



Presented by



Saturday, March 14, 2009

Starts 8:00 A.M. Sharp!

**Cool Firehouse
Cool, California**

Welcome to the 2009 Way Too Cool 50K trail run. The beautiful course and the outstanding volunteers help make this run the most popular 50K trail run in the U.S. Those same volunteers are donating their time and effort preparing the course to ensure a safe and fun time to be shared by all on March 14th. I remind you that the Way Too Cool volunteers are just that, volunteers. They are giving up their day so that you may have an enjoyable day on the trails; please remember this as you pass through each aid station. A special thanks to all of our sponsors for their continued support and generosity.

Thank you for your support and interest in the Way Too Cool 50K Endurance trail run. The following information packet includes lodging suggestions; driving, parking, & packet pickup instructions; mileage chart; course description; a-n-d the rules. **PLEASE READ THEM.**

I hope you have an exciting and safe race experience.

Enjoy the trail,

Julie Fingar
Race Director

Runner Check-in: (Friday pick-up is strongly encouraged.)

Friday, March 13, 2009: 11 A.M. to 5 P.M. at the Auburn Running Company.

*833 Lincoln Way
Auburn, CA 95603*

Auburn Running Company is offering a 20% discount to all Way Too Cool runners on Friday, March 13, 2009! Stock up and save on all your ultra training and racing gear!

Race Day Runner Check-in:

Saturday, 6:00 A.M. to 7:45 A.M. next to the Cool Fire Station in the main tent.

If you checked in at Auburn Running Company on Friday, you do not need to check in on Saturday. Bathrooms will be on the west side of the fire station. If for some reason you cannot make it to the event, you must have someone else pick up your goodies during regular runner check-in hours. Goodies will not be mailed following the event.

Lodging

Best Western, 13450 Lincoln Way, Auburn, CA, 1-800-201-0121.

Holiday Inn, I-80 and Highway 49, Auburn, CA, (530) 887-8787.

Both are 20 minutes driving time to Cool.

Driving Instructions

From San Francisco and Reno: Take I-80 to Auburn, take Elm Ave. exit. If you are coming from Sacramento turn left on Elm Ave., from Reno turn right. Turn left at signal light (El Dorado St.). El Dorado St. turns into Hwy. 49. Descend 2.5 miles, turn right and cross first bridge on the north fork of the American River. Follow signs to Cool.

From Redding and Los Angeles: Take I-5 and exit on I-80 East (to Reno), follow I-80 to Auburn, take Elm Ave. exit and turn left on Elm Ave. Turn left at signal light (El Dorado St.). El Dorado St. turns into Hwy. 49. Descend 2.5 miles, turn right and cross first bridge on the north fork of the American River. Follow signs to Cool.

Parking Instructions

Parking is limited. Carpooling is recommended, and the shopping center at the Elm Ave. exit in Auburn is the most convenient meeting place. This will help facilitate registration and reduce congestion in the start/finish areas. **DO NOT PARK IN THE COOL BUSINESS DISTRICT.** Designated parking areas are the large dirt and gravel lots west of the Cool Fire Station and along the south side of the asphalt road that the Run starts on. Parking monitors will be directing traffic at both locations. Please cooperate and follow their instructions.

Mileage Chart

<i>Aid Station</i>	<i>Total Miles</i>	<i>Miles to Next Aid</i>	<i>Cutoff</i>
<i>Start</i>	<i>0</i>	<i>7.1</i>	<i>none</i>
<i>Hwy. 49</i>	<i>7.1</i>	<i>8.3*</i>	<i>none</i>
<i>ALT1</i>	<i>15.4</i>	<i>6.3</i>	<i>none</i>
<i>ALT2</i>	<i>21.7</i>	<i>5.1</i>	<i>2:00 P.M.</i>
<i>Goat Hill**</i>	<i>26.8</i>	<i>2.9</i>	<i>3:30 P.M.</i>
<i>Hwy. 49</i>	<i>29.7</i>	<i>1.3</i>	<i>none</i>
<i>Finish</i>	<i>31.0</i>	<i>0</i>	<i>4:30 P.M.</i>

**** Important to carry at least one -- preferably two -- water bottles.***

*****Drop bags for Goat Hill Aid Station can be left in a designated area near runner check-in. Drop bags will be returned to the start/finish sometime after 4:00 P.M.***

Aid Station Description

Aid stations will be stocked with GU, GU2O, water, Coke or Pepsi, and a complete line of ultra foods. Hot soup will be available at Auburn Lake Trails (ALT) and Goat Hill aid stations.

Chip Timing, Runner Splits and Results

The Way Too Cool 50K Endurance Run will once again use chip timing provided by Capital Road Race Management. All runners will be given their timing chip upon checking in either Friday or Saturday. Please use the zip ties to ensure your timing chip is secure on your shoe. If you forget your chip on race morning, please report to the timing tent before the start of the race. The timing mats will be located at the start; Highway 49 Crossing (mile 7.1 & Mile 29.7) and at the finish line. Please be sure to cross each mat at the three locations. Overall and age division results will be posted at the finish line at the Results Tent. Runner splits for mile 7.1 and mile 29.7 will be available and posted on the **website results Saturday evening**.

