

RACE DAY IS ALMOST HERE

04 17 01 12
DAYS HOURS MINUTES SECONDS

ARE YOU READY?

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



Presenting Sponsor:
ALTRA

Welcome to the 22nd Annual Rio Del Lago 100 Mile Endurance Run and the 2nd 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 giddy 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 3rd at Runner Check-In.

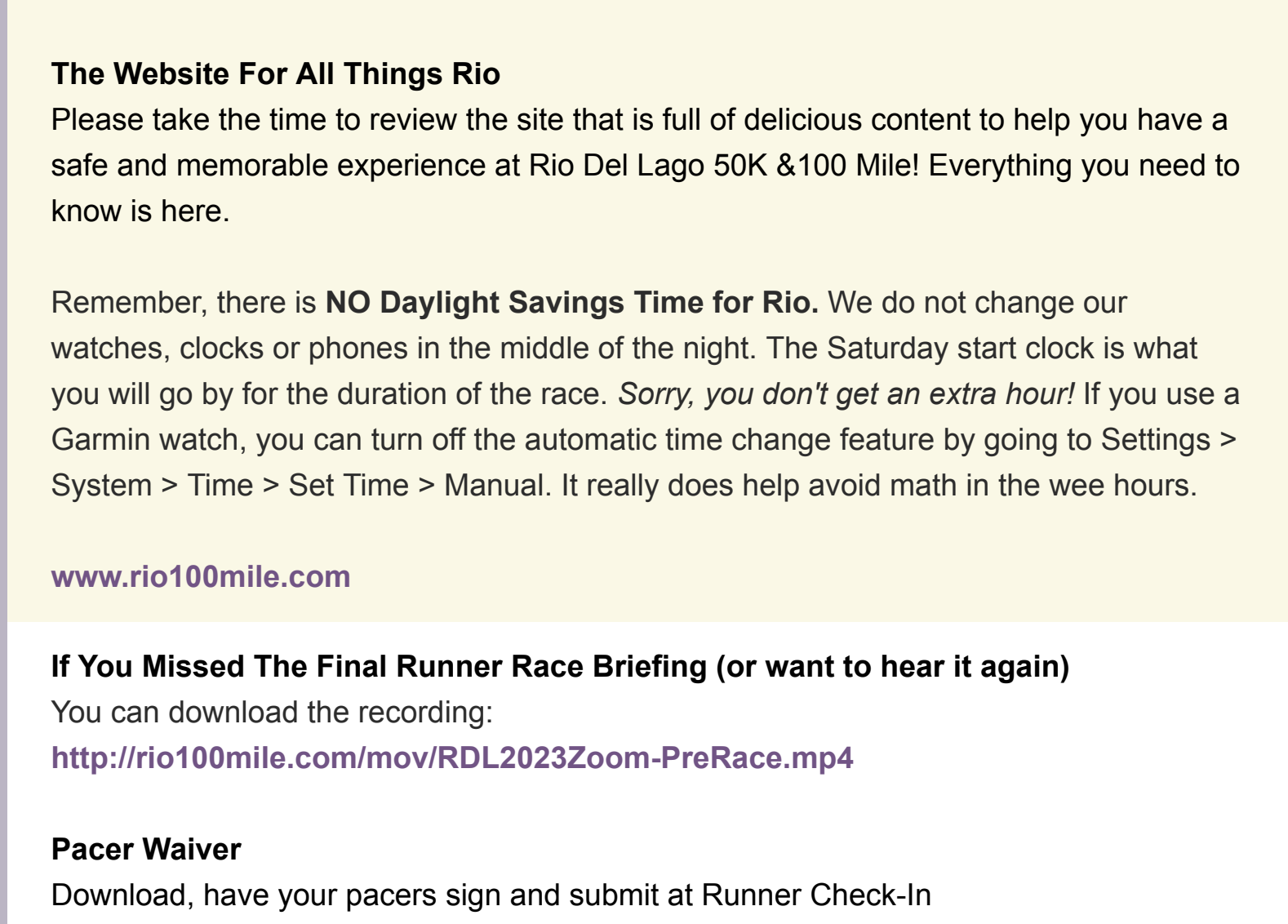


Speaking of Runner Check-In...

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 3, from 12 noon until 7:00 P.M.

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



click here.

