

Runners' Guide



Presented by the Arnold Rim Trail Association

Governing Permit: US Forest Service Special Use Permit CAL561
Questions: info@arnoldrimtrail.org

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Run the Rim Platinum Sponsors:



1 SCHEDULE

1.1 SATURDAY, MAY 30, 2026

Time	Event	Location
3:00–5:00 PM	Packet Pick-Up	Mountain Aloha MTB Co., 33 Avery Sheep Ranch Rd, Avery, CA

1.2 SUNDAY, MAY 31, 2026

Time	Event	Location
6:30 AM	Race Morning Packet Pick-Up opens	White Pines Park
7:30 AM	50K/35K Shuttle and Pre-Race Briefing	White Pines Park
8:00 AM	50K Start	Fullen Road - Post 100 (7:30am shuttle required)
8:15 AM	35K Start	Fullen Road - Post 100 (7:30am shuttle required)
8:30 AM	21K Start	White Pines Park
8:45 AM	10K Start	White Pines Park
9:00 AM	5K Start	White Pines Park
11:00 AM	Post-race food service begins	White Pines Park
5:00 PM	Course closes — all runners must finish	White Pines Park
Shortly after each distance finishes	Awards	White Pines Park

Finish: White Pines Park, 1965 Blagen Rd, Arnold, CA 95223

2 PRE-RACE

2.1 Packet Pick-Up

You must pick up your own bib — **bring a valid photo ID.**

- **Saturday, May 30** from 3:00–5:00 PM at **Mountain Aloha MTB Co., 33 Avery Sheep Ranch Rd, Avery, CA**. Picking up the day before is strongly recommended — it gives you time to review your bib, prepare your gear, and get to the start line race morning without the line.
- **Race morning, May 31** from 6:30–8:00 AM at **White Pines Park**. If you are running the 50K or 35K and picking up race morning, arrive by 6:30 AM — you must complete pick-up before shuttle boarding. The shuttle departs at 7:30 AM.

2.2 Medical Information

If you have a known medical condition, write it on the **back of your bib** before you start. Our medical team accesses this information in the field. Be specific — list allergies, current medications, and conditions.

On-course medical team (reachable through Race Command):

- Medical Lead (MD): Dr. Steve Lauterbach
- Nurse Practitioner: Joanie Novacek
- Nurse: Cathy Hobson-Lauterbach
- On-call EMT: Ebbetts Pass Fire District — Fire Chief Mike Johnson

2.3 Pre-Race Briefing

2.3.1 35K/50K

A Pre-Race Briefing for 35K and 50K runners will be held on the shuttle to the start. Shuttle departs White Pines Lake at **7:30 AM**.

2.3.2 21K/10K/5K

A Pre-Race Briefing will be held 15 minutes before the start of your race. Attendance is strongly encouraged — the briefing covers navigation decisions, last-minute course changes, and a Q&A with race management. **You are responsible for information covered in the briefing.**

2.4 Timing & Bib Tracking

The race is chip-timed at the finish line by **OnYourMark Events**. Your time begins at your distance's scheduled start.

At every aid station, announce your bib number clearly as you arrive. Volunteers log every bib in and out at every station. Bib tracking is our primary safety mechanism on a remote backcountry trail.

2.5 GPS Course Maps

Download the GPS course file for your distance before race

day at arnoldrimtrail.org/runtherim. Load it on your watch or phone for **offline use**. Cell service is unreliable on the Arnold Rim Trail — do not count on downloading or streaming maps during the race. Your GPS is your navigation backup at every intersection.

