

EVERYDAY ENDURANCE RACES, LLC

Mile Madness Endurance Run • Run Free Foundation

brian@everydayenduranceraces.com

2026 RUNNER'S GUIDE

September 18-21, 2026 • Auburn District Regional Park

Hey Mile Madness Family!

We're almost there! Race weekend is right around the corner, and we could not be more excited to welcome you to Auburn District Regional Park for what's going to be an unforgettable few days.

This guide brings together EVERYTHING you need to know for race weekend. Save it, print it, share it with your crew. This is your race weekend cheat sheet!

IMPORTANT: We're in a Public Park

Auburn District Regional Park is a public park, and we share it with the community throughout race weekend. Please help us be great ambassadors for the running community!

- 🧻 Be respectful of other park visitors, neighbors, and passersby
- 🗑️ Pick up after yourself — leave the park better than we found it
- 🌸 Keep the good vibes — smiles, kindness, and "runner's high" energy!
- 🚫 No open campfires (designated fire pit only)
- 😴 Be mindful of noise levels in the late-night hours

We represent the entire running community here. Every runner, crew member, and family member is part of the Mile Madness impression on the park and neighborhood. Let's make it a great one! 💙

Restrooms & Showers

You'll always be close to a restroom — AND we have showers this year!

- 🚻 Flush restrooms in the main building near the Crew Village
- 🚽 10 portable restrooms provided by the race:
- Most near the Crew Village for easy access
- 3 near the turnaround in the parking lot — perfect for quick drop-and-go's 😊

SHOWERS! (How awesome is this?!)

We have access to the SHOWERS in the locker room this year! 🧴

That's right — hot showers between loops, or after your race. This is a HUGE upgrade for multi-day runners and family/crew. Freshen up, feel human again, then head back out for another loop! 💪

Course Entry & Exit — READ CAREFULLY!

IMPORTANT — This is different from previous years!

 **Entering AND exiting the course is done at the TURNAROUND (parking lot area) — NOT at the finish line near the lake!**

Why? This keeps the finish area clear for celebrations, timing accuracy, and safety.

- 🏁 Enter/Exit: Turnaround area in the parking lot (also where the aid station is!)
- 🎉 Finish Line: Near the lake — for celebrating & finish photos only
- 🚻 Bonus: 3 portable restrooms right there at the turnaround for quick pit stops!

Pro tip: Plan your restroom, aid station, and personal aid station visits around the turnaround — everything you need is right there! 💡

🎬 **NEW! Course Walkthrough Video — Watch Now!**

Want a sneak peek at what race weekend will look like? We just released our 11-minute Course Walkthrough Video! 🎥

📺 **Watch it here:** <https://youtu.be/QnNfG8Yspl4>

We'll walk you through:

- 🏁 The Course — every turn, every landmark, every reason you're going to love these loops
- 🍕 The Aid Station — where the magic (and Pizza Dave!) happens
- 🏠 Crew Village — where your family will set up base camp
- ✨ UltraLounge — the fun zone!
- 🌙 Overnight Setup areas
- 💡 Insider tips for feeling completely at home when you arrive

Grab a coffee, hit play, and start visualizing your race weekend. 11 minutes now = feeling 100% dialed in on race day! 💪

🎯 **The Turnaround — Your Home Base!**

The turnaround at the parking lot isn't just where you enter/exit the course — it's your race weekend HQ! Here's what you'll find:

💧 **Handheld Bottle Refill Station**

We'll have a dedicated table at the turnaround for your handheld bottles!

How it works:

- 🚰 One side for water refills
- 🍌 Other side for Skratch refills
- ✅ Separate area for filled bottles — drop off an empty, grab a filled one on your way back out!

💡 *Pro strategy from past years: Bring TWO handhelds. Take one out with you, leave the other for volunteers to refill. Grab the fresh one on your next loop, drop the empty. Rinse, repeat, save time! ⚡*

🔴 **PLEASE be careful to only take YOUR bottle! After a few sleepless hours, everything looks alike. Consider marking your bottles with tape, stickers, or a Sharpie so YOU know which is yours.** 💡

🛍️ **Drop Bag Area**

Right next to the bottle station — a dedicated drop bag zone!

Perfect for those times when you don't want to stop at your personal aid station but need something quick:

- 🧦 Extra socks
- 🍌 Fuel & nutrition
- 🧥 A jacket for the night
- 🔦 Headlamp for evening loops
- Anything else you might need during the loop!