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/RDL2023Zoom-PreRace.mp4

Pacer Waiver

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

http://www.rio100mile.com/docs/Rio-%20Pacer%20Waiver%20-%202023-Online.pdf

Runner Tracking Online

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

https://www.athlinks.com/event/63638/results/Event/1064706/Results

Runner Tracking via SMS Updates

(or as regular folks like to call it, 'text messages')

www.rio100mile.com



Swag!

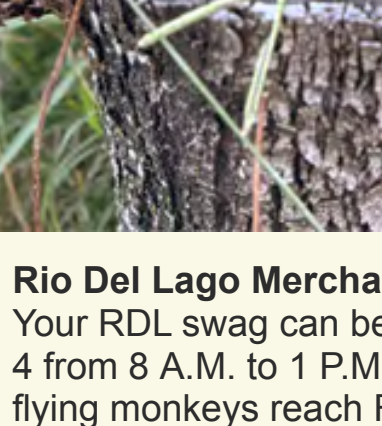
The Finisher Jacket is for finishers only, so make sure you finish! We're keeping details of the jacket super secret, so you really have to get to that finish line to see it. But here's a picture of all the other goodies including your CRAFT technical shirt, one of a kind medallion and finisher's buckle.



Post-Race Fuel

11 P.M. to 4 A.M.

Runners will enjoy a cup of Chef Tim's Homemade Soup for the Soul and Infamous Chili paired with Maggie's Magnificent Corn Muffins.



