



# WAY TOO COOL 50K & 10M ENDURANCE RUNS

PRESENTED BY 

# 2026 RUNNER'S GUIDE



# WAY TOO COOL 50K&10M ENDURANCE RUNS



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**COUNTY OF EL DORADO**  
**Board of Supervisors**

330 Fair Lane  
Placerville, CA 95667  
(530) 621-6513  
(530) 622-3645 Fax



**LORI PARLIN**  
**SUPERVISOR, DISTRICT IV**

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March 7, 2026

**Greetings Way Too Cool Participants, Volunteers, and Sponsors,**

Welcome to the 36th annual Way Too Cool 50K & 10M! It's an honor to celebrate this iconic event with all of you – runners who have trained with heart and determination, volunteers who give their time and energy to make race day seamless, and sponsors whose support keeps this tradition thriving.

This race is more than miles on a course. It's a testament to community spirit, perseverance, and the natural beauty that makes our region so special. Whether you're tackling the trails, cheering from the sidelines, or working behind the scenes, you are part of what makes Way Too Cool truly extraordinary.

Thank you for being here, for contributing, and for keeping this beloved event strong year after year. Wishing every runner a safe, memorable, and way too cool race experience!

**Supervisor Lori Parlin**  
El Dorado County, District 4



March 7, 2026

From: Lauren Shoemaker  
State Park Superintendent II (Captain)  
Auburn State Recreation Area  
501 El Dorado Street  
Auburn, CA 95603

Welcome Runners,

On behalf of Auburn State Recreation Area's staff, partners, and volunteers, welcome to this year's Way Too Cool Endurance Run. We are honored to support the endurance community on your public lands.

The over 30,000 acres of Auburn SRA are more than a racecourse. They are wildlife habitats, cultural heritage sites, and treasured recreational access points. Through decades of advocacy, stewardship, and public investment you have ensured current and future generations can experience the beauty and resilience of the American River Canyon.

As you test your endurance and determination, help us protect the American River Canyon by staying on designated routes, respecting wildlife, and leaving no trace. Your care and consideration ensure that the trails remain intact and the natural habitat stays healthy.

Whether today brings personal records, hard-earned miles, or simply the satisfaction of finishing, we hope you leave with a deeper connection to Auburn SRA and the great outdoors.

Thank you for choosing to run here. We wish you strength, resilience, and a safe journey. Have fun out on the trail.

Sincerely,

A handwritten signature in black ink, appearing to read "LSH".

Lauren Shoemaker  
State Park Superintendent II (Captain)  
Auburn State Recreation Area



March 7, 2026

Dear Participants,

On behalf of the Divide Chamber of Commerce, we extend a warm welcome to each of you as you join us for the 36th Annual Way Too Cool race.

We are thrilled to have you in our community and are excited to witness your determination and enthusiasm as you take on this challenge.

This event is not just a race; it's a celebration, camaraderie, and the joy of fitness. Your participation inspires others to embrace an active lifestyle.

We are incredibly grateful for your visit and the positive energy you bring to our town. We hope you take some time to explore, as our community offers wonderful local businesses. Our shops, restaurants, and attractions are eager to welcome you and showcase what our Divide Community has to offer.

Thank you for being a part of the Way Too Cool race. We wish you all the best as you prepare for the race and look forward to cheering you on at the finish line.

Warm regards,

Sol I. Nisbet

Divide Chamber of Commerce, President

[www.dividechamber.com](http://www.dividechamber.com)

530-401-5605

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PO BOX 34 Garden Valley, CA 95633



