

## Rio Del Lago 2021- Pre Race FAQ

### Aid Stations

Q: What flavor of GU Roctane will be on course?

A: Grape (no caffeine) and Summit Tea (with caffeine). Each aid station has one flavor