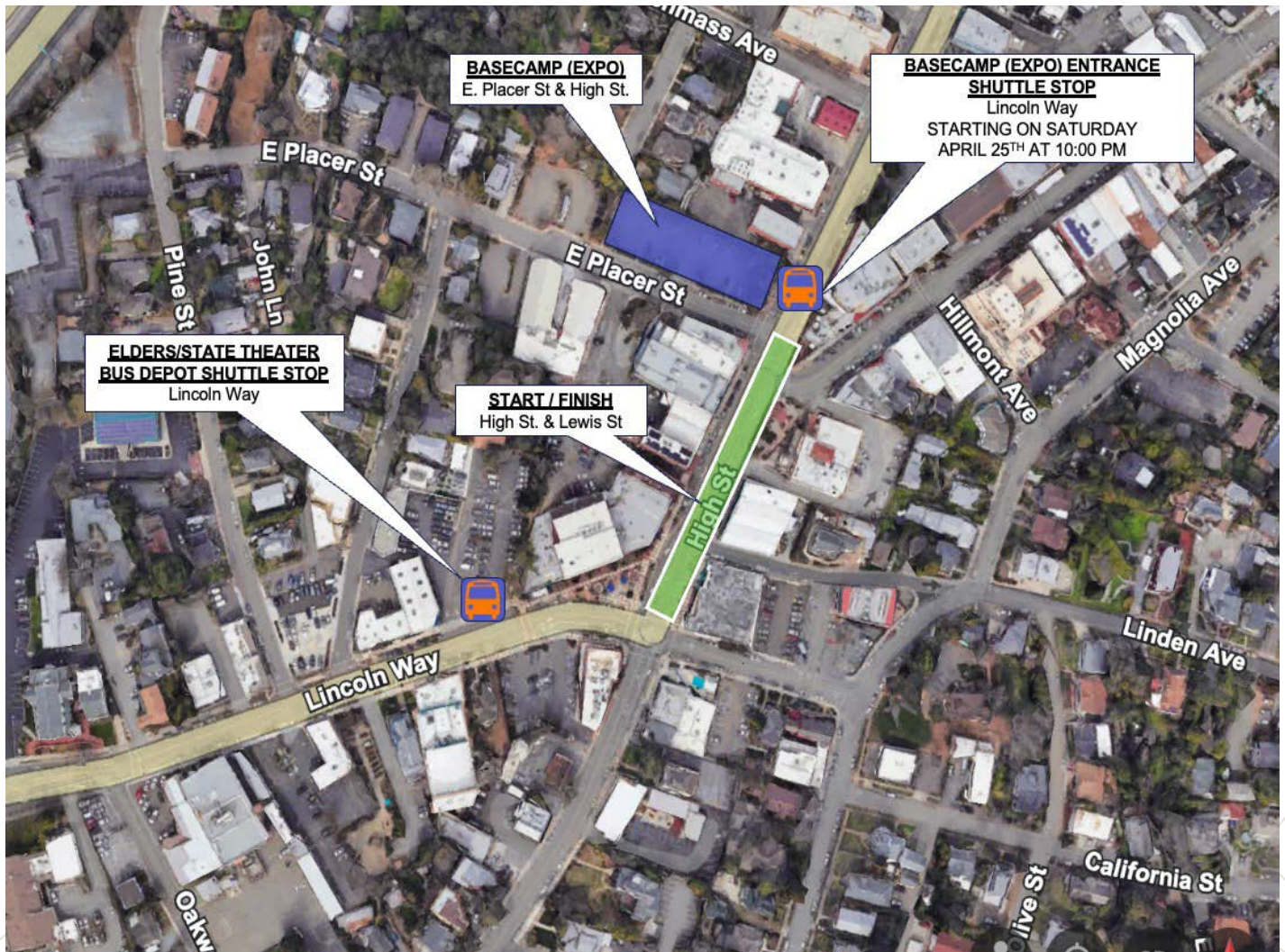
- **WHO:** Runners, Spectators and Crew
- **DATE & TIMES:** Friday, April 24th: 10:00 AM to 9:00 PM
- **PICK-UP/DROP-OFF LOCATION:** Gold Country Fairgrounds: 209 Fairgate Road, Auburn, CA 95603
- **DROP-OFF/PICK-UP LOCATION:** Elders/State Theater Bus Depot, Downtown Auburn
- **DATE & TIMES:** Saturday, April 24th: 10:00 AM to 10:00 PM
- **PICK-UP/DROP-OFF LOCATION:** Gold Country Fairgrounds: 209 Fairgate Road, Auburn, CA 95603
- **DROP-OFF/PICK-UP LOCATION:** Elders/State Theater Bus Depot, Downtown Auburn

Please note: Shuttles will run on a continuous loop, averaging 20 to 30 minutes round trip. After 10:00 PM, the Shuttle Pick-up/Drop-Off location will change from Elders/State Theater Bus Depot to the Entrance of Basecamp (Expo) on High St.