## Auburn Area Chamber of Commerce

*Serving Auburn since 1906*

### 2026 Officers & Directors

**Manouch Shirvanioun, President**  
Auburn Recreation District

**Yvonne Whalen, President-Elect**  
Stein & Sons Creation & Burial Services

**Katie Kenoyer, Vice President**

**Brianne Jones, Treasurer**  
Max's Restaurant

**Natalie Litchfield, Past President**  
IFC Insurance Marketing

### Board of Directors

**Allison Harvey**  
A.L. Harvey Law

**Amy Yacullo**  
Grocery Outlet

**Eric Chun**  
Creative Music Services

**Garrett Konrad**  
IFC Insurance Marketing

**Jared LaLonde**  
Realty One Group

**Lisa Trimble**  
Auburn Auto Doctors

**Melissa Johnson**  
Broker Direct Lending

**Sheri Bruce**  
Sheri Bruce Real Estate

### Chamber Staff

**Michele Tuggle, CEO**

**Kaia Kenoyer, Membership & Events**

**Marin King, Administrative Assistant**

Welcome Runners!

Get ready for your Way Too Cool adventure!

The terrain you'll be running has it all- hills, rocks, streams, neighborhoods, history and stunning views! It's challenging to be sure, but the beauty of your surroundings will keep you moving. You'll be diving into the steep American River Canyon from the town of Auburn, where the American River Canyon is a treasured asset. Runners, mountain bikers and equestrians enjoy living and visiting here specifically for our vast trail system and adventure opportunities.

Once you reach the bottom of the canyon, you'll cross the iconic "No Hands Bridge" and the sparkling waters of the American River. Just recently, the ruins of the old bridge that had caused a danger and eyesore for so long have finally been removed. The river is once again back to its normal flow.

Auburn and Cool have become a mecca of endurance races for running, biking and equestrians. You'll be running on parts of The original Western States Trail, where endurance athletes from all over the world come to run.

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 and Cool are now communities that embraces the outdoor spirit, and are proud of our Gold Rush Heritage. This area is also is the home to fine dining, world-class wine trail, breweries, golf, and boutique shopping.

Best of luck to you in this incredible journey!

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



## Welcome from Julie

Dear Way Too Cool Runners,

### **Welcome to the 36th Annual Way Too Cool 50K and the 2nd Annual WTC 10 Miler!**

It is truly an honor to welcome you to Cool, California, and to one of Northern California's most beloved trail traditions. For more than three decades, Way Too Cool has represented grit, community, challenge, and heart. Whether you are toeing the line for your very first trail race or returning for your tenth (or twentieth!) Cool experience, you are now part of something special.

The Way Too Cool 50K has built its reputation on beautiful singletrack, spirited competition, and an atmosphere that blends high-level performance with small-town warmth. Our 10 Miler, now in its second year, carries that same spirit — offering runners a chance to experience the magic of Cool in a slightly shorter but equally memorable format.

This event would not exist without the incredible volunteers, land managers, sponsors, medical teams, and community members who show up year after year to support you. When you're out on course, take a moment to thank them — their energy is part of what makes this race unforgettable.

Race day will challenge you. The trails will test your legs. The climbs will ask for patience. The descents will demand focus. But this course also rewards courage, smart pacing, and a willingness to embrace the day. Whether you're chasing a podium, a personal best, or simply the finish line, I encourage you to run your race, soak in the experience, and celebrate every mile.

Most of all, remember: you belong here. You've done the work. You've earned your spot on this start line.

On behalf of our entire team, thank you for choosing to spend your miles with us. We are honored to host you, and we cannot wait to see you cross that finish line.

Run smart. Run strong. And enjoy every step.

See you in Cool,

Race Director  
NorCalUltras

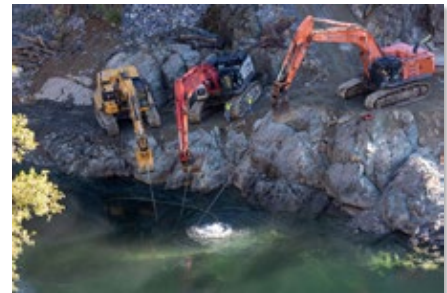


## Race Beneficiary

Protect American River Canyons (PARC) wishes all the Way Too Cool competitors a safe speedy race with opportunities to admire the wild and scenic beauty of the river and canyons.

PARC works to protect and enhance the natural, recreational and cultural resources of the North and Middle Forks of the American. 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 debris was a safety hazard to all river recreationists.