Bob's Breakfast Bistro

4 A.M. - 11 A.M.

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

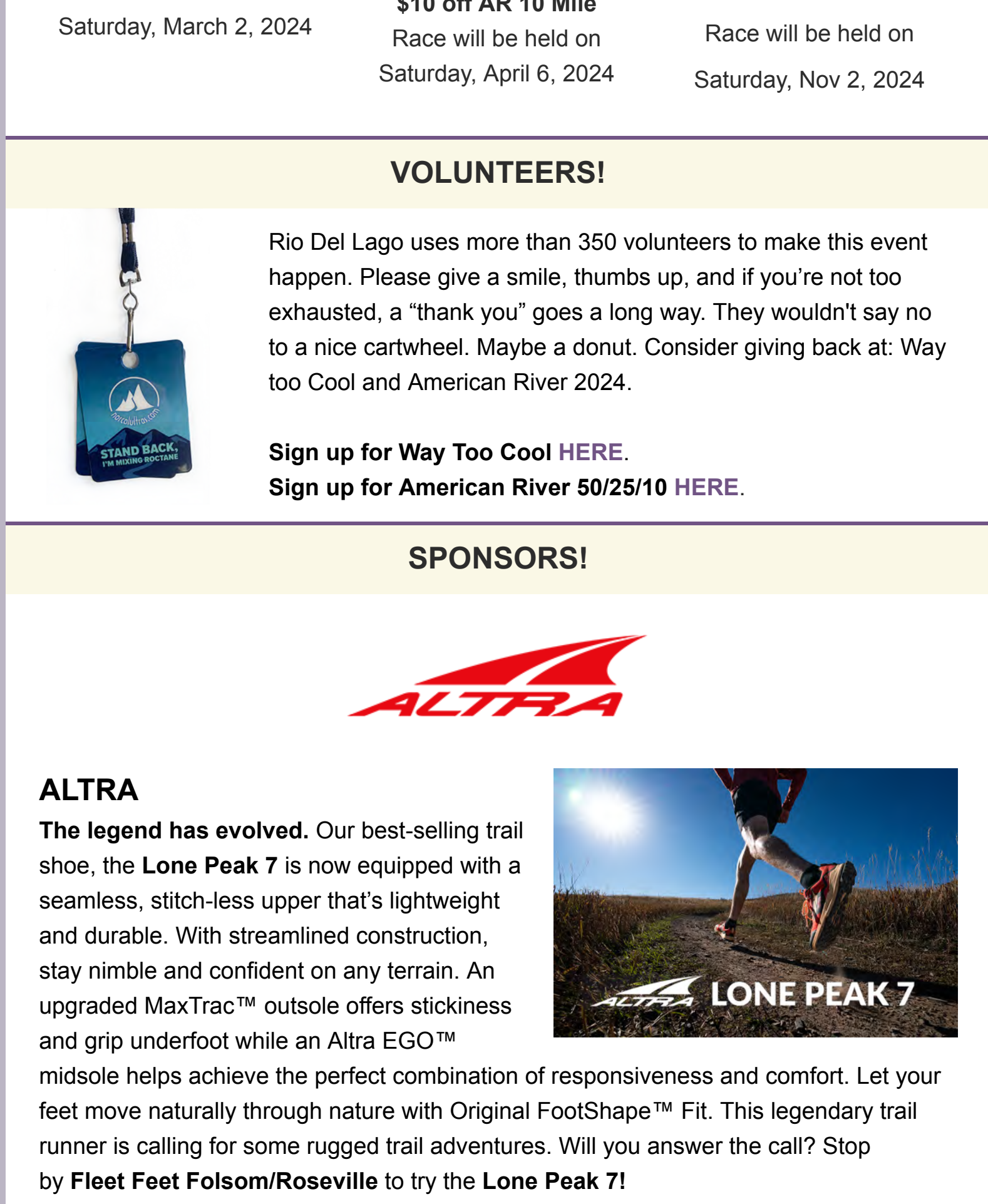
Race Livestream

All the livelong day and night and morning:

https://www.youtube.com/watch?v=2bD1cmPnOaA

NCU Social Media

Follow us on Instagram, YouTube, and Facebook



Rio Del Lago Merchandise

Your RDL swag can be purchased at the NCU Merchandise tent on Saturday, November 4 from 8 A.M. to 1 P.M. and again on Sunday from 6 A.M. until the end of the race or the flying monkeys reach Folsom, whichever comes first.

NorCalUltras Race Discounts

Register starting today until November 14th at 11:59 P.M. for these price discounts!

Get the early-bird discount for the NorCalUltras three-step. These prices won't last so register today! (Discount automatically taken at check out)



\$31 off WTC 50K
Race will be held on Saturday, March 2, 2024

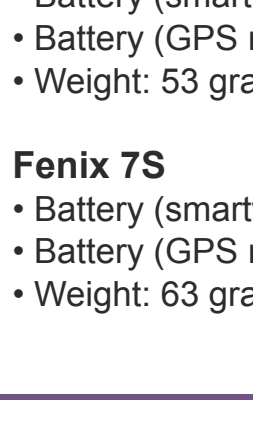


\$50 off AR 50 Mile
\$25 off AR 25 Mile
\$10 off AR 10 Mile
Race will be held on Saturday, April 6, 2024



\$50 off RDL 100 Mile
\$31 off RDL 50K
Race will be held on Saturday, Nov 2, 2024

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 2024.

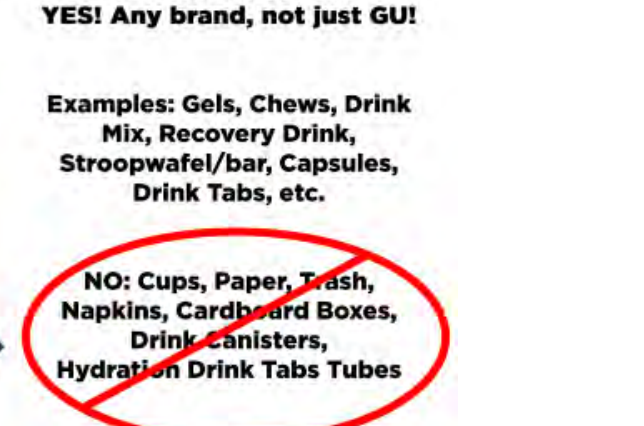
Sign up for Way Too Cool HERE.
Sign up for American River 50/25/10 HERE.

SPONSORS!



ALTRA

The legend has evolved. Our best-selling trail shoe, the Lone Peak 7 is now equipped with a seamless, stitch-less upper that's lightweight and durable. With streamlined construction, stay nimble and confident on any terrain. An upgraded MaxTrac™ while offering stickiness and grip underside an Altra EGO™ midsole helps achieve the perfect combination of responsiveness and comfort. Let your feet move naturally through nature with Original FootShape™ Fit. This legendary trail runner is calling for some rugged trail adventures. Will you answer the call? Stop by Fleet Feet Folsom/Roseville to try the Lone Peak 7!