- **DATE & TIMES:** Saturday, April 24th: 10:00 PM to 1:30 AM (Sunday)
- **PICK-UP/DROP-OFF LOCATION:** Gold Country Fairgrounds: 209 Fairgate Road, Auburn, CA 95603
- **DROP-OFF/PICK-UP LOCATION:** Basecamp (Expo) Entrance, Downtown Auburn

Please note: Shuttles will run on a continuous loop, averaging 20 to 30 minutes round trip. After 10:00 PM, the Shuttle Pick-up/Drop-Off location will change from Elders/State Theater Bus Depot to the Entrance of Basecamp (Expo) on High St.

VENUE MAP & EVENT SHUTTLES



CREW AID STATION 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.

CREW AID STATION 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:

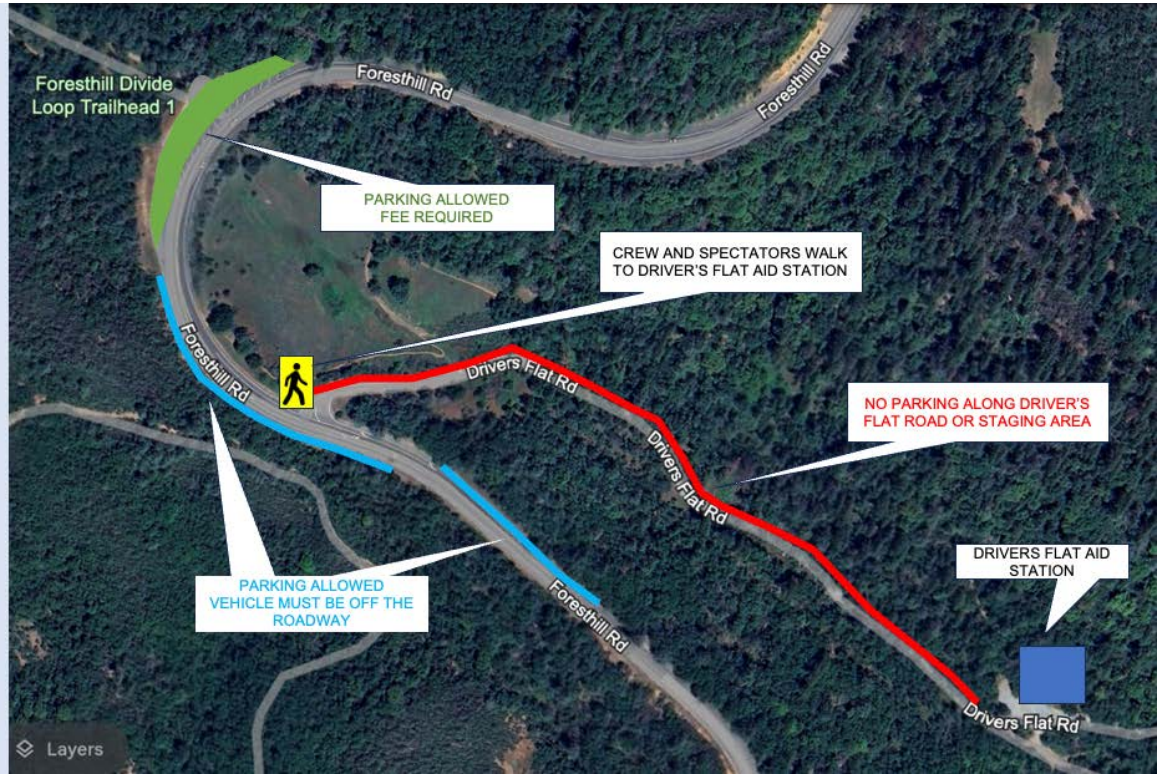
Foresthill Rd

Parking Allowed Along Roadside - Walk in to Aid Station

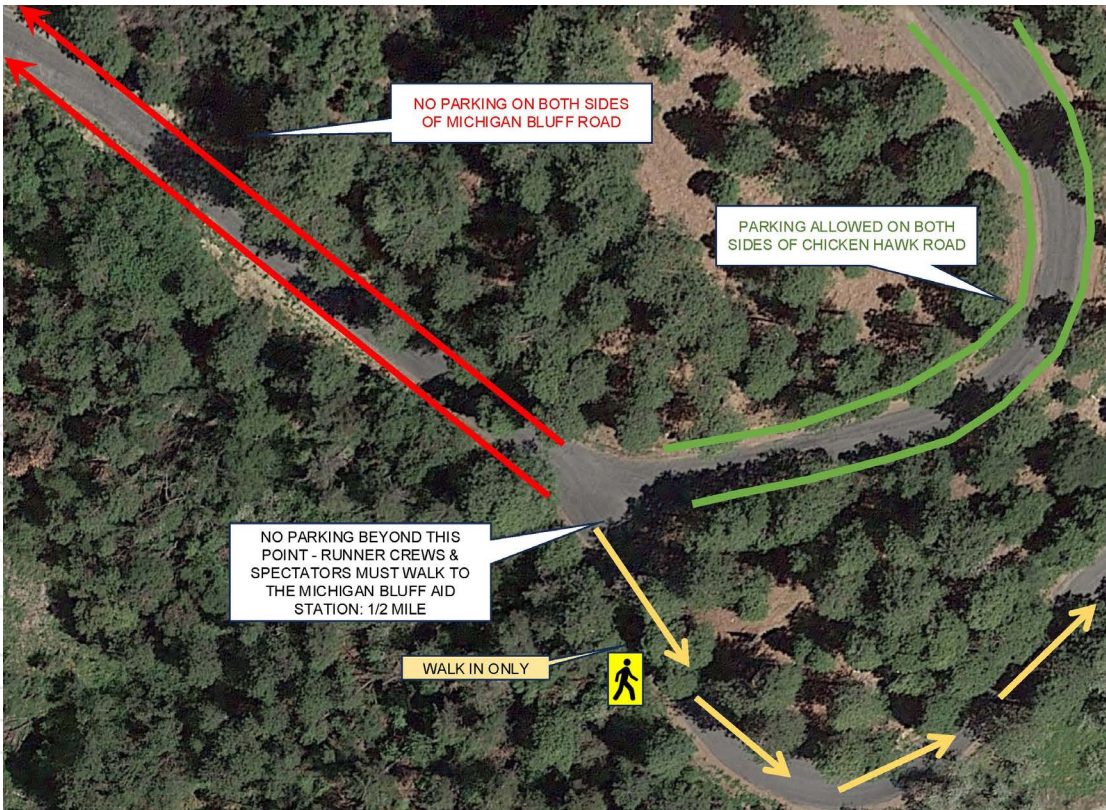
NO PARKING:

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.

CREW ACCESS & PARKING

CHINA WALL START – NO PARKING! (100M & 100K)

- No parking or drop-off
- No spectators
- Shuttle required from Gold Country Fairgrounds

NO OVERNIGHT PARKING!

- No overnight parking or camping
- Violations may result in towing
- Runner may be disqualified

WHERE CREW IS ALLOWED

- Only at official designated crew aid stations
- Follow all posted directions and signage

CREW RULES

- Stay in designated crew areas only
- Follow parking instructions
- Be aware of runners at all times