Working with the Auburn SRA, PARC sponsored 2 river cleanups; replaced 5 ASRA 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 ATC planning, design and engineering studies for the bridge.

# Race Weekend Schedule of Events

**WAY TOO COOL  
50K&10M**  
ENDURANCE RUNS  
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## Friday, March 6th

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

## Saturday, March 7th

START/END	EVENT	LOCATION
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### Start

5:45 AM – 7:45 AM	Runner Check In	Cool Fire Station
5:00 AM – 1:00 PM	Volunteer Check In	Cool Fire Station – NCU Tent
7:45 AM – 7:55 AM	Runner Briefing	Start Line
8:00:00 AM	Race Start 10M & 50K	

### Mile 8 – Cool Fire Station

8:45 AM – 10:15 AM	All runners through Mile 8 – Cool Fire Station	
8:45 AM – 10:15 AM	Altra Fan Zone	
10:15 AM	Mile 8 Cut Off for both 10M & 50K	
8:30 AM – 10:15 AM	Live Stream	

### Finish Line

9:30 AM – 4:30 PM	WTC Live Stream – Cool Fire Station	
9:30 AM – 4:30 PM	Vendor Village & Dust Bowl & Ponderosa Cider Beer Garden Open	
9:30 AM – 4:30 PM	Monsters of Massage	
9:04 AM	First 10M Finisher expected Finish Line	
11:08 AM	First 50K Finisher expected Finish Line	
11:14 AM	Last 10M Finisher expected Finish Line	
4:23 PM	Last 50K Finisher expected Finish Line	
4:30 PM	Final 50K 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, March 6th**  
**12 noon until 7:00 PM**

You'll get your race bib, cool swag, tips if you want them<sup>1</sup>, 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.

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<sup>1</sup> Tips like you should watch for the sharks in Knickerbocker Creek. They're usually pretty docile in the morning, but the Northern California River Shark (*Carcharodon Riversharkus*) is one of your moodier sharks, so you never know.



## Swag & Race Merch

### All participants will receive

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



### Way Too Cool Race Merchandise — It's Here!

Finn the Frog has officially approved this year's gear — and he says: Hop to it.

- Don't miss your chance to grab:
- WTC "Just Froggin' Run" Sweatshirts
- "Just Froggin' Run" Headsweats Performance Hats

Merchandise will be available at the **NorCalUltras Merchandise Booths** on **Saturday, March 7th** in the Ultra Village. Supplies are limited — once they're gone, they're gone.

### Deals & Steals

In addition to our new Way Too Cool 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.

Finn says: If you're going to leap, leap in style.



# Runner Tracking & Live Stream

## Live race coverage and results

**Livestream from the start/mile 8/finish:**

[Welcome to Way Too Cool 50K and 10M 2026](#)

**Live results:**

<https://myrace.ai/races/wtc-50k-2026/results>



## Finn, Renowned Frog

We asked you to name the official race mascot and the results are in!

**But first a little backstory on our tiny friend:**

One early morning, the first Way Too Cool 50k/10mile race began. Runners were locked in-stretching, fueling, questioning their life choices-so no one noticed a mysterious green blur hopping along beside them at the sound of the starting gun.

**Enter: Finn the Frog! Government name, Finnie. Some friends call him The Green, some call him Froginator. His mother has called him her Little Tadpole since he was, well, a tadpole.**

Without a bib. Without shoes. Without fear. Finn hopped the entire 50k race fueled entirely by vibes and audacity. By the time the finish line chute appeared, Finn was inexplicably in first place.

As Finn crossed the finish line arch, the finish line crew—previously bored—were suddenly spiritually awakened. History had been made, a course record set by a frog.

Legend has it, the event team immediately put Finn on all WTC swag. Statues were discussed. Contracts were drafted.

We hope to see Finn again but sightings have been scarce, because after that glorious night, Finn disappeared into the mist—undefeated, untrained, and still holding the WTC course record.