3 LOGISTICS

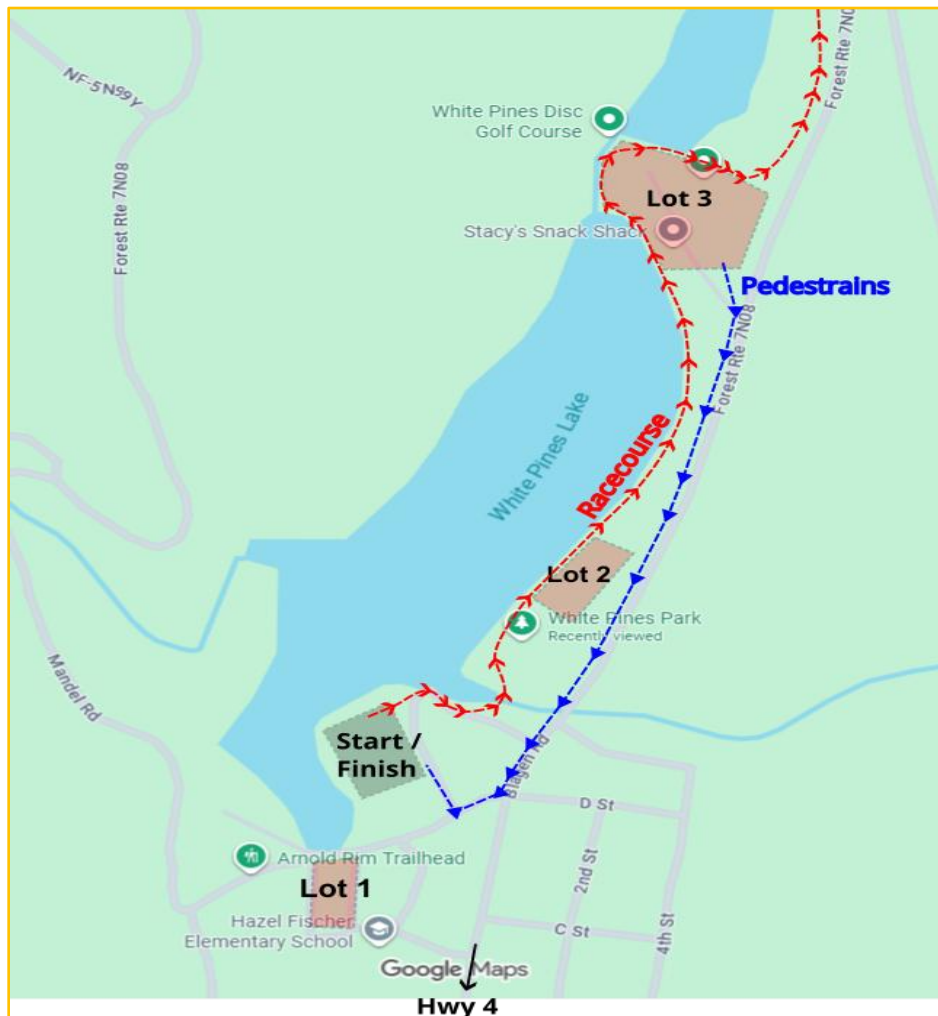
3.1 Parking

Free parking will be available for all runners, crew, and spectators (see attached map). Park at one of the following locations (follow the signs):

Lot 1 - Hazel Fisher Elementary School, Dunlap Rd, Arnold, CA. Hazel Fisher is a 3-minute walk to the Run the Rim Expo.

Lot 2 - White Pines Park, beach parking lot on Blagen/7N08 which is a 3-minute walk to the Run the Rim Expo

Lot 3 - Courtwright-Emerson Ballfield, which is a 10-minute walk to the Run the Rim Expo



3.2 Transportation

3.2.1 35K/50K Shuttle to the Start - Mandatory and Free

The 35K and 50K racecourses are point-to-point and start at **Fullen Road TH — Arnold Rim Trail Post 100**. A free, mandatory shuttle to the start will leave White Pines Lake at 7:30 AM. Miss the shuttle, miss your race. Access to the start is on a narrow, winding road. **There is no parking or drop-off at the Fullen Road start.**

3.2.2 21K, 10K & 5K

These distances start and finish at White Pines Park, 1965 Blagen Rd, Arnold, CA.

3.3 Lodging

ARTA has arranged discounts with local partners:

- **Meadowmont Lodge** — 5% discount. Call 209-269-3796.
- **Timberline Lodge** — 10% discount with code **2026arnoldrimtrailrun**. Call 209-795-1053.

Run the Rim Gold Sponsors:



4 EQUIPMENT

The Arnold Rim Trail traverses remote Sierra Nevada terrain between approximately 2,500- and 4,500-foot elevation. May conditions include warm to hot afternoons, cool mornings, strong sun, and the possibility of afternoon thunderstorms. **There are no services between aid stations, and cell service is unreliable throughout the course.**

Carry what you need to get from one aid station to the next.

Distance	Recommended Minimum
50K / 35K	1L minimum water capacity; collapsible cup; cell phone; 800 kcal food; sun protection; TP
21K	500mL minimum water capacity; collapsible cup; cell phone; sun protection
10K / 5K	500mL minimum water capacity; cell phone

Trekking poles are permitted. If you plan to use poles, you must start and finish with them. Poles may not be picked up or left at an aid station mid-race.