- Do NOT run with your runner in crew zones

QUICK TAKEAWAYS

- * Most aid stations = NO ACCESS. Please see the specific race category for precise locations.
- * Plan crew stops ahead of time
- * Use shuttles where required
- * Follow all rules to avoid penalties

NO CREW ACCESS (STRICTLY PROHIBITED)

- Deadwood & Devil's Thumb (100M, 100K)
- Cal 2 (100M, 100K) – Attempting access will result in disqualification and potential ban from future races.
- Mammoth Bar (100M, 100K, 50K)
- Confluence (All distances)
- Brown's Bar (100M)
- Clementine (50K)
- ALT (100M)



AID STATION GUIDE



100 Mile Aid Station Chart

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	Pacers
Start	China Wall - Start	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 - Tumaround	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	6:30 PM			
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	3:00 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 (Water Only)	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	X
HS4	Coffer Dam - 1 (Water Only)	64.6	4.6	947	-947	13,699	-17,270				
HS5	Coffer Dam - 2 (Water Only)	69.1	5.9	708	-620	14,407	-17,890				
AS10	Cool - 2	75.1	4.1	259	-1,020	14,666	-18,910	12:00 PM	X	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 - 1 (Water Only)	98.3	3.5	907	-227	18,204	-21,944				
Finish	Downtown Auburn - Finish	101.8						11:00 PM (Saturday)			