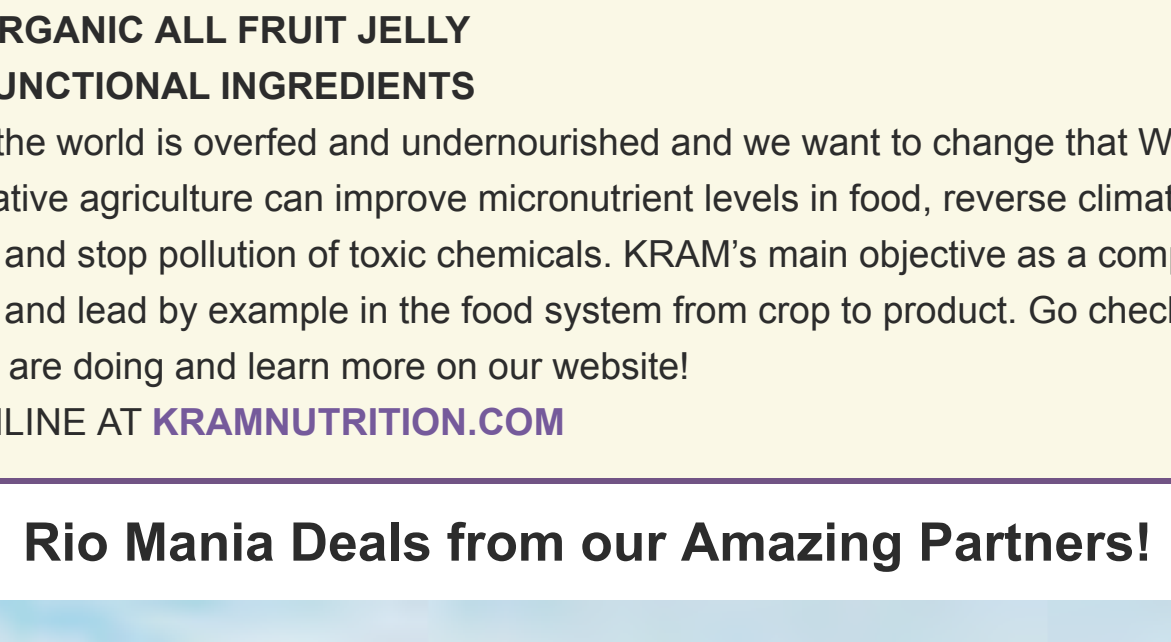
Altra G.O.A.T.* Selfie

Take a selfie at Bear'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

GARMIN

Watches That Go The Distance



Forerunner 955
• Battery (smartwatch mode): Up to 15 hrs
• Battery (GPS mode): Up to 42 hrs
• Weight: 52 grams

Forerunner 955S
• Battery (smartwatch mode): Up to 20 days
• Battery (GPS mode): Up to 49 hrs
• Weight: 52 grams

Forerunner 965
• Battery (smartwatch mode): Up to 23 days
• Battery (GPS mode): 31 hrs
• Weight: 53 grams

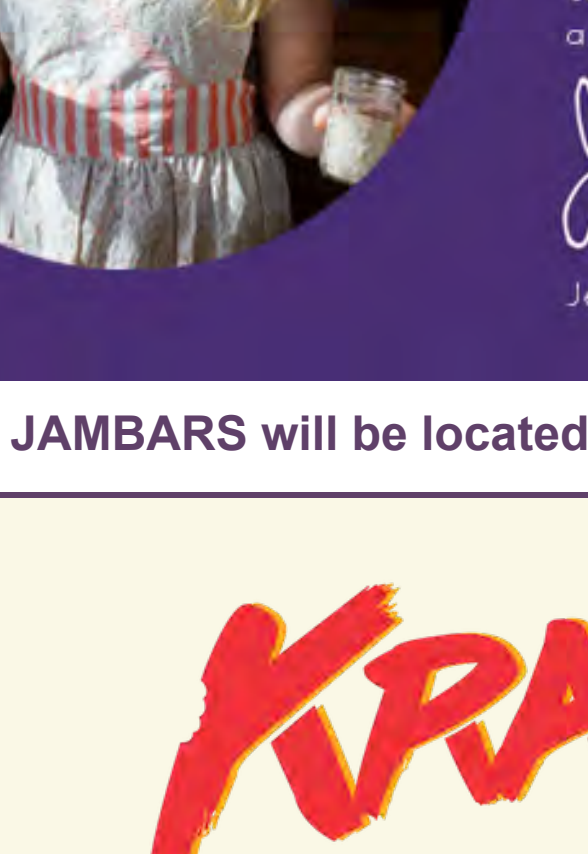
Fenix 7S
• Battery (smartwatch mode): Up to 14 days
• Battery (GPS mode): Up to 46 hrs
• Weight: 63 grams