Proof that the real winner was never registered. Of course, some may say, **“But he bandited the race! A frog bandited the race. A frog!”** Not gonna lie, we worried about this ourselves, so we looked to the official race rules and applied the so-called Reasonable Person Standard. We determined a reasonable person reading the rules would assume they apply to people, not amphibians.

WAY TOO COOL  
50K&10M  
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# Runner Bibs



50K bib  
numbers:  
1-450



10 mile bib  
numbers:  
500-700





## Course marking

### Nothing rhymes with orange

Gorange? Dorange?

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.wtc50k.com/course.asp>



### Your feet may get wet.

### It's trail running.

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:

50K course:

<https://www.plotaroute.com/route/2721862>

10 mile course:

<https://www.plotaroute.com/route/2721919>





# 50K Mileage & Pace Chart

Total distance	Dist. to next aid	Front runner	Middle runner	Back runner	Crew	Drop bags	Cutoff
<b>Start – Cool Fire Station</b>							
<b>START</b>	8.0 miles	8:00 AM	8:00 AM	8:00 AM	Yes	Yes	
<b>Fire Station</b>							
8.0 miles	5.0 miles	8:48 AM	9:28 AM	10:08 AM	Yes	No	<b>10:15 AM*</b>
<b>Quarry</b>							
13.0 miles	7.5 miles	9:18 AM	10:23 AM	11:28 AM	No	No	
<b>Auburn Lake Trails (ALT)</b>							
20.5 miles	5.5 miles	10:03 AM	11:45 AM	1:28 PM	No	No	<b>1:30 PM*</b>
<b>Goat Hill</b>							
26.0 miles	4.0 miles	10:36 AM	12:46 PM	2:56 PM	No	No	
<b>Highway 49 Crossing</b>							
30.0 miles	1.4 miles	11:00 AM	1:30 PM	4:00 PM	No	No	
<b>Finish – Cool Fire Station</b>							
31.4 miles	<b>FINISH</b>	11:08 AM	1:45 PM	4:23 PM	Yes	Yes	<b>4:30 PM*</b>

**Notes:**

Front Runner pace is based on 6:00 min/mile  
 Middle Runner pace is based on 11:00 min/mile  
 Back Runner pace = 16:00 min/mile pace

**\*ABSOLUTE CUTOFF**  
**\*\*NO PACERS ALLOWED**

1. 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 30-hour time not the cut-off time. If you're close to the cut-offs you're in trouble!
2. Remember when calculating your time, you need to take into consideration the time you spend at an aid station. For example, if you spend 2 minutes per aid station (there are 5 aid stations) that is 12 minutes added to your time. If you are close to the absolute cutoffs, you will not make it.
3. 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.
4. Reminder that poles are NOT allowed on this course.



# 10M Mileage & Pace Chart

Total distance	Dist. to next aid	Front runner	Middle runner	Back runner	Crew	Drop bags	Cutoff
<b>Start – Cool Fire Station</b>							
<b>START</b>	8.0 miles	8:00 AM	8:00 AM	8:00 AM	Yes	Yes	
<b>Fire Station</b>							
8.0 miles	1.40 miles	8:48 AM	9:28 AM	10:08 AM	Yes	No	<b>10:15 AM*</b>
<b>Highway 49 Crossing</b>							
9.4 miles	1.40 miles	8:56 AM	9:43 AM	10:49 AM	No	No	
<b>Finish – Cool Fire Station</b>							
10.8 miles	–	9:04 AM	9:58 AM	11:14 AM	Yes	No	<b>11:30 AM*</b>

**Notes:**

Front Runner pace is based on 6:00 min/mile  
 Middle Runner pace is based on 11:00 min/mile  
 Back Runner for first 8 miles = 16:00 min/mile pace  
 Back Runner = 18:00 min/mile pace

**\*ABSOLUTE CUTOFF**  
**\*\*NO PACERS ALLOWED**

1. 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.
2. Reminder that poles are NOT allowed on this course.