Drop your bag. Loop by. Grab what you need. Keep moving. No detours, no wasted energy. 🎯

Race Schedule — Quick Reference

Race Weekend: September 18-21, 2026

Race	Start Day	Start Time
72-Hour Run	Friday Sept 18	9:00 AM
48-Hour Run	Friday Sept 18	6:00 PM
100-Mile Race	Saturday Sept 19	9:00 AM
3-Hour Run (NEW!)	Saturday Sept 19	9:00 AM
12-Hour Run	Saturday Sept 19	12:00 PM
24-Hour Run	Saturday Sept 19	12:00 PM
6-Hour Glow Run	Saturday Sept 19	6:00 PM

Bib Pickup

- **When:** Opens Thursday, Sept 17 at 5:00 PM — continues until your race starts
- **Where:** Registration & Merchandise Tent in the Crew Village (Grassy Area)
- **Bring:** Photo ID (and a smile! 😊)
- ⚠️ Pick up at least 45 minutes before your race start
- 💡 Pro tip: Pick up the day before if possible — less stress, more time to meet fellow runners!

Parking

- 75 spaces in the main parking lot
- Street parking on Richardson Drive
- Additional parking along the race course
- 🚐 RV Parking: 5 spots at Parkside Church across the street! Check in at Registration Tent when you arrive.

💡 *Tips: Arrive early • Longer distances get priority for close spots • Don't block driveways • Carpool if you can!*

The Course

- 0.75-mile loop professionally measured with a satellite-based survey — 21 feet of elevation gain per loop
- 🏁 Enter/Exit at the parking lot turnaround (see above!)
- Aid station at the turnaround — quick access every loop
- Water-only aid station on-course for quick refills
- Counter-clockwise ONLY — one direction, one flow, one focus
- Entire course lit up by Friday night — magical! ✨
- Strava Course Map: strava.com/routes/3474665195074707382

☀️ Weather Forecast

Looking absolutely BEAUTIFUL — sunny days in the upper 80s, gorgeous nights in the upper 50s to low 60s!

Pack layers for cool evenings — those 58-62°F nights are going to feel incredible after a warm afternoon!

Plan to slow down a bit in the afternoon heat to preserve energy for the magical evening hours. 🌙

🍕🍔 Food — Updated for 2026!

🍕 SATURDAY — PIZZA DAY!

Pizza Dave is firing up wood-fired pizzas all day long. Expect a constant flow of fresh pizza for our runners!

- 🏃 RUNNERS: Free! Grab a slice whenever you come through
- 👥 CREW & FAMILY: \$10 for pizza + soda or water

🍔 SUNDAY — BURGER DAY!

Fresh burgers grilled up all day:

- 🏃 RUNNERS: Free burger meal! Order it at the aid station — we have an order form ready. Fill it out, keep running, and grab it on your next loop!
- 👥 CREW & FAMILY: \$10 for burger meal (includes chips + drink)

🔍 HOT FOOD ANY TIME — Just Ask!

Craving something hot? Our cook-to-order aid station kitchen has you covered!

Here's how it works:

1. Let a volunteer know what you want (grilled cheese, breakfast burrito, eggs, ramen, soup — you name it!)
2. Head back out for another loop
3. Grab your hot meal when you complete your next loop — ready and waiting!

Plus our full aid station spread: Skratch, Tailwind, soda, ginger ale, fresh fruits, snacks, salty options, ice bucket, and Vegan/Vegetarian/Keto/GF options — nobody goes hungry at Mile Madness! 💙

🚚 No Food Trucks This Year — But Local Options Abound!

Due to availability, we won't have food trucks on-site this year. But between Pizza Dave, our full aid station, and Sunday burgers — you'll be well fed!

And Auburn has TONS of great options just a few miles away:

🍽️ **Quick Bites Nearby:**

- 🌮 Taco Tree — quick, delicious Mexican
- 🥪 Beach Hut Deli — fresh sandwiches & wraps
- ☕ Dutch Bros — coffee, energy drinks, and the good vibes you need!

🛒 **Grocery & Supply Runs on Highway 49:**

- 🎯 Target
- 🛒 Bel Air
- 🛒 Grocery Outlet
- ...and plenty more within a few miles!

Crew & family — a perfect chance to explore Auburn during your runner's longer loops! 🚗

👣 This Thursday — Dr. Tonya's Foot Care Talk!

Getting your feet ready for race weekend? Don't miss our special FREE Zoom presentation with foot care specialist to endurance athletes, Dr. Tonya K. Olson!

