

Will there be... *mud*?

We don't know. Read on.



NorCalUltrass welcomes you to the 33rd Annual Way Too Cool 50K Presented by Altra.

In preparation for race day, we ask that you read these typically informative instructions providing answers to questions about mud: how to recognize it, can it smell fear, should you look at it directly, etcetera.

WTC Final Runner Briefing, Streaming Live Mile 99 Podcast on Feb 27th, 7:00 P.M. PST

Join us at <https://us02web.zoom.us/j/89561498021>

We'll post this soon after the briefing, so if you miss it—which you definitely shouldn't—you can watch it at a more convenient time. Check WTC50k.com for the link.

WTC On The Web - <http://www.wtc50k.com>

WTC On Instagram - Be sure to follow us on Instagram @
[NorCalUltrass](#) as we will be posting live on race day

WTC Mileage/Pace Chart with Cut-Off Times

We think you should have better than passing familiarity with this info.
<http://wtc50k.com/docs/WTC-Mileage-Pace%20Charts-2022.pdf>

GU Nutrition on Course, Plus Also The Course

<http://www.wtc50k.com/stations.asp>
<http://www.wtc50k.com/course.asp>

Race Timing, Tracking, and Results – Professional Race Timing by Capital Road Race Management Split Mats will be at Start; Mile 8, ALT and the Finish Line.

Have your friends and family follow you with live tracking and race results at:

<https://www.athlinks.com/event/40553/results/Event/1043926/Results>



WTC is a cup-less race. Please bring your own—we know some of you have a favorite you like to use. If you need one, you will get a Nathan reusable cup at packet pick up.

Mud Q&A:

What's it made of?

Local dirt and your tears.

Is it mean or bewildering?

It's California Cool Mud—it's the color of saddle leather and wants to hug you. Sure, that can be bewildering, but not mean. There used to be a patch of Western Snarling Mud just east of Poverty Bar, but last we heard it moved to The Bronx.

Seriously though, will it be muddy?

If it rains much before the race, yes. If it doesn't rain much, then probably not.

Will it rain?

We've been sworn to secrecy. Check your weather app, plan accordingly.

What's the best approach to mud?

From the south and with a grin. Embrace the day, whatever it brings. That's the secret to trailrunning the world over.

Why are some hardwood species easier to bend after steaming than others?

In general, ring-porous hardwoods—your oak, your ash and hickory—tend to flex more after steaming than do the diffuse-porous hardwoods like mahogany or purpleheart. As Agnes in NorCalUltra's Department of Beverages (Carbonated, Adult) and Wood likes to say, "you can bend anything as long as it's oak."

Runner Check-In

March 3, 2023 • 10 A.M. – 7 P.M.

Fleet Feet Folsom • Roseville

6610 Folsom-Auburn Rd, Folsom, CA 95630



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We will be giving away **FIVE - \$25 Fleet Feet gift cards** but you gotta show up on Friday! And anyway, you have to show up on Friday because you have to get your bib and stuff, which a friend or family member can also do for you, and in fact we'd prefer that to you showing up at o'dark-thirty and asking for your bib when we're busy frosting cupcakes and very gently moving the banana slugs and red-bellied newts off the trail. The banana slugs are gross but that's not their fault. If you absolutely cannot make it to the official mandatory and required packet pickup on Friday, you can show up at the Cool Fire Station early and interrupt us because apparently you're king or queen or Celine Dion or something. Try to get there by 6:00am, Celine. We'll want a selfie with you.



The legend has evolved. Our best-selling trail shoe, the **Lone Peak 7** is now equipped with a seamless, stitch-less upper that's lightweight and durable. With streamlined construction, stay nimble and confident on any terrain. An upgraded MaxTrac™ outsole offers stickiness and grip underfoot while an Altra EGO™ midsole helps achieve the perfect combination of responsiveness and comfort. Let your feet move naturally through nature with Original FootShape™ Fit. This legendary trail runner is calling for some rugged trail adventures. Will you answer the call? Stop by Fleet Feet Folsom/Roseville to try the Lone Peak 7!

Altra G.O.A.T.* Selfie

Take a selfie at the bottom of Goat Hill by the Altra sign and let us know who your G.O.A.T is. Remember to tag **@altrarunning** and **@norcalultras**. As much as we'd like to tell you they'll send you a zero-drop Ferrari, they can't send you a zero-drop Ferrari. Not even a zero-drop 1987 Honda Civic. They're an awesome shoe company, not a distributor of free high-performance vehicles or Ferraris. Just shoes. Awesome shoes.

*Greatest Of All Time



GU Terracycle

All NorCalUltras 2023 races have taken the GU TerraCycle Pledge!

TerraCycle bins will be located at every aid station on the WTC course AND at the Ultra Village finish line in the GU Energy Labs booth.

Recycle your Performance Nutrition with GU & TerraCycle - YouTube

You Can make a Difference

Join us in saying #NotTodayLandfill

Save your sports nutrition wrappers from ALL brands, GU and any others. Gel,

Chew, Stroopwafel, bar, drink mix, and recovery drink mix single serve wrappers can be upcycled. Don't toss them in the garbage or recycling bin.

Collect them in a box, bag, envelope, cannister...whatever's handy.

When your container is full, drop it off at a participating retailer, bring it to a participating race, or mail your wrappers directly to TerraCycle with a FREE UPS shipping label.

Best Practices for Recycling

In order to recycle this waste stream properly, please make sure all product has been removed (i.e. leftover GU product). Additionally, if you choose to rinse your product, please note that it must be completely dry prior to shipping. You cannot ship dripping packages.

What Happens to Your Recyclables?

Once collected, the packets are shredded and melted into hard plastic to make new recycles products like picnic tables, park benches, bike racks, and playgrounds.

Be a trail angel and TerraCycle your sports nutrition!

Spirit Awards

bungalow
munch



Show some WTC spirit and you can win some delicious **Bungalow Munch Granola!** It's SOOO yummy!

NATHAN



Show us your WTC Spirit as you cross the finish line and win some **Nathan** gear!

WTC Signature Frog Cupcake!

We are thrilled to welcome Pushkin's as our Official Bakery of NorCalUltrs! Enjoy the infamous frog cupcakes at the finish line. Cupcakes are vegan, gluten, dairy and soy free! These are delish! When you the going gets tough at Goat Hill, picture this!

Finish Line Burritos from Taco Tree!

Taco Tree



Rock that Skirt!

A representative from **RYP Wear** is running WTC this year. She expects to be bopping around in the middle of the pack, and if she sees you wearing a RYPWear skirt she'll give you a free skirt at the finish! (Fellas, this includes you if that's your jam.)

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COFFEE & Crumbs

We will be opening early for WTC runners, families and friends - 6:30am - 3pm.

A one-minute walk (or less) from the Fire Station.

Delicious pastries, breakfast sandwiches, lunch and hot coffees!



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