Course Description

From the **Start** to **HWY. 49** the course follows asphalt and fire roads for a total of 2.25 miles before connecting with the trail. The asphalt is basically flat, and the fire roads are rolling with one long climb midway between the start and **Hwy. 49**. (7.1 miles total) The top of this climb is the high point on the course at 1,619 feet.

CAUTION: Course marshals will be at the Hwy. 49 crossing to escort runners across this busy highway. They cannot stop vehicular traffic and must wait for a break in the traffic before allowing you to cross SAFELY. You must not cross until they have instructed you to do so. YOU are ultimately responsible for your own safety. Look both ways before crossing. Leaving **Hwy. 49**, the course descends a rugged single-track trail to the Middle Fork of the American River where it parallels the river on the “Quarry Road” before climbing a moderately steep ascent to Brown’s Bar. From Brown’s Bar to **Auburn Lake Trails**, the trail is single track with gently rolling sections. Historically, the last 100 runners will meet the lead runners on this section of the course. **Use caution. Lead runners will be clocking 6-minute miles on this section of trail.**

Leaving **Auburn Lake Trails (ALT1)**, the course makes a counterclockwise loop following single-track trail. It is along this section of trail you will pass the Barbara Schoener memorial with its beautiful daffodils and breathtaking vista of the American River Canyon. (Barbara was a wife and mother whose first ultra was run on this course. She was fatally injured by a mountain lion during a solo training run in 1994.) Since it is very easy to get lost, pay careful attention to the course markings on this part of the trail and always bear left. Approximately 4 miles out of the **ALT** Aid Station, turn left and descend the Waterfall/Dead Truck Trail to the Middle Fork of the American River and “Ball Bearing,” the steepest climb (.7 miles) on the course. The top of the climb marks your arrival at the **ALT2** Aid Station.

After summiting “Ball Bearing,” and leaving the **ALT2** Aid Station, turn right and return to Brown’s Bar on the same trail you used going out. Turning left at Brown’s Bar, you will ascend a steep climb up the Split-Lip Trail to the **Goat Hill** Aid Station before making the return trip to **Hwy. 49** along more gently rolling single-track trails.

Leaving the **Hwy. 49** Aid Station, you are 1.3 miles from the finish. You will ascend a .5-mile climb before a flat run into the **Finish**. Volunteers will be at the finish to assist you with removal of your chip.

Photography

Facchino Photography is the official photographer of Way Too Cool 50K Endurance Run. Be sure to smile out on the course and at the finish line. For more information, please visit:

http://www.capturethemoment.net/?page=event_home&event_id=2408

WAY TOO COOL 50K



LEAP FROG on the Way Too Cool 50K Course!

Get ready to have a fun and memorable race weekend experience!

Everyone participates and has a chance to compete for:

First frog to cross Highway 49

First Frogette to cross Highway 49

Middle of the Pack Frog

Middle of the Pack Frogette

Last Frog Standing

Last Frogette Standing

All frogs and frogettes will receive a special goodie bag at the finish line awards tent!

Winners will be announced at the finish line as the results become available.

A special thanks to several talented artists for coming up with those delightful frogs that represent the Way Too Cool 50K. Through what can only be an artist's unique imagination, Lucinda Fisher, Laura Yasso and Mark Godale have all created unique logos and accents to enhance the signature frog of the Way Too Cool 50K Endurance Run.

Graphic designers Beth Kesler, Meghan Steed and Trudy Nygren all helped to create new course signage, banners and designs for the Way Too Cool 50K Official Merchandise.

Rules/Trail Etiquette

Absolutely NO exchanging of bib numbers. **Registered runners only!!** This is critical to the safe tracking of all participants and the future of this event.

NUMBER MUST BE WORN ON THE FRONT AND VISIBLE AT ALL TIMES!

DO NOT litter. The California Dept. of Parks and Recreation is kind enough to give us a permit to hold this event each year. Littering of any kind will make the permit process more difficult than it already is. Please respect the trails and your fellow runners by not littering. If you see a fellow runner litter, please ask them to pick up their litter. If they refuse, please give me their bib # when you reach the finish line.

If you drop from the run, **you must notify the aid station captain** and give him/her the tear-off tag on your number and your chip. If we have no record of you finishing or dropping, we will be forced to call Search and Rescue at your expense.

The cutoffs are for your protection. If you miss a cutoff and are instructed to stop, please respect the sweeps and accept a ride back to the finish.

When passing another runner, announce your intention by saying "Passing on your right" (or left) and only when there is room to safely pass.

You must yield to any runner who announces his/her intention to pass by stepping off the trail when it is safe to do so and be prepared to **SHARE** the trail with runners coming from the opposite direction.

The timing company will bill all runners who do not return their chip to the finish line.

No littering, no dogs, no pacers, no crew, no bandits.

Thank you to our generous sponsors