**Mileage, elevation gain and 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. Due to permitting, the course is subject to change. Always follow course markings for current route**

Revision 4/9/26



100k Aid Station Chart

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
Start	China Wall - Start	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 - Tumaround	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	11:30 AM		
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 - Finish	63.1						1:00 AM (Sunday)		

Mileage, elevation gain and 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. Due to permitting, the course is subject to change. Always follow course markings for current route

Revision 4/9/26

AID STATION GUIDE



BY **UTMB**

50k Aid Station Chart

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
Start	Downtown Auburn - Start	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	Drivers 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 - Finish	31.2						5:00 PM		

****Mileage, elevation gain and 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. Due to permitting, the course is subject to change. Always follow course markings for current route****

Revision 3/15/26



BY **UTMB**

25k Aid Station Chart

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
Start	Downtown Auburn - Start	0.0	3.5	220	-898	220	-898			
HS1	No Hands - 1 (Water Only)	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	6:45 PM		
HS2	No Hands - 2 (Water Only)	12.0	3.5	907	-226	2,500	-2,497			
Finish	Downtown Auburn - Finish	15.5						1:00 PM		

****Mileage, elevation gain and 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. Due to permitting, the course is subject to change. Always follow course markings for current route****

Revision 3/15/26

RUNNER TRACKING & RESULTS

WHERE'S MY RUNNER?

LOOKING FOR YOUR RUNNER? SEE BELOW FOR HELPFUL TIPS!



- Not all Aid Stations will have tracking, so don't panic if you don't see a time for your runner.
- Limited cellular and satellite connectivity may cause delays in runner tracking updates, and some aid stations may report times more frequently than others

Q: My runner should have checked in by now. Where are they?

A: No need to worry! There are plenty of reasons they may not show as checked in:

- Tracking is not available at that location.
- Connectivity is limited, and tracking updates may be delayed.
- The course includes a variety of terrain, with some sections being more challenging than others, so it's completely normal for runners to move a bit behind their expected pace at times.

* Anticipate up to a 2-hour delay in your runner tracking for any of these reasons

Q: Who should I contact if I'm having trouble tracking my runner?

A: Our experienced Runner Tracking Team works diligently to ensure all runners are on course, safe, and accounted for. They use the same LiveTrail software as the app, so you'll see the same location updates when your runner checks in.

Your runner's safety is our top priority! Our Runner Tracking Team has proven procedures in place to quickly identify and locate any runner who may go off course, ensuring they are safely accounted for throughout the event.

RUNNER TRACKING

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.

TIMING

The race will be timed by LiveTrail using chips located on the bibs. The chips are automatically recorded at the Start Line, various Aid Stations, timing locations and the Finish Line. Please refer to the "How to Wear Your Bib" section in the Runner's Guide for the proper way to wear your bib so the chip is not damaged and is properly recorded.

PLEASE NOTE: All runners in the race must wear their race bib with the tag intact in order to have their times recorded. No bib = no time! Please make sure the race bib is pinned on your front and is visible throughout the race.



TRACK YOUR RUNNER:

To follow your runner's progress on race day, download the LiveTrail Tracker app to your smartphone.

VOLUNTEER INCENTIVE PROGRAM

Sign up to volunteer and become a part of our race family! Once you volunteer you will be automatically entered into our Volunteer Incentive Program where your hours served can be redeemed for discounted or complimentary entries into one of UTMB's North American events. Get involved, give back, and run with us!

LEADING ROLES

- Automatic complimentary entry towards a 100M, 100K, 50K, 20K, or 10K event.
- Leading Roles are assigned by the Volunteer Director and may vary by event. These positions are essential to race operations, runner safety, or volunteer management. A Leading Role may be noted in the shift description or identified at shift end when selecting incentives.

SUPPORTIVE ROLES

Supportive Roles are all volunteer positions outside the defined Leading Roles designated by the Volunteer Director.

LEVEL 4 - SUMMIT

- Volunteer Swag: T-shirt and food & drink voucher.
- Complimentary entry towards a 100M, 100K, 50K, 20K, or 10K.

LEVEL 3 - PEAK

- Volunteer Swag: T-shirt and food & drink voucher
- 30% off registration fee for any event and distance

LEVEL 2 - RIDGELINE

- Volunteer Swag: T-shirt and food & drink voucher
- 20% off the first-tier pricing for any event and distance

LEVEL 1 - BASECAMP

- Volunteer Swag: T-shirt and food & drink voucher
- 10% off the first-tier pricing for any event and distance

If you or anyone traveling with you is interested in volunteering, please [CLICK HERE!](#)

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.

