



Presenting  
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# NOV 2-3, 2024

## Race Day Is Almost Here!

Run all day. Run all night. Swagger all year.

PHOTO: JESSE ELLIS, LET'S WANDER PHOTOGRAPHY

**Welcome to the 23rd Annual Rio Del Lago 100 Mile Endurance Run and the 3rd Annual Rio Del Lago 50K Presented by Altra!**

**Whether it's your 1st, your 100th ultra, or anywhere in between, it's bound to be an adventure to remember.**

We're just giggly with anticipation. Will it be hot? Will it rain? Will the nighttime be dark? So many things we're looking forward to. But first things first, we can't wait to see you on **Friday, November 1st at Runner Check-In.**

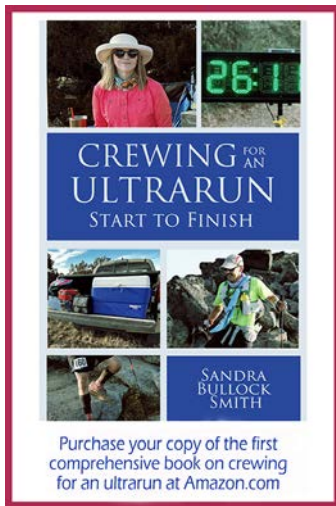


FOLSOM · ROSEVILLE

**Speaking of Runner Check-In...**

Per usual, that's going to be at **Fleet Feet Folsom**, which is still at **6610 Folsom-Auburn Road, Folsom, CA 95630**. Need to call? (916) 358-9484. We'll be there on **Friday, November 1**, from **12 noon until 7:00 P.M.**

Some fun give aways will happen at packet pick up. (Hint: You must be present to win.)



### It was about time someone wrote a book about crewing!

Our friend Sandra Bullock Smith did just that, and we will be raffling off 4 autographed copies at Fleet Feet on Friday, 11/1. This book is a great resource for any crew veterans and novices alike!

If you don't win one in the raffle, consider **buying a copy** for your crew or before you crew someone else. (Possibly for the folks crewing you at this year's RDL100. Because, let's face it, you're gonna owe them one. They're saints, your crew. Saints.)

Rio Del Lago Endurance Runs is proud to call Folsom our host city and continue our long-standing partnership with the City of Folsom.



**Protect American River Canyons (PARC)** protects and enhances the natural, recreational and cultural resources of the North and Middle Forks of the American River through leadership and collaboration.

We are a 501(c)(3) non-profit organization.

We know we've been bombarding you with information, so here's a quick, no muss-no

tuss list of things to review:

### **The Website For All Things Rio**

Please take the time to review the site that is full of delicious content to help you have a safe and memorable experience at Rio Del Lago 50K & 100 Mile! Everything you need to know is here. [www.rio100mile.com](http://www.rio100mile.com)

### **"Rio Time"**

Daylight Savings Time ends during the race, at 2:00 AM on Sunday, November 3. While most of the country is turning their clocks back by one hour, our race clock is firmly committed to "Rio Time", so **no time change**. We do not change our watches, clocks or phones in the middle of the night. The Saturday start clock is what you will go by for the duration of the race. Mathing can be hard after 50 miles\*, so we advise everyone running with smart tech to turn off the automatic time updates. If you use a Garmin watch, you can turn off the automatic time change feature by going to Settings > System > Time > Set Time > Manual. We'll go over this again in the pre-race briefing.

\*Some of us find it difficult to math after, say, one mile. That's okay because we all have different gifts, we all have our own journey and it may or may not go through MIT. We didn't all dress up like Niels Bohr every Halloween. Some of us preferred to go as Wittgenstein or a sassy cat. Also, it's hard to measure emotional intelligence. It doesn't make us an axe murderer or the intellectual equivalent of a turnip.