Earbuds: You may use one earbud at a volume low enough to hear your surroundings. Remove all earbuds when approaching aid stations, road crossings, and Course Marshals.

5 RACE DAY

5.1 Aid Stations

- **Full Aid Stations** are stocked with fluids and a variety of foods. Fluids: water, HEED electrolyte drink, soda. Foods: salt replacement foods (saltines, pretzels, chips), Hammer Energy Gels, Hammer Endurolyte electrolyte tablets, fruits (oranges, bananas, melons), potatoes, sugar replacement foods (cookies, candies), and other calorie-dense options.
- **Limited Aid Stations** provide water, HEED, electrolytes, and gels.

There is no aid between aid stations. Before leaving each station, make sure you have enough water and calories to reach the next one.

5.2 Sanitation

Porta potties are available at the start and finish only. **There are no facilities at aid stations or anywhere on the course.** Plan accordingly.

5.3 Drop Bags

No drop bag service will be provided.

5.4 Pacers

No pacers are allowed on the course.

5.5 Crew

Crews are allowed at designated aid stations where vehicle access and parking are available: **Lost Souls, Dusty Corners, and Sunset TH Aid Stations only.** Crew and spectators are welcome at the finish line in White Pines Park.

- Crews must support their runners in a fashion that does not interfere with Aid Station operations or with other runners.
- Drive slowly, don't generate dust, park off the pavement
- Crews must abide by all rules and directives of Run the Rim.
- Access to many aid stations is on windy, narrow, unpaved roads.
- Crews cannot be accommodated at the 35/50K start or any of the other aid stations.

Failure to abide by these protocols may result in runner disqualification.

6 SAFETY

6.1 Emergency Contact

If you or another runner is in an emergency on the course, **call 911 and state your trail Post ID.** Post IDs are marked at each aid station and at key trail junctions.

If you abandon the course for any reason and cannot notify a race official in person, contact Race Command immediately:

Contact	Number
Race Director — Greg Novacek	209-770-8012
Stanislaus National Forest Dispatch	209-532-3786
FS Law Enforcement — RJ Ward	209-770-2804

Contact	Number
Calaveras County Sheriff	(209) 754-6500
Fire / EMS — Ebbetts Pass Fire District	911 — state your Post ID

6.2 Weather

The Arnold Rim Trail sits at the edge of the Sierra Nevada between approximately 2,500- and 4,500-foot elevation. **Check the weather forecast on race morning.** Dress in layers and carry sun protection.

6.3 Wildlife

- **Poison oak** is common along the Arnold Rim Trail. Stay on the marked trail.
- **Rattlesnakes** are active in May. Watch your footing on rocky sections and near brush.
- **Bears** inhabit the area and are generally not aggressive. Make noise on trail.
- **Mountain lions** have not been observed recently on the ART. Follow Forest Service guidance if you encounter one.
- **Ticks** are common along the Arnold Rim Trail in San Domingo Canyon. Consider a tick repellent containing picaridin.
- **Gnats and mosquitoes** can be active near water. Consider a repellent. Keeping your pace faster than 18 minutes per mile helps.

6.4 Medical

Emergency medical care is available at all Full Aid Stations and at the Finish Line. Participation is at your own risk — adequate training is essential. Consult your physician before the event.

Write all medical conditions, allergies, and current medications on the **back of your bib**. Medical staff have full authority to decide whether a runner may continue.

6.5 Cut-Off Policy

All runners must finish by **5:00 PM**. Cut-off times are also enforced at designated aid stations along the course. Cut-offs are calculated at an **18-minute-per-mile pace** from each distance's start time. Runners who arrive at a cut-off station after the posted time will not be permitted to continue. Race management will coordinate transport to the finish line.

After a cut-off is enforced, there is no sweep behind remaining runners, no course markings, and no open stations ahead. Enforcement protects runners from being left alone on a remote backcountry trail.

Race management reserves the right to pull any runner who is off pace to complete their distance by the overall 5:00 PM cut-off.

6.6 Drop Policy

You may drop from the race at any staffed aid station. **You must notify the Aid Station Captain in person when you drop.** The Captain will log your bib number and notify Race Command. Do not leave the course without doing this — Race Command must confirm your safe exit before you depart. Race management will coordinate transport to the finish line.

7 RUNNER BIBS & COLOR CODES

Each distance has an assigned color. **Your color appears on your bib, your wristband (50K only), course ribbons, pin flags, and directional signs throughout the course.** Focus on your color. Follow your color.