Fenix 7
• Battery (smartwatch mode): Up to 22 days
• Battery (GPS mode): Up to 73 hrs
• Weight: 79 grams

Fenix 7X
• Battery (smartwatch mode): Up to 37 days
• Battery (GPS mode): Up to 122 hrs
• Weight: 96 grams

Enduro 2
• Battery (smartwatch mode): 34 days
• Battery (GPS mode): Up to 111 days
• Battery (smartwatch mode with solar power): Up to 46 days
• Battery (GPS mode with solar power): Up to 150 hrs
• Weight: 70 grams

PUT ALL WRAPPERS HERE FOR TERRACYCLE

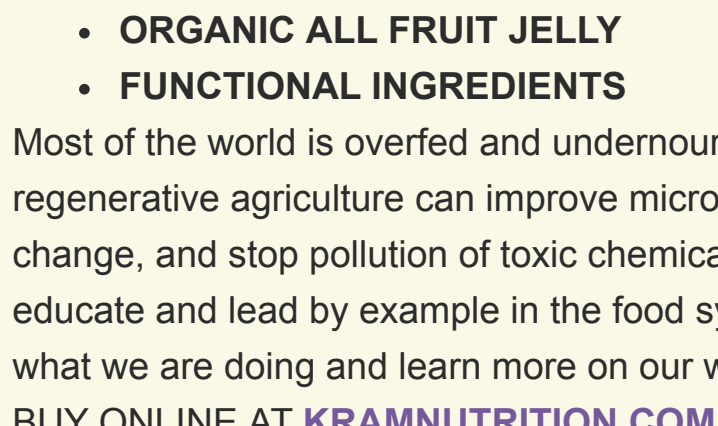
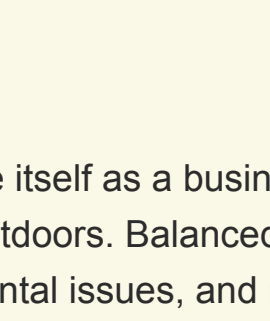


YES! Any single serve sports nutrition wrapper!
YES! Any brand, not just GU!

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

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

ALL BRANDS ACCEPTED!

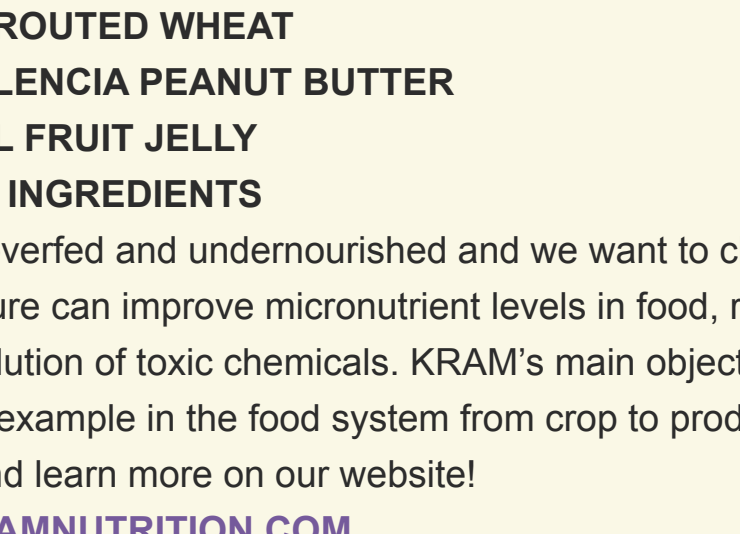


ORGANIC ARTISAN ENERGY BAR

You can have the best intentions, but when you're only 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.

Jenny
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

Rio Mania Deals from our Amazing Partners!



Use promo code: CFTXRDL15

Valid off full-price product, one purchase per customer.