## **Important Links and Whathaveyou**

**The Final Runner Race Briefing! In case you missed it, you can listen here! Lots of helpful nuggets for race day!**

<http://www.rio100mile.com/mov/RDL2024Zoom-PreRace.mp4>

### **Pacer Waiver**

Download, have your pacers sign and submit at Runner Check-In

<http://www.rio100mile.com/docs/Rio-PacerWaiver-2024-Online.pdf>

### **Nutrition on Course**

A detailed overview of every aid station

<http://www.rio100mile.com/docs/Nutrition%20on%20Course-Rio%202024.pdf>

### **Runner Tracking Online**

Event timing and results by **Capital Road Race Management**. Follow your runner here:

<https://my.raceresult.com/313505/>

## Race Day Live Streams

Follow the race live stream on our YouTube channel. We'll have race updates, interviews, on-course reporting, and of course the race finishes from first to last. (Links will go live on race day.)

**Race Start, from 4:00 AM to 5:15 AM:**

[https://youtube.com/live/apDN2Qu\\_D0U](https://youtube.com/live/apDN2Qu_D0U)

**50K Finish & 100 Mile leaders at Mile 44, from 8:30 AM to 3:00 PM:**

<https://youtube.com/live/1MfjUcCgHXw>

**100M Finish, from 7:00 PM on Saturday to 11:00 AM on Sunday:**

<https://youtube.com/live/LpqyAEy63hU>

## NCU Social Media

Follow us on [Instagram](#), [YouTube](#), and [Facebook](#)



## Swag!

The Finisher Jacket is for finishers only, so make sure you finish! We're keeping details of the jacket super secret, so you really have to get to that finish line to see it. But here's a picture of all the other goodies including your **CRAFT** technical shirt, one of a kind medallion and finisher's buckle.



## Post-Race Fuel

**11:00 PM – 4:00 AM**

Runners will enjoy a cup of Chef Tim's **Homemade Soup for the Soul** and **Infamous Chili** paired with Maggie's **Magnificent Corn Muffins**. After midnight, both runners and volunteers can refuel and indulge in a feast of **Taco Bell**, savoring the familiar flavors as they push through the late-night hours.

**Red Bull Energy Drink** and **Waterloo Sparkling Water** will be available at the finish line.



### Bob's Breakfast Bistro

4:00 AM – 11:00 AM

Refuel and enjoy a **Power Pancake Breakfast** at the finish line! Chef Bob and his bistro team will be whippin' up eggs cooked to order along with sizzlin' bacon, sausage and hash browns! Oh and for a yummy treat - Homemade Mini Donuts from the Donut Shack! Drinks and fruit will also be provided.



### Donut Shack

Sunday, November 3 from 5:00 AM – 10:00 AM\*

Spectators, families and friends can purchase delicious mini donuts, hot cider and cappacinos from The Donut Shack. Our race director has pre-sampled and approves! The art department is insanely jealous about this pre-sampling because the art department is a lifetime Donutist, certified by the International Association of Donut and Pastry Enthusiasts, and really did expect to be invited to any

pre-sampling. The art department doesn't see getting over this anytime soon, tbh.

\*6:00 AM – 11:00 AM if you're counting by "Rio Time" (see above section about Daylight Savings Time.)

# Ponderosa Cider Co.

### **Pssst. Hey, crews and spectators...**

Runners coming through Auburn Dam Overlook have about 32 miles to cover before they get back to the Overlook. That can take up to nine hours for most folks. So for those of you waiting, like, four years and a day for your runner to get back, **Ponderosa Cider Co.** is walking distance from the Overlook, and they have a special offer for you.

**Everyone that comes in and states they are with the Rio Del Lago will get 20% OFF 4 PACKS TO GO. If they would like to have cider on site they get 20% in house as well.** Why not go get a grab and go pack to enjoy?!

Located at: [102 Gum Ln Unit B; Auburn, CA 95603](#)

### Rio and NorCalUltras Merch





### Rio Del Lago Merchandise

Your RDL swag can be purchased at the NCU Merchandise tent on Saturday, November 2nd from 8 A.M. to 1 P.M. and again on Sunday, November 3rd from 6 A.M. until the end of the race or the flying monkeys reach Folsom, whichever comes first.

### VOLUNTEERS!





Rio Del Lago uses more than 350 volunteers to make this event happen. Please give a smile, thumbs up, and if you're not too exhausted, a "thank you" goes a long way. They wouldn't say no to a nice cartwheel. Maybe a donut. Consider giving back at: Way too Cool and American River 2025.

