

NOV 5-6 2022



Presenting Sponsor:



Run all day
Run all night
Swagger all year



PHOTO: JESSE ELLIS, LET'S WANDER PHOTOGRAPHY

WOOHOO! THE TRAIL PARTY WEEKEND IS FINALLY HERE!

Welcome to the 21st Annual Rio Del Lago 100 Mile Endurance Run and the 1st 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 4th at Runner Check-In.**

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



VISIT FOLSOM

We look forward to welcoming you and your families to Folsom, CA for another great race with NorCalUltras.

[Click here for more...](#)

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

Remember, there is **NO Daylight Savings Time for Rio**. 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. *Sorry, you don't get an extra hour!* If you use a Garmin watch, you can turn off the automatic time change feature by going to Settings > System > Time > Set Time > Manual. It really does help avoid math in the wee hours.

www.rio100mile.com

If You Missed The Final Runner Race Briefing (or want to hear it again)

You can download the recording:

<http://rio100mile.com/mov/RDL2022Zoom-PreRace.mp4>

If You Need a Pre-race Checklist

<http://rio100mile.com/docs/RDL-Pre-Race-Checklist.pdf>

Crew Waiver

Download and have ready to submit on Friday at Runner Check-In

<http://www.rio100mile.com/docs/Crew%20Regulation%20Waiver%20-%202021%20-%20Online.pdf>

Pacer Waiver

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

<http://rio100mile.com/docs/Rio%20Pacer%20Waiver%20-%202021-Online.pdf>

Runner Tracking Online
<https://www.athlinks.com/event/63638/results/Event/1034537/Results>

Runner Tracking via SMS Updates
(or as regular folks like to call it, ‘text messages’)
<https://register.chronotrack.com/event/tracking/eventID/70660>



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 P.M. to 4 A.M.
Runners will enjoy a cup of Chef Tim's Homemade Soup for the Soul. Baja Burritos (Chicken and Veggie) and Cheese Quesadillas from **Baja Fresh**.

Bob's Breakfast Bistro
4 A.M. – 11 A.M.
Refuel and enjoy a **Kodiak 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! Drinks and fruit will also be provided.

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For over 40 years, **Nathan** has provided best-in-class essentials designed to help runners enhance and improve their performance, mile after mile and year after year. Our hydration vests and handhelds, waist and running packs, safety gear and apparel, offer a perfect balance of form, fit and function for athletes at all levels. Whether running

a mile, a marathon or more, our wide range of running gear delivers on what matters most to our community – intuitive design, comfort, quality and smart storage. As the market leader, and inspired by your journey, **Nathan** continues to strive to offer runners the best, purpose-driven solutions to have their best runs.

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!







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!



The PB&J Reinvented

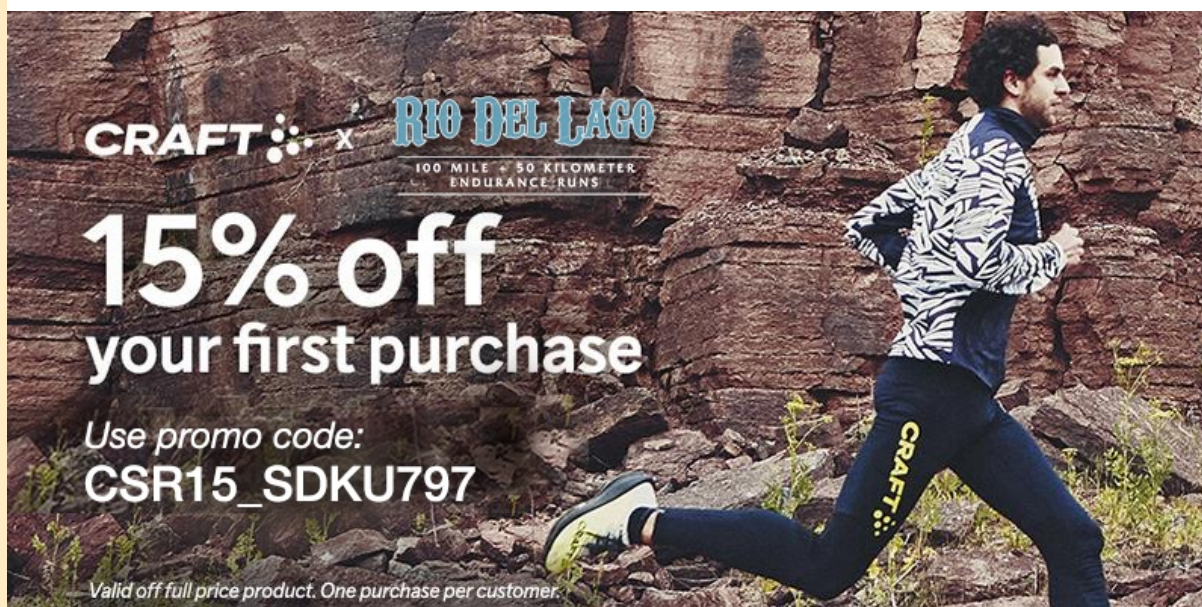
KRAM is a business that doesn’t see itself as a business. KRAM is a lifestyle that is focused on fun. sports, and being outdoors. Balanced with the seriousness of clean food, positively impacting environmental issues, and nutritional education.

- ORGANIC SPROUTED WHEAT
- ORGANIC VALENCIA PEANUT BUTTER
- 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 what we are doing and learn more on our website!

BUY ONLINE AT [KRAMNUTRITION.COM](https://www.kramnutrition.com)

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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.

USE CODE **KRAMFAM15** FOR **15% DISCOUNT**
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Use code **NORCAL20** for **20% OFF** off at jambar.com



VISIT FOLSOM



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chris o'connor
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