## Way Too Cool 2025 50K & 10M Winners & Overall Course Records

**Course Records - 50K**

Patrick Smythe 3:04:48 2015  
 Megan Roche 3:41:56 2015

**2025 Winners - 50K**

Hans Troyer 3:19:22 2025  
 Jennifer Schmidt 3:53:43 2025

**Course Records - 10M**

Gabriel Rodriguez 1:16:53 2025  
 Perla Rodriguez 1:37:08 2025

**2025 Winners - 10M**

Gabriel Rodriguez 1:16:53 2025  
 Perla Rodriguez 1:37:08 2025

# Nutrition & Hydration on Course

WAY TOO COOL  
**50K&10M**  
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All WTC aid stations are stocked with Neversecond C30 Energy Gels, Skratch Sport Hydration Drink, Skratch Energy Chews, SaltStick FastChews & Organic Jambars.

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

## Fire Station

- Neversecond – Non-Caffeine Energy Gels – Passion Fruit, Citrus, Unflavored
- Neversecond – Caffeine Energy Gels – Berry, Unflavored with Caffeine
- Skratch Lemon + Lime Sports Hydration Drink – (No Caffeine)
- Skratch – Super High Carb Sports Drink Mix
- Skratch – Sour Cherry & Orange Energy Chews
- SaltStick Electrolyte FastChews – Orange & Lemon Lime
- 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)

## Lower Quarry

- Neversecond – Non-Caffeine Energy Gels – Orange, Citrus, Unflavored
- Neversecond – Caffeine Energy Gels – Berry, Unflavored with Caffeine
- Skratch Lemon + Lime Sports Hydration Drink – (No Caffeine)
- Skratch – Sour Cherry & Orange Energy Chews
- SaltStick Electrolyte FastChews – Orange & Lemon Lime
- 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 On Course *(continued)*

### ALT

- Neversecond – Non-Caffeine Energy Gels – Fruit Punch, Orange, Unflavored
- Neversecond – Caffeine Energy Gels – Berry, Unflavored with Caffeine
- Skratch Raspberry Limeade Sports Hydration Drink – (Caffeine)
- Skratch – Sour Cherry & Orange Energy Chews
- SaltStick Electrolyte FastChews – Orange & Lemon Lime
- 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)

### Goat Hill

- Neversecond – Non-Caffeine Energy Gels – Citrus, Passion Fruit, Unflavored
- Neversecond – Caffeine Energy Gels – Berry, Unflavored with Caffeine
- Skratch Raspberry Limeade Sports Hydration Drink – (Caffeine)
- Skratch – Sour Cherry & Orange Energy Chews
- SaltStick Electrolyte FastChews – Orange & Lemon Lime
- 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)

### Highway 49

- Neversecond – Non-Caffeine Energy Gels – Citrus, Fruit Punch, Unflavored
- Neversecond – Caffeine Energy Gels – Berry, Unflavored with Caffeine
- Skratch Raspberry Limeade Sports Hydration Drink – (Caffeine)
- Skratch – Sour Cherry & Orange Energy Chews
- SaltStick Electrolyte FastChews – Orange & Lemon Lime
- 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 WTC. 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 10 Mile & 50K finishers will receive a hand-crafted wooden finisher medallion, made by Foresthill legend Sam Fiandaca.



### The Altra 31 and 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.





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## Post-Race Feast

You did it. You ran Way Too Cool. Now it's time for the most important part of the day...

### The Post-Race Feast!

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

**Nadia's Mac Shack** — a beloved local business right here in **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 (and yes... it's a frog)

To finish things off the Way Too Cool way:

- Our Signature Frog Cupcake

Because nothing says "I survived Knickerbocker Creek and Goat Hill" like a celebratory frog cupcake.

### 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 and Signature Frog Cupcake.



**Volunteers get swag, including this awesome running hat!**

# General Race Rules

## Way Too Cool 10M & 50K

WAY TOO COOL  
**50K&10M**  
ENDURANCE RUNS  
PRESENTED BY  
ALTRA



Welcome to the **Way too Cool Endurance Runs**, a 36-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.