Distance	Color
50K	Red
35K	Blue
21K	Yellow
10K	Green
5K	Orange

Wear your bib on the front of your body, fully visible, at all times. Do not fold, rotate, or cover your bib — the timing chip is embedded in it, and damage will result in a missed time. Fill in your name, date of birth, emergency contact, and medical information on the back of the bib before you start.

Announce your bib number at every aid station as you arrive.

8 COURSE NAVIGATION

8.1 The Golden Rule: Don't Follow the Leader

Do not blindly follow the runner in front of you. Five distances run on overlapping courses simultaneously. A runner ahead of you may be on a shorter distance heading directly to the finish — while you still have miles to go. Navigation is your responsibility.

If you are ever unsure at an intersection, check your GPS — and trust it over the runner in front of you.

8.2 Course Markings

All distances are marked with **colored ribbon** matching your assigned distance color. Ribbons are attached to trees, bushes, and course signage using heavy-duty clothespins. On long, uninterrupted sections of trail, ribbons are placed at least every quarter mile. If you do not see a ribbon within your field of vision, **stop and retrace your steps to the last ribbon you saw.**

When multiple courses share a section of trail, both colors are clipped together on the same clothespin — you will always see your color.

8.2.1 Fire Road Sections

The course is one-way singletrack throughout, with two exceptions where courses share a fire road in both directions. **On fire roads, treat it like driving — stay to your right.** Your color's ribbons will be on the right-hand side of the road in your direction of travel.

8.2.2 Intersections & Turns

At every turn, look for:

- **Wooden 4×4 posts** with directional arrows at key intersections
- **Wire pin flags** in your color pressed into the dirt, tracing the arc of the turn — follow the pin flag "runway" through the corner
- **Approach ribbons** — extra ribbons placed on the turning side of the trail about 100 feet before the intersection
- **Confidence ribbons** — the first ribbon past the turn confirming you made the correct choice

8.2.3 Wrong Way

Trails that are off-course are blocked by a **X** sign and **white chalk lines drawn across the trail entrance**. If you see a chalk line, do not cross it. Stop, find your colored ribbons, and check your GPS.

8.2.4 Course Marshals & Road Crossings

Course Marshals are stationed at key decision points. Follow their instructions. At road crossings, **vehicles have the right of way at all times**. Cross only when a Marshal directs you.

8.2.5 The Rainbow Finish

All five courses converge in two stages approaching the finish at White Pines Park. About three miles out, you will see four ribbon colors together on each clothespin. In the final mile, all five colors appear together. When you see the full rainbow cluster — you are on the home stretch. Keep following your own color through to the finish line.

9 KNOW YOUR RACE

9.1 5K Course

Distance: 3.1 miles

Color: Orange

Start: Sunday, May 31 at 9:00 AM — White Pines Park

Finish: White Pines Park, 1965 Blagen Rd, Arnold, CA

The 5K starts off on forest road and then loops through singletrack trails around White Pines Lake. [Download the GPX course file.](#)

5K Aid Stations

Mile	Location	Miles to Next	Aid
0.0	Start — White Pines Park	1.2	—
1.2	5N56	1.9	Limited
3.1	Finish — White Pines Park	—	—

Course cut-off: All runners must finish by 5:00 PM.

9.2 10K Course

Distance: 6.2 miles

Color: Green

Start: Sunday, May 31 at 8:45 AM — White Pines Park

Finish: White Pines Park, 1965 Blagen Rd, Arnold, CA

The 10K follows the 5K to the 5N56 Aid Station, where it splits to the right and follows forest road 5N56. From there the course turns left onto the Equine trail, which crosses San Antonio Creek before reaching the Equine Aid Station. Turning left at the Equine Aid Station, the course follows the Arnold Rim Trail to White Pines Park and the finish. [Download the GPX course file.](#)



Creek crossing: The marked course crosses San Antonio Creek via a wet ford (see photo). Expect ankle-deep water. The ford is marked with pin flags; alternate routes are blocked with yellow caution tape and signed. Crossing the yellow "CAUTION" tape or using any alternate crossing will result in immediate disqualification.

10K Aid Stations

Mile	Location	Miles to Next	Aid
0.0	Start — White Pines Park	1.5	—
1.5	5N56	2.5	Limited
4.0	Equine	2.2	Water only
6.2	Finish — White Pines Park	—	—

Course cut-off: All runners must finish by 5:00 PM.