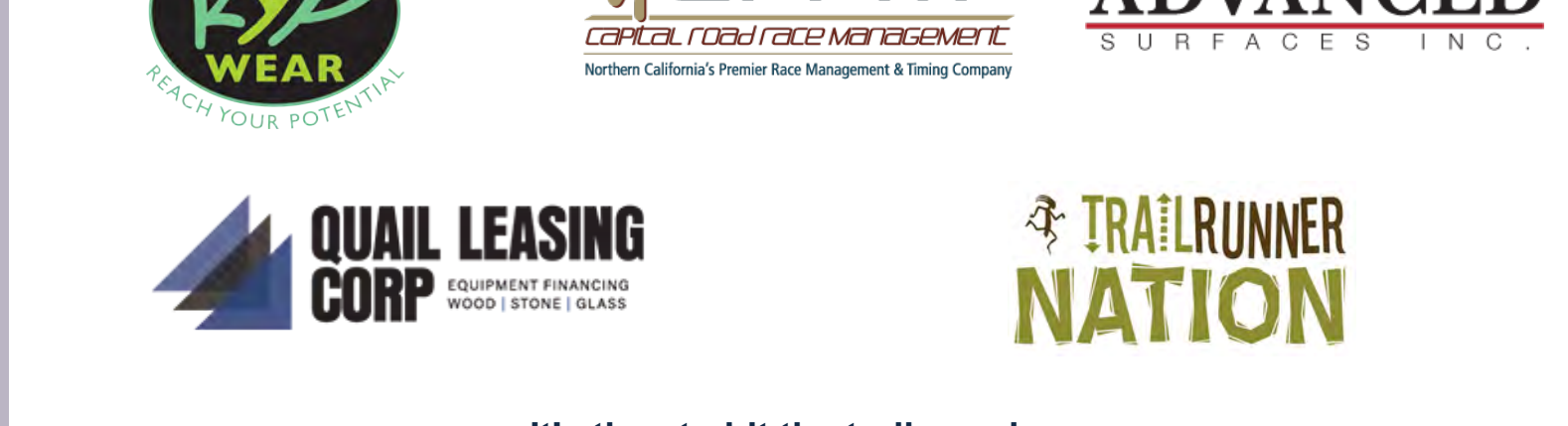


THE PB&J REINVENTED

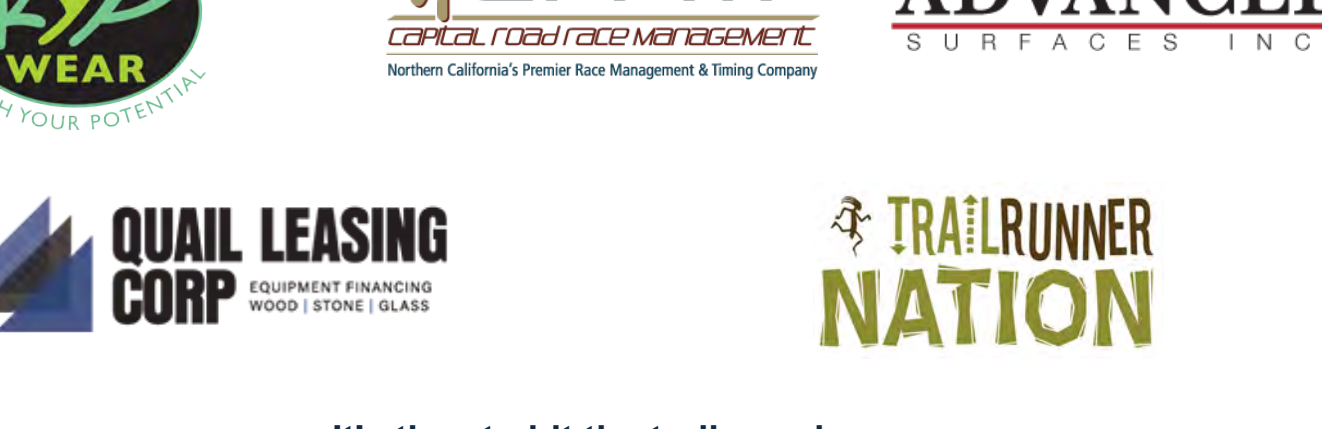
KRAM is a business that doesn't see itself as a business. KRAM is a lifestyle that is focused on fun, sports, and being outdoors. Balanced with the seriousness of clean food, positively impacting environmental issues, and nutritional education.

USE CODE KRAMFAM15 FOR 15% DISCOUNT AT CHECKOUT. GO TO KRAMNUTRITION.COM

NO EXPIRATION. ONE 15% DISCOUNTED ORDER PER CUSTOMER.



Use code NORCAL20 for 20% OFF at jambar.com until 12/31/23



It's time to hit the trails again.