THINGS TO DO



CHARLES SHEYA - RACE DIRECTOR

- [Club Car](#) & [Monkey Cat](#) for American cuisine & drinks.
- [Pizzeria Luba](#) has delicious sourdough pizzas & drinks!
- [Taqueria Herradura](#) for Mexican food & [tre Pazzi](#) for Italian food.
- [The Baker & The Cakemaker](#) for pastries & cafe food.
- [Pour Choice](#) & [Edelweiss](#) for craft coffee, beer, & wine.
- [Crooked Lane](#) & [Auburn Alehouse](#) are great breweries!
- My favorite trail is the Confluence trail! My favorite activity is to go whitewater rafting on the American River.

SEAN FLANAGAN - RACE DIRECTOR

- The Curry Kahlo at [Auburn Bodega](#) is a must!
- [The Station Public House](#) for good vibes & great local brews.
 - The Foggy Dew at [Pizzeria Luba](#).
 - [Ponderosa Cider](#) for a great location & amazing local cider.
 - [Two Ass Brewery](#) for a step back in history and great beer.
- Quarry Rd. with a ALT Loop for some trail history and river views!

ABIGAIL DRAKE - RACE DIRECTOR

- Coffee shops: Depoe Bay Coffee Roasters, Pour Choice, Mission Coffee
- Restaurants: Pizzeria Luba, Restaurant Josephine, and Auburn Thai Garden
- Breweries: Crooked Lane, Auburn Alehouse, and The Station Public House
- Favorite Trails: Magnolia Ranch to Skunk Hollow; the Confluence to Clementine Dam; and Foresthill Divide Loop
- Bonus local favorites: The Farmers Market every Saturday morning 8am-noon for local produce and treats; the Auburn bike park or ADO skatepark; paddleboarding on Lake Clementine.

THINGS TO DO



ANGELA MILLARD - VOLUNTEER DIRECTOR

- My favorite coffee spots are [Missions Coffee](#), [Pour Choice](#), [Baked & Brewed Cafe](#), and [North Fork Chai Co.](#)
- [Restaurant Josephine](#), [tre Pazzi Trattoria](#), and [Auburn Thai Garden](#) are great spots for food!
- The best breweries are [The Station Public House](#), [Moonraker](#), and [Crooked Lane](#).
- My favorite trails are Rattlesnake Bar to Avery's Pond, Calcutta Falls from No Hands, and Clementine Dam from the Confluence.
- The Auburn Bike Park and ADO Skate Park are also fun for families and children!

MELISSA JOHNSON - COURSE DIRECTOR

- My favorite coffee spots are Depoe Bay Coffee Roasters, Baked & Brewed Café, and The Baker & The Cake Maker.
- For food, I love Herradura Mexican Food, Auburn Bodega, Lube Pizza, and Liu Mandarin Kitchen.
- My favorite breweries are Two Ass Brewery, Knee Deep, and Crooked Lane
- The best trails are Western States Trail (of course), Pioneer Express Trail, and Secret Trail.
- For families and children, there are spots to go bowling or hiking, there's a Regal movie theater, and there are ARD public pools. The Out of Order Arcade is fun, Tango Yogurt by the fire pit, Skate Park, Gold Rush Museum, Bernhard Museum, Placer County Courthouse Museum, or the Quail Trail. And don't miss The Vault — Auburn's exciting newly opened venue!



THINGS TO DO

KAREN ROSE – MEDICAL DIRECTOR

My favorite spots are:

- Edelweiss 2 for breakfast
- The Baker and the Cake Maker for pastries and cakes
 - Auburn Thai Garden
 - Old Town Pizza
- The Station Public House for a family and dog friendly outdoor venue with great food
 - Tango Frozen Yogurt for yummy treats
 - The Hillmont for shared appetizers & great atmosphere
- Josephines and Oak House for fine dining with chef driven seasonal menu.
 - Hidden Falls Regional Park for hiking



LAUREN KLEIN & HARRY SUBERTAS - AID STATION DIRECTORS & KIDS RACE DIRECTORS

- Winston Smith Books is our go-to for used/rare books of any genre.
- Take a stroll through the Community Garden at the intersection of Almond St and Lincoln Way.
 - Bagel Junction has the most delicious bagels in town!
 - Nectar Cafe for refreshing acai bowls.
 - Tango Frozen Yogurt for a cold sweet treat.
- Olmstead Loop/Knickerbocker Creek Trail and Training Hill to get in some beautiful miles.