

## Welcome to the 30th Way Too Cool 50K Anniversary!



### *Cheers to 30 Years!*

We are thrilled to be celebrating our 30<sup>th</sup> WTC Anniversary with you! Get ready for an epic trail party!

WTC and NorCalUltras are proud to support our race beneficiaries; California Conservation of Trails (CCOT), and Running School.

Our volunteers are the lifeblood of this event. Please express thanks to the hard working teams and aid station captains who generously give their time and energy to ensure you have a safe and successful race experience.

Heartfelt thanks and sincere gratitude to the following organizations: Western States Endurance Run Foundation, Western States Trail Foundation, Robie Foundation and the California Forest Foundation. Their help in clearing and maintaining the trails affords each of us an opportunity to run and enjoy these events.

The trails are in pristine condition, the sun (yes, we have talked to the weather gods!) will be shining and our signature frog cupcake and one of a kind WTC medallion await you at the finish line. On behalf of myself and the WTC Team, we thank you for your support.

We look forward to celebrating our 30<sup>th</sup> WTC Anniversary with you!

**HAPPY TRAILS!**

Julie Fingar, Race Director





## Presenting Sponsors

Official Energy Gel and Roctane Energy Drink Sponsor - [GU](#)



Official Footwear Sponsor - [Salomon](#)



Official Hydration Sponsor - [Camelbak](#)



Official Skirt Sponsor - [RYP Wear](#)



Official Vehicle Sponsor - [Future Nissan of Folsom](#)



Official Community Partner - [Sacramento Running Association](#)



Official Motivation/Podcast Sponsor - [Kokopelli](#) and [Trail Runner Nation](#)



**Get Connected with NorCalUltras**



Use #wtc50k for updates and to share!

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**All the information you need to know!**



## Packet Pick-Up

### Fleet Feet Folsom

Friday, March 1, 2019  
10:00 A.M. - 7:00 P.M.

\*We highly encourage you to pick up on Friday!



[Check out our awesome swag and awards you can win](#), simply by coming on Friday!

**Please note, Way Too Cool is now cupless.**

Our friends from GU will be providing all entrants a reusable cup for the aid stations!! Don't forget to bring it with you on race day!!



## Race Day Check-In

[7200 St. Florian Drive](#)

Cool, CA 95614

5:45 A.M. - 7:45 A.M. (located inside the Salomon tent)

***\*If you have checked in on Friday, you do not need to check in on race morning.***

## Course Info

- [Click here to view the course map](#)

- Course will be marked in **ORANGE** ribbon.
- Follow all chalk and flour markings.
- Please remove all headphones at aid stations and road crossings. This is for your personal safety and the safety of the event.



### **Timing and One Mass Start**

- [WTC is using the ChronoTrack B-tag timing system.](#)
- Your timing chip is on your bib. Please do NOT fold or it will not read.
- All runners begin at 8:00 A.M.
- Absolutely, no early starts. You can jeopardize the safety and permit regulations of our event.

### **Aid Stations**

- [Click here for aid station information](#)
- Please review the [mileage chart](#).
- Our aid stations offer the best in nourishment and hydration in [GU](#) Products.

### **Contest and Awards**

- [Roctane Express Ticket Contest](#)
- Spirit Awards
- [Lucky Trails Jackpot](#)
- Every 30th finisher (gun time) in celebration of our 30<sup>th</sup> WTC Anniversary will win a commemorative beanie!



### **Trail Etiquette**

WTC's partnership with California State Parks (ASRA) is extremely important and vital to the success of our event. We are privileged to have the opportunity to run these environmental sensitive historic trails. Please follow all orange ribbon course markings and signage. Stay within the designated chutes on the course. There will be monitors on course and failure to comply with our protocol, you risk disqualification from the race.

Please respect the trails and do NOT litter. Pack it in and pack it out. If you are seen littering on the trail, you will be disqualified from the race. No exceptions!

[Please read through our trail etiquette and safety rules.](#) Thank you for your cooperation.

## **Parking and Car Pooling Go Green and Carpool**

We appreciate your full attention and cooperation on this matter. Failure to comply with our event permit parking instructions and regulations can risk immediate disqualification.

Please help us and arrive early...this means **45 minutes** before your original time you had in mind. The earlier you arrive, the more premiere parking spot you will acquire. The later you arrive means a longer pre-race warm up.

Once you enter on Florian Drive, you will be instructed to follow the directions from our awesome parking crew.

**For safety and permit reasons, the entrance to the fire station (Florian Drive) will close at 7:15 A.M.**

[Click Here to check out the parking diagram.](#)

Please listen to and follow any and all instructions given to you. Thank you for your help in making this a smooth and easy process.



## **Post Race Festival**

Join us for the Coolest Party of the Year! Visit our sponsors, partners and friends in the WTC Ultra Village!