**Sign up for the 2025 Way Too Cool [HERE](#).**

**Sign up for 2025 American River 50/25/10 [HERE](#).**

**Volunteers get cool swag.**



**SPONSORS!**



## Experience Wild Trail Running Shoe

Take off on your next trail run in a shoe that's lightweight, grippy, and performance-focused to experience just how effortless the dirt can feel.

**The Experience Wild** is a whole different breed of trail shoe, raised to take on miles of rolling terrain or fast tempo trail runs to steep summit views. Choose your adventure and feel the lightweight, responsive compression-molded midsole foam in every stride. A grippy MaxTrac™ outsole combines grip, traction, and durability for that boost of confidence you just can't get in a road shoe on the trail. Keep your feet clean from debris with a GaiterTrap™ detail for easy use with a Trail Gaiter, and strategically placed no-sew overlays for toe protection. A low 4mm drop complements the shoe's rocker shape geometry for an efficient toe-off and a smooth, quick roll through your stride. With Altra's signature FootShape fit, you get a roomy toe box and a secure midfoot, so you can move the way you were designed to. Pick up a pair at Fleet Feet Folsom & Roseville.



Get out there and get wild!



### Altra G.O.A.T.\* Selfie

Take a selfie at Beal's Point by the Altra sign and let us know who **your** G.O.A.T is. Remember to tag **@altrarunning** and **@norcalultras**. As much as we'd like to tell you they'll send you a zero-drop Ferrari, they *can't* send you a zero-drop Ferrari. Not even a zero-drop 1987 Honda Civic. They're an awesome shoe company, not a distributor of free high-performance vehicles or Ferraris. Just shoes. Awesome shoes.

\*Greatest Of All Time



### Rio Del Lago Shakeout Donut Run

November 1, 2024, 6am

Run starts at **Bill's Donuts – Granite Bay, CA**

You're invited to a special Donut Run to kick off Rio Del Lago race weekend! Altra will be joining us with demo shoes and free donuts. Everyone will receive a 10% off coupon to shop for your race day needs at Fleet Feet Folsom from 12-7pm. See ya there!

Facebook page

<https://www.facebook.com/events/843265941297170>



Made from Skrtch





Skratch Labs uses real food, starting from scratch, to create sports nutrition that you actually want to eat. Our products taste better and feel better—because they have no artificial sweeteners, isolates, colors, or preservatives that might cause GI distress—to help you perform better. So you can get out there and bust your butt, not your gut.

# skratz LABS

<https://www.skratchlabs.com/blogs/science-products/tips-for-fueling-the-distance>

## PUT ALL WRAPPERS HERE FOR TERRACYCLE



**YES! Any single serve sports nutrition wrapper!**  
**YES! Any brand, not just GU!**

Examples: Gels, Chews, Drink Mix, Recovery Drink, Stroopwafel/bar, Capsules, Drink Tabs, etc.

**NO: Cups, Paper, Trash, Napkins, Cardboard Boxes, Drink Canisters, Hydration Drink Tabs Tubes**

### ALL BRANDS ACCEPTED!





# JAMBAR

ORGANIC ARTISAN ENERGY BAR

You can have the best intentions, but when you're making an energy bar, you're only as good as your ingredients. At JAMBAR, only the highest quality ingredients are used. Plus, 50% of the profits from JAMBAR are being donated to programs that support active living and the art of music.

Jennifer Maxwell, Founder & CEO

**JAMBARS will be located at all aid stations!**

# KRAM

## The PB&J Reinvented

KRAM is a business that doesn't see itself as a business. KRAM is a lifestyle that is focused on fun, sports, and being outdoors. Balanced with the seriousness of clean food, positively impacting environmental issues, and nutritional education.

- **ORGANIC SPROUTED WHEAT**
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- **ORGANIC ALL FRUIT JELLY**
- **FUNCTIONAL INGREDIENTS**

Most of the world is overfed and undernourished and we want to change that. We believe regenerative agriculture can improve micronutrient levels in food, reverse climate change, and stop pollution of toxic chemicals. KRAM's main objective as a company is to educate and lead by example in the food system from crop to product. Go check out

educate and lead by example in the food system from crop to product. Go check out what we are doing and learn more on our website!

BUY ONLINE AT [KRAMNUTRITION.COM](http://KRAMNUTRITION.COM)

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