- 📅 Thursday, September 10
- 🕒 6:00 PM Pacific
- 📖 **Topic:** Pre-Race Foot Preparation
- 💻 **FREE Zoom:** <https://us06web.zoom.us/j/82864521674>

-  **Learn more:** drtonyafootcare.com

Blister prevention, sock/shoe strategy, managing hot spots during long efforts, plus LIVE Q&A. Bring your questions!

BONUS: Dr. Tonya is joining us IN PERSON at race weekend! 🎉

This Sunday — LIVE Q&A with the Race Director!

Have questions about race weekend? Bring them ALL to our LIVE Q&A on Zoom!

-  Sunday, September 13
-  7:00 PM Pacific
-  **FREE Zoom:** <https://us06web.zoom.us/j/81355566770>

Ask about the course, logistics, aid station, gear, food, crew setup, prizes — anything on your mind! This is YOUR time to get every question answered before race weekend.

Can't make it live? The session will be recorded and shared with all registered runners, plus posted on the website afterward!

 Prefer to email your question ahead? Send it to brian@everydayenduranceraces.com and I'll answer it live!

The Jester Is Coming For 4 WORLD RECORDS!

Get ready to witness HISTORY! 🏆

Ed "The Jester" Ettinghausen is joining us at Mile Madness 2026 to attempt to break FOUR world records during race weekend!

Front-row seats to watching one of the ultrarunning world's most iconic athletes chase glory. Come cheer him on and be part of the moment! 💪⚡

Live Tracking + Photo Sharing!

Family & friends can follow you every step of the way! ❤️

Live Tracking:

We're using Arrow Live Results — anyone can watch you rack up loops in real time! We'll have QR codes posted around the venue that link to each race's live tracking page. Just scan and share with your loved ones!

- 72-Hour: arrowliveresults.com/MileMadnessEnduranceRun72HourRun
- 100-Mile: arrowliveresults.com/MileMadnessEnduranceRun100MileRace
- 24-Hour: arrowliveresults.com/MileMadnessEnduranceRun24HourRun
- 48-Hour: arrowliveresults.com/MileMadnessEnduranceRun48HourRun
- 12-Hour: arrowliveresults.com/MileMadnessEnduranceRun12HourRun
- 6-Hour Glow: arrowliveresults.com/MileMadnessEnduranceRun6HourGlowRun
- 3-Hour: arrowliveresults.com/MileMadnessEnduranceRun3HourRun

Memento Photo Album:

Capture the memories! We're using Memento as our official race photo album — everyone can upload and share pictures from race weekend, and everyone gets to enjoy them.

-  Add & view photos: <https://albums.memento.com/2026MileMadness/view>

Share your photos with Mad Miner Miles (our mascot) and let's build the ultimate race weekend album together! 🧑🏠🔨

Bib Raffle — Prizes EVERY Hour!

Every registered runner is automatically entered. A prize drawn every hour for 72 hours! No runner wins twice — we spread the love!

Just some of the amazing prizes:

- 🏆 6 pairs Mount to Coast S1/P1 Shoes
- 🎧 3 sets Shokz Openrun Pro 2 Headphones
- 🧥 NEW 1996 Boston Marathon Jacket (100th Running!)
- 🎒 2 Silo Crew Drop One Bags
- 💧 4 HydraPak Skyflask Handhelds
- 🧊 Nomadix Ice Bandana
- 📜 Big Bang Theory Pilot Script (Autographed & Framed!)
- 🦑 Plenty of Alien-inspired prizes!
- 🎁 And SO much more!

Must be present to win! 🎉

🏕️ UltraLounge & Crew Village

FREE for all attendees! Bring the family — this is a weekend of running AND fun:

- 🔥 Fire pit & s'mores
- 🎬 Running movies on a 200-inch outdoor screen
- ✨ Saturday Night Glow Party
- 🎯 Cornhole & lawn games
- ✍️ Sign-making station

🏠 Overnight Setup

Tents, canopies, chairs, sleeping bags — bring what you need! (It's not "camping" officially, but you're welcome to stay.)

🌱 GRASS CAMPING (New This Year!)

We're camping on GRASS this year! 🎉

If you've camped with us in years past, you know what a nice change this is from the dry, dusty grass of previous venues. Softer, more comfortable, and easier on your gear and body. Just another way this venue is a total upgrade! ✨

🚨 Safety Requirements:

- All canopies **MUST** be staked down — with quality stakes AND rope!
- Wind can pick up unexpectedly
- Keep the sidewalk clear at all times

🌙 72-Hour Runners — Overnight Setup!