9.3 21K Course (Half Marathon)

Distance: 13.0 miles

Color: **Yellow**

Start: Sunday, May 31 at 8:30 AM — White Pines Park

The 21K follows the 10K course to the Equine Aid Station. You will climb from Equine to the Cougar Rock Aid Station and return — expect to encounter other 21K runners heading the opposite direction on your return leg. [Download GPX course file.](#)

Creek crossing: The marked course crosses San Antonio Creek via a wet ford (see photo on previous page). Expect ankle-deep water. The ford is marked with pin flags; course boundaries are blocked with yellow caution tape and signed. Crossing the yellow "CAUTION" tape or using any alternate crossing will result in immediate disqualification.

21K Aid Stations

Mile	Location	Miles to Next	Aid
0.0	Start — White Pines Park	4.0	—
4.0	Equine (outbound)	3.4	Limited
7.4	Cougar Rock	3.6	Full
11.0	Equine (inbound)	2.2	Limited
13.2	Finish — White Pines Park	—	—

Course cut-off: All runners must finish by 5:00 PM.

9.4 35K Course (22-mile Classic)

Distance: 22.0 miles

Color: **Blue**

Start: Sunday, May 31 at 8:15 AM — Fullen Road, Arnold Rim Trail Post 100 (shuttle from White Pines Park)

The 35K follows the Arnold Rim Trail end-to-end through pine, fir, and cedar forest, traversing the full northern arc before descending to the finish at White Pines Park. The course shares the final miles with the 50K — follow **Blue** ribbons only at shared junctions. [Download the GPX course file.](#)

The first mile is steep and technical. Do not ruin your day in the first mile. There will be plenty of opportunities to pass throughout the day. Your first aid station is 4 miles away.

35K Aid Stations

Mile	Location	Miles to Next	Aid	Cut-Off
0.0	Start — Fullen Road (Post 100)	4.0	—	—
4.0	Helispot	6.0	Limited	—
10.0	Lost Souls (4N41Y)	2.5	Full	11:15 AM
12.5	Dusty Corners (Post #36)	3.9	Full	12:00 PM
16.4	Cougar Rock	3.6	Full	3:30 PM
20.0	Equine	2.2	Limited	—
22.2	Finish — White Pines Park	—	—	5:00 PM

Runners who do not depart cut-off stations by the posted time will not be permitted to continue. Cut-off times are based on an 18-minute-per-mile pace from the 8:15 AM start.

9.5 50K Course

Distance: 31.2 miles | **Elevation Gain:** ~5,500 feet | **Singletrack:** ~25 miles

Color: Red

Start: Sunday, May 31 at 8:00 AM — Fullen Road, Arnold Rim Trail Post 100 (shuttle from White Pines Park)

The 50K is the flagship distance of Run the Rim — the full expression of the Arnold Rim Trail through remote Sierra Nevada backcountry. Twenty-five miles of true singletrack wind through majestic pine, fir, and cedar forest. The course passes through the Cougar Rock Aid Station twice and includes an unmanned out-and-back to the Scenic Overlook. **Read both special section descriptions below carefully before race day.** [Download the GPX course file.](#)

The first mile is steep and technical. Do not ruin your day in the first mile. There will be plenty of opportunities to pass throughout the day. Your first aid station is 4 miles away.

50K Aid Stations

Mile	Location	Miles to Next	Aid	Cut-Off
0.0	Start — Fullen Road (Post 100)	4.0	—	—
4.0	Helispot	6.0	Limited	—
10.0	Lost Souls (4N41Y)	2.5	Full	11:15 AM
12.5	Dusty Corners (Post #36)	2.5	Full	12:00 PM
15.0	Sunset Loop TH	5.0	Limited	12:30 PM
20.0	Cougar Rock (1st pass)	5.0	Full	2:00 PM
25.0	Cougar Rock (2nd pass)	4.2	Full	3:30 PM
29.2	Equine	2.2	Limited	—
31.2	Finish — White Pines Park	—	—	5:00 PM

Runners who do not depart aid stations by the posted cut-off time will not be permitted to continue on the 50K course. Cut-off times are based on an 18-minute-per-mile pace from the 8:00 AM start.

9.6 Special Attention – 50K only

9.6.1 Cougar Rock & The Movies Loop

Pay close attention to this section. You will pass through the Cougar Rock Aid Station twice.

The first time you leave Cougar Rock, a Course Marshal at the trail junction below the station will direct you right, onto a loop called "**The Movies.**" Run the loop. When you return to that same Marshal after completing The Movies, they will hand you a **red wristband**. This wristband is your pass to the finish line.

