



Welcome to the 18th Annual Rio Del Lago 100 Mile Endurance Run!

We are excited for your participation and look forward to seeing you at one of our "Fall Classics."

Our volunteers deserve sincere thanks and heartfelt applause. They are truly the heartbeat of our events. Without the dedication of our aid station captains, crews, course markers, medical/safety sweep teams, radio operators, and my NorCalUltras team, this event could not happen.

Thanks to our partnership with the Folsom Tourism Bureau, California State Parks and Auburn Recreation District. Thanks to all of our sponsors and partners for helping to make the event a huge success.

Please read the following as this is your runner final confirmation.

HAPPY TRAILS!

Julie Fingar, Race Director



NOTE: Daylight Savings occurs on Rio race weekend. However, we will NOT be observing the time change until the race is officially over. You will need to keep your watches, clocks, etc set to the time clock beginning on Saturday. If you have a device that automatically changes, you will need to adjust. We will be following the mileage pace chart times and cut-offs based on the Saturday clock.

Service Forms: If you have not turned in your volunteer/service forms by 10/31, you **WILL** be removed from Rio Del Lago (and Ultra SignUP) - no questions asked. When you registered you had to mark the check box stating you understood there is 6 hours of volunteer hours that are required in order to run.

Crew Info - All runners and crews READ!

All runners are responsible for their crews. All runners MUST sign a waiver on Friday at packet pick-up acknowledging and accepting full responsibility for their crews. Crews may NOT be at locations that are NO CREW ACCESS. Failure to comply will result in their runner being disqualified. Local runners and friends, this applies to you even IF you know the course. Do not access any locations that say NO CREW ACCESS! No excuses!

This is serious business! Our event permits allow for certain areas can be accessed by crews. Do NOT go to a location that is not allowed. Period! You could jeopardize our permit for future events. Your cooperation and compliance is a must.

Pacer Info: Pacers MUST check in prior to running to sign a waiver as well as pick up a PACER bib. This can be **ONLY** done at either Packet Pick-Up on Friday (Fleet Feet Folsom) or on race day, pacers MUST pick-up waiver/bib at one of two locations - Beals State Park in Folsom (from 10AM to 10PM on Saturday) or Overlook Park in Auburn (12PM to 6PM on Saturday) . Plan accordingly, as these items will not be available at No Hands or Rattlesnake Bar aid stations.

Official Race Beneficiary



Learn more at : [Fit for Girls](#)

Official Sponsors

Official Energy and Recovery Bar - [CLIF](#)



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



Official Recovery Tape - [RockTape](#)

Official Skirt of NorCalUltras - [RYPWear](#)



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



All the information you need to know!

Runner Check In

<http://rio100mile.com/#raceInfo>

Friday, November 2nd - 12 P.M. - 7 P.M.

Fleet Feet - Folsom

6610 Folsom-Auburn Blvd
Folsom, CA 95630

Bib numbers will be uploaded on Ultra Signup on November 1st.

Race Start

5:00 A.M. - SHARP!!

**** Remember, you WILL have 30 hours to complete. The race is on a 30 hour clock (the time from Saturday). Even though there is a time change, we will not be observing it until AFTER the race is officially over. Please make note of this.

Entry into the Beal's Point Park on Saturday/Sunday morning is included in your registration. Do not forget to print this pass. This parking pass is only good for Beal's Point Park. You must purchase parking passes for all other park accesses.

<http://rio100mile.com/docs/2018-rio-parking-pass.pdf>

Runner Briefing

There will be a course briefing starting at 4:30 A.M. on Saturday morning before the race starts.

Lucky Trails Jackpot! Our friends at Sacramento Running Association want you to hit the Jackpot!!