72-Hour runners — you're welcome to stay overnight! 🌙🏠

Set up your tent, get some rest between loops, and make yourself at home. We understand these ultra-distance efforts need quality downtime.

Peace of mind: Someone from our team will be onsite from Thursday through Monday, watching over everything. Your gear, your tent, your setup — we've got eyes on it around the clock. 👁️

🏆 SWAG — What Every Runner Gets:

- 🧥 Hooded Long-Sleeve Tech Shirt
- 🧦 Mile Madness x MudGear Co-Branded Performance Socks

- 🍷 Waterproof Picnic Blanket
- 🏅 Custom "Get Loopy" Finisher Medal

🏆 BUCKLES:

- 🥈 Silver Buckle — 100 Miles
- ❤️ Blackened Nickel — 150 Miles (NEW!)
- 🏆 Two-Tone — 200 Miles (NEW!)

🛍️ Merchandise On-Site

Available at the Registration/Merchandise Tent:

- 🧊 Bags of ice — \$5 each
- 🛒 Silo Crew Drop One Bags (Retail \$99, at MM \$75)
- 🕒 Mile Madness gear
- 🧢 Boco Ultra Ice Trail Hat — \$35 (only 75 available!)

🎨 Best Decorated Personal Aid Station!

New for 2026 — prize for the BEST decorated personal aid station! Bring your creativity! 🏆

🌟 Mile Motivator Award — It's Back!

Given to the person embodying the Mile Madness spirit — lifting others up, cheering loudest, making the weekend better for everyone. ❤️

🔦 Call for Power Stations

We still need help! If you have a large Jackery-style Power Station we could borrow, please email brian@everydayenduranceraces.com! Every station = fewer generators, more lights, more magic! 🌱

🧵 NEW! On-Site Gear Repair Service

Got a favorite pair of shorts, a beloved pack, or gear that's seen better days? We've got you covered!

Linda of Achievement Repair and Gear will be on-site all race weekend to repair your used race gear!

Whether it's a torn seam, a broken zipper, a strap that needs replacing, or that beloved piece of gear you can't bear to retire — Linda has you covered.

Save your favorite gear from retirement. Bring it, drop it off, get it back better than ever! 💪

🧘 Massage Therapy & Heidi Garner Studio

Take care of that body during race weekend!

We're thrilled to have Heidi Garner Studio and a massage therapist on-site at selected hours to help you keep moving, ease those tired muscles, and recover between loops.

Perfect for those long-distance efforts when you need to reset. Watch for signage at the venue for specific hours and locations! 🧘

🎵 LIVE MUSIC ON COURSE! (NEW ANNOUNCEMENT!)

You read that right — LIVE MUSIC ON COURSE! 🎉

Adding some special vibes to your loops this year, we'll have live music at select times throughout race weekend. Nothing like a burst of live music to give you that mid-loop boost!

Watch for schedule announcements — you won't want to miss this! 🎸🎤

🚁 Law Enforcement Heroes Running With Us!

We're honored to have some incredible law enforcement heroes running with us again this year! 🚔🚔

⚠️ **Heads up: You may see a helicopter flying over the race at times.**

Don't be startled — they're just supporting their crew from above! 🚁💙

Just a friendly heads up so nobody's caught off guard mid-loop. It's a really cool moment when it happens!

🤝 Our Amazing Community Partners

Mile Madness wouldn't be possible without the incredible support of our local running community. Please give them your love and support!



Wild Runners Auburn

Your local trail running community in Auburn!



Foresthill Basecamp

Home base for endurance athletes!

📱 Stay Connected

- 💙 Community: tinyurl.com/MileMadnessCommunity
- 🧑 Volunteer: tinyurl.com/VolunteerAtMileMadness (Still need help!)
- ✉️ Questions? brian@everydayenduranceraces.com — I personally answer every email!

🎉 SEE YOU SOON!

We can't wait to welcome you to the Birthplace of Endurance Sports! Trust your training. Trust the community. Trust that we're here for you every step of the way. 💙🏃

Train Hard. Race Strong. Make Memories. Get Loopy!

See you on the loop!

Brian Goldman

*Race Director — Mile Madness Endurance Run
Everyday Endurance Races, LLC*

 brian@everydayenduranceraces.com

 tinyurl.com/RegisterForMM •  tinyurl.com/MileMadnessCommunity

September 18-21, 2026 • Auburn District Regional Park • North Auburn, CA