The second time you leave Cougar Rock and see the Course Marshal for the third time, volunteers will check your wrist. **If you do not have your wristband, you will be directed back out to run The Movies loop again.** There are no exceptions. If you are feeling strong, you are welcome to run The Movies loop as many times as you wish.

9.6.2 Scenic Overlook — Out-and-Back

At approximately mile 27 you will reach an unmanned out-and-back to the Scenic Overlook. At the turnaround post, a **heavy-duty hole punch is zip-tied to the**

post. Punch your bib. **Bibs are checked at the finish line** — you must have a hole punch to finish and earn your medal. Do not skip this section.

This is the one moment on course where you can take stock of your race. The remaining 4 miles to the finish are smooth and fast.

10 AID STATION GUIDE

Aid Station Type Key

Type	What's Available
Full	Water, HEED electrolyte drink, electrolytes, gels, soda, carbohydrate foods, calorie-dense foods
Limited	Water, HEED electrolyte drink, electrolytes, gels

Operating Windows — All Distances

Aid Station	Post ID	Distances Served	Cut-Off
Start — White Pines Park	—	21K, 10K, 5K	—
Start — Fullen Road	Post 100	50K, 35K	—
5N56	5N56	5K, 10K	—
Helispot	Post #85	35K, 50K	—
Lost Souls	4N41Y	35K, 50K	11:15 AM
Dusty Corners	Post #36	35K, 50K	12:00 PM
Sunset Loop TH	Post #500	50K only	12:30 PM
Cougar Rock	Post #20	21K, 35K, 50K	3:30 PM
Equine	Post #7	All 5	—
Finish — White Pines Park	—	All 5	—

11 FINISH LINE

11.1 Post-Race

Cross the finish line at White Pines Park and celebrate! Pizza Factory food service begins at 11:00 AM, along with snacks and fruit for all finishers.

11.2 Awards

Awards will be presented shortly after the completion of each distance. Stick around to cheer your fellow runners across the finish line and celebrate together at White Pines Park.

11.3 Photography

Course photography is provided by Desmond Tan, Boss Foto Photography. Photography taken during the run can be accessed through facial recognition technology and downloaded via the

Website: <https://www.bossfotos.com/customer/events/runtherim2026>. Password: arnold26. Please email dt5168@yahoo.com for all photography inquiries.

12 RACE ETIQUETTE

12.1 Yielding to Other Trail Users

The Arnold Rim Trail is a multi-use trail open to the public during the event. You will share the trail with hikers, mountain bikers, and equestrians. **Equestrians have the right-of-way.** Step off the trail, stop moving, and speak calmly so the horse can identify you as human.

12.2 Passing Other Runners

Announce when passing — "coming up on you" is standard. Be patient on narrow singletrack; safe opportunities will come. Five distances are on course simultaneously — the runner ahead may be moving at the right pace for their distance.

12.3 Gratitude

Our volunteers make this event possible. Please **thank every volunteer** you pass today — at aid stations, junctions, and the finish line. They gave up their Sunday so you could run yours.

12.4 Represent

Run the Rim is one of the first major trail running events on the Arnold Rim Trail. Every runner is an ambassador for the sport on this trail. The way you treat volunteers, fellow runners, and the public sets the standard for what trail running looks like here. We run on National Forest land under a Special Use Permit; how runners behave determines whether events like this continue.

13 QUICK REFERENCE

Recap for race-day reference. Full details in the sections above.

- Carry required gear (§4). No support between aid stations.
- Announce your bib at every aid station (§2.4, §7).
- Follow YOUR color — don't follow other runners (§8.1).
- GPS file loaded for offline use (§2.5).
- Stay on the marked course. No switchback cutting. No alternate creek crossings (§9.2, §9.3).
- Cut-offs at 18 min/mi pace; all runners finish by 5:00 PM (§6.5).
- Drop only at staffed aid stations — notify the Captain in person (§6.6).
- One earbud max; remove at aid stations, road crossings, and Marshals (§4).
- Vehicles have right-of-way at road crossings — cross only on Marshal's signal (§8.2.4).
- Equestrians > hikers > runners. Greet everyone (§12.1).
- Leave No Trace — trash at aid stations only, never on the trail.
- Medical staff and Race Management may pull any runner at any time (§6.5).

Run the Rim 2026 is a permitted event on Stanislaus National Forest land under US Forest Service Special Use Permit CAL561. All runners, crews, and spectators are required to comply with all Forest Service regulations and Leave No Trace principles.



Questions: info@arnoldrimtrail.org | Register: ultrasignup.com