Way too Cool 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

Pacers are not permitted in the 10M or 50K 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 at the Cool Fire Station (Start/Finish and Mile 8). **Crew elsewhere and your runner will be disqualified.** No exceptions.

### Final Note

Way too Cool Endurance Runs are 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.



## 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.

WAY TOO COOL  
**50K&10M**  
ENDURANCE RUNS  
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## 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](mailto: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.

The advertisement features four bottles of Ponderosa Cider Co. ciders on a wooden surface. From left to right, the bottles are: 'Single Varietal' (dark green label), 'Peach Ginger' (orange label), 'Phenomenon' (teal label), and 'Serendipity' (red label). Several fresh apples are scattered around the bottles. The background is a blurred orchard scene with trees and a blue sky.

**WAY TOO COOL**  
**50K&10M**  
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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'!**

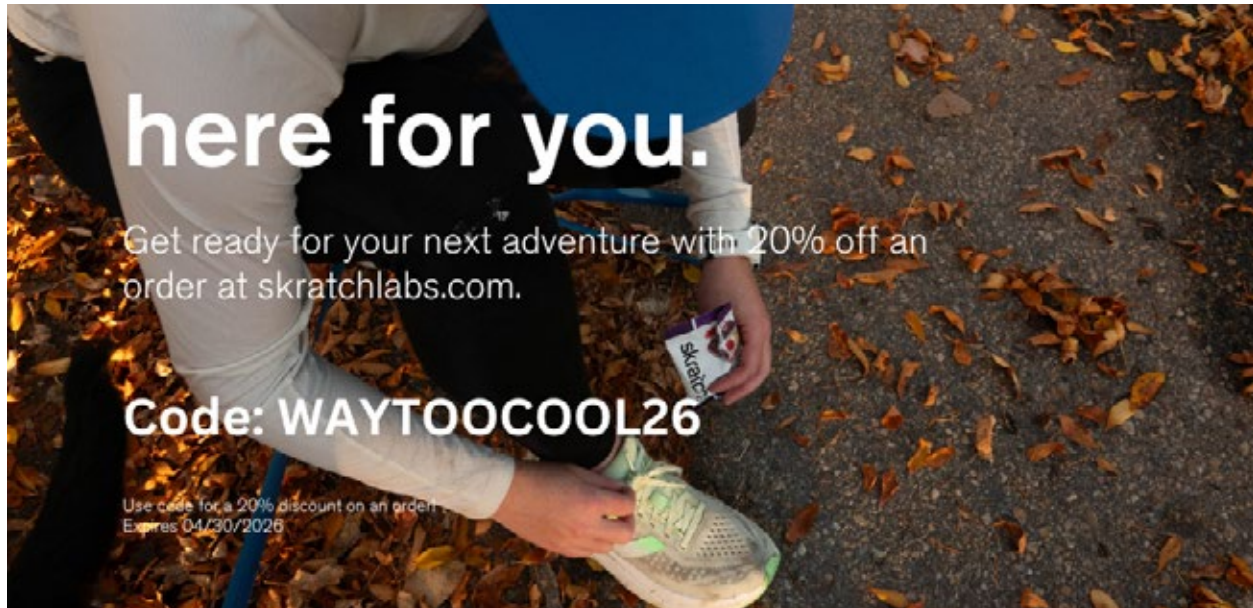
You can have the best intentions, but when you're making an energy bar, you're only as good as your ingredients. At JAMBAR, only the highest quality ingredients are used. Plus, 50% of the profits from JAMBAR are being donated to programs that support active living and the art of music.

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





## Sponsor Deals



## Taste. Real. Performance.

From Skratch Labs, real fuel made with real food — because running a 50k 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 Way Too Cool runners an exclusive discount to fuel and hydrate better! Use code **WAYTOOCOOL26** at checkout for 20% off an order at [skratchlabs.com](https://skratchlabs.com), now through April 30.



## 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.

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## Sponsors



**It's fun to do  
hard things.**