- Top males & females receive: 1st: \$300, 2nd: \$200, 3rd: \$100
- Runners that finish the race in the following positions receive \$100: 100th, 200th, and 300th
- Last finisher receives \$100

Runner Tracking

<https://www.athlinks.com/event/63638/results/Event/821371/Results>

Crew Directions

Please review this link: <http://rio100mile.com/#raceInfo>

Course Info & Map

Please review the course mileage chart and map here:

- [Click here to view the course map](#)
- Course will be marked in **ORANGE** ribbon.
- Follow all chalk and flour markings.
- [Click here for Mileage Chart with Cut-offs](#)

Road Crossings

There are several road crossings on the course. There will be CHP at the crossings but please use caution AND please remove your headphones.

Drop Bags and Pacers

Please review this link: <http://rio100mile.com/#raceInfo>

- Please bring your drop bags before the start of the race (no later than 5AM) as they will be headed out after the start. Do not bring them to packet pick up at Fleet Feet. Make sure to label them with your name & bib number and place them in the correct area. Drop bags will not be returned to Beals until AFTER the aid stations have closed and packed up. **NOTE: DROP BAGS WILL NOT BE MAILED** back to you. You must pick up your drop bags at either the aid station (where crew is allowed) or at the Finish Line.
- Pacer Bibs will be handed out (2 per runner if needed) when you pick up your bibs at Fleet Feet on Friday.
- You can also pick up a pacer bib at Beal's Point or Overlook on Saturday.
- **ALL PACERS MUST SIGN A WAIVER.**

Trail Etiquette

"Pack it in, Pack it Out!" Please help keep our parks in pristine condition. There are GU Trash receptacles at all of our aid stations. Please take a moment to stash your trash.

Medical

There will be medical personnel on course and the Start/Finish. Medical Captains have the authority to pull any runner for any reason during the event.

Cut-Off's

The course cut-off's are strictly enforced. They are for your safety and the safety of our event. If you do not make the cut-off, your bib will be taken by either the Cut-Off Coordinator or the Aid Station Captain and returned to NCU Staff at the Finish Line.

Drops

If you drop, you must do so at an aid station and let the captain know. Please communicate as we want to make sure you are safe and don't send a team out looking for you. If drop, your bib will be taken by the Aid Station Captain and returned to NCU Staff at the Finish Line.

Post Race Festival

Veggie soup from our friends at [TOGO's](#) and Bob's Breakfast Bistro will help refuel you after your 100 mile journey! Hot and Cold beverages will also be available.

Soup, Hot Food and Snacks will be served from 11PM to 6AM. Breakfast will be served from 6AM to 11:30AM.

Visit our friends in the Rio Ultra Village after your race! RYPWear, War Fuel and NorCalUltras Merchandise.

Thank your crew teams and supporters with coffee tumblers, Rio hats and visors, water bottles etc! Check out our tent on Saturday morning from 7AM to 11AM and again on Sunday morning from 6AM to 11AM!!! Don't forget to show your appreciation to your groupies!!

We look forward to seeing you on November 3, 2018!

Coupons



Spring running is coming!! Keep up the good work from Rio Del Lago!! Sign up for American River 25 or American River 50 and get 20% discount!!! Discount is good until December 5, 2018.

When signing up, use coupon code: **RIO2018**

<http://ultrasignup.com/register.aspx?did=57086>



15% off RYP Wear skirts!!

What a deal!! Discount is good until November 10, 2018.

When shopping, use coupon code: **RIO2018**

RYP Wear invites you to be a VIP.

Our VIP membership program launches November 8th.

Check our RYP Wear Instagram!

VIP Member Perks include:

- **13 Months for the price of 12**
 - **20% off all RYP Wear Merchandise - No exclusions**
 - **20% off ALL 2019 NorCal Ultras Races - No Exclusions**
 - **RYP Wear/ Fleet Feet Ladies Trucker Hat**
 - **RYP Wear Sticker, RYP Wear Water Bottle & RYP Wear eco-friendly tote by Chico Bag**
 - **Monthly insider emails - Be the first to receive exclusive training tips, early access to races, special RYP Wear Promos, etc.**
- This is a \$350+ value for \$149! Limited to the first 100 VIPs. Don't miss out on this amazing opportunity, it won't last long.**

<https://rypwear.com/>

Thank you to our sponsors!



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Get Connected with NorCalUltras



#rdl100