

# RIO DEL LAGO

100 MILE ENDURANCE RUN

BACK TO THE TRAIL

## Pre-race Checklist

Life is busy and tapering really does mess with our thinking. Having a race week checklist can spare us some of the mental energy we need to save for the race itself.

### Monday thru Thursday of Race Week

**Organize your drop bags.** Your drop bags should be clearly labeled with your bib number, the aid station where you want it, and your last name. Black marker works best for the labels, and the bags should be water-resistant. We have drop bags at race check-in if you need them.

**Plan the gear you think you'll have at the start.** Keep two things in mind when organizing gear for the start. First, it will be dark for the first two hours—civil twilight begins at 7:09am on 11/6—and you will need light. Second, most of the first 22 miles are on paved bike path, while most of the remaining 78 miles are on dirt. If it rains, some of that dirt will be mud.

[Be sure to download, print, and sign this Crew Waiver. Bring it with you to race check-in.](#)

[Any pacers planning to join you need to sign this Pacer Waiver. Try to have this with you at check-in.](#)

### Friday, November 5

- Stay hydrated, continue to eat and harness your energy.
- Check-in at **Fleet Feet Sports Folsom, between 12 noon and 7:00 pm.**
  - Race Bib
  - Goodie Swag Bag
  - Parking Pass for Beal's Point—this needs to be displayed on your dash board IF you are leaving a car at Beal's Point for the duration of the event)
  - Submit signed Crew Waiver (Download link provided above)
  - Submit signed Pacer Waiver(s) (Download link provided above)
  - Pick up Drop Bags to use on course, and make sure you have what you need to label them.
- Remind your crew they will need to pay the **\$12 CA State Park Fee** for crewing on course. The pass will be good for all the access points rest of the day.
- Don't fret about not sleeping the night before. It happens to everyone! You're excited and that's awesome! Lay out your gear for the morning, set an alarm, put your legs up, lights off, and rest your eyeballs. You're trained for this. Really.

### Saturday, November 6

- Arrive at starting area by **4:15 am**
- Place your drop bags in the designated drop-off area by **4:50 am**. Each aid station will have its own clearly marked section, so place yours accordingly.
- Check your gear one last time, including your light.
- Go to the bathroom
- Make your way to the start line arch by **4:45 am** for the final briefing. Don't miss this, and please give us your full attention. (The quietest runner may win a donut or lanyard, or just our deeply felt gratitude.)
- Race Start – **4:45 am!** You can do this! But don't start too fast!