Every runner receives a commemorative Klean Kanteen Pint Glass. Please pick yours up from packet pick up at Fleet Feet Folsom on Friday or under the Salomon



tent on Saturday morning. ***(These will not be mailed after the race).***

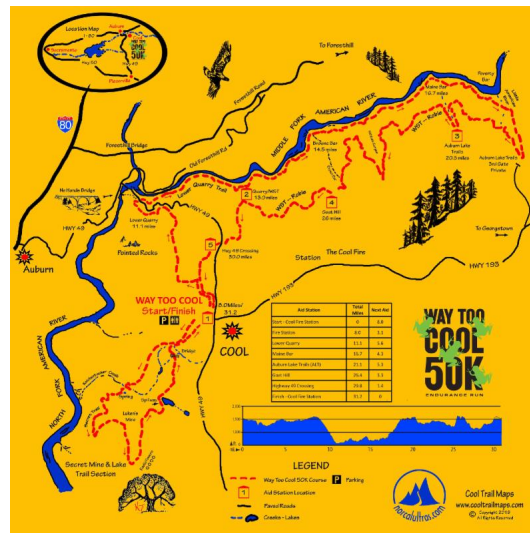


Sufferfest has donated beers to us that we'll use to give out at our Finish Fest booth in exchange for nutrition wrappers (any brand, not just GU!)

### **Let's keep our trails clean!**

Nothing ruins a good trail run like seeing a piece of trash under your feet, and that's why GU Energy Labs partners with TerraCycle to recycle ALL brands of performance nutrition waste. When you're out there racing at this year's Way Too Cool 50k, #StashYourTrash and bring it to the GU Energy Labs booth after you cross the finish line to earn yourself a free beer. And when you're training, save your trash in a shoebox or empty drink mix canister and sign up to get a free shipping label to ship your trash to be recycled. (You'll earn points to buy cool upcycled products!)

Learn more about recycling with GU: <https://www.terracycle.com/en-US/brigades/performance-nutrition-brigade>



### **WTC Course Bandanna!- Get 'em while they last!**

[Cool Trail Maps](#) will be selling WTC course bandannas on race day at the Cool Trail Maps tent.

### **Race Day Special - \$10**

Bandannas also available for Auburn State Recreation Area, Cronan Ranch, Dru Barner and Western States Trail. Limited quantities available.

## WTC 30<sup>th</sup> Anniversary Beanie



Don't miss your chance to snag your "WTC 30th Anniversary Beanie" at our NorCalUltrass Merchandise tent. Limited quantities available.

## **Race Day Special - \$10**

### RYP Wear

**RYP WEAR**  
REACH YOUR POTENTIAL

SPECIAL ONLY FOR WAY TOO COOL 50K!  
USE CODE WTC19 AND RECEIVE

**\$10 OFF**

RYP WEAR  
RUNNING SKIRTS

OFFER GOOD THROUGH 3/8/19

RYP Wear will be at the post race festival with all of their fabulous and fun running skirts! Get \$10 off of skirts purchased on race day, or order yours now with code WTC19 at [RYPWear.com](http://RYPWear.com).

## Post Race Eats

- [Baja Fresh](#) Burritos, Chips and Salsa
- Chef Tim Ruffino's homemade soup for your soul
- Cool beverages
- [Tap It Series](#) Beer from our friends at [Auburn Community Taphouse](#) - for those 21 and over. Bring your ID!
- Fresh fruit
- Signature homemade frog cupcake





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## Way "Too" Cool Snippets

**GU** - In 1993, it all started in a Berkeley, California kitchen. Dr. Bill Vaughan formulated the first GU Energy Gel as a more digestible fuel for his daughter, a top ultramarathoner. What he created was a breakthrough product that allowed athletes to effectively fuel on-the-go. Innovation created GU Energy Labs 25 years ago, and today it is still family owned. GU is a proud sponsor and excited to help fuel you to the finish line. Good luck runners, #GUFORIT!



**Salomon** - Salomon is excited to continue sponsoring Way Too Cool and support the Auburn running community. Way Too Cool is one of the biggest and best trail races in the country that offers a beautiful and challenging course for all participants. Salomon is committed to providing the perfect trail shoe for every runner and every type of terrain.



### **Auburn Community Tap House:**

Auburn Community Tap House & Bottle Shop is a community tap house offering a rotating selection of the best local independent craft brews, ciders and wine in a family-friendly environment. You'll find a large draft selection and about 75 different cans/bottles to choose from. In addition, they also offer small bites and snacks. The tap house also welcomes outside food and beer can be purchased to go as well. Cheers!





[Way Too Cool 50K Race Video](#) - by Stephen Porter

**#wtc50k** - Don't forget to use this in your twitter and Instagram feed as you are having a blast either preparing for WTC and while you are running WTC or if you are cheering on folks at WTC!!!

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**Thank you to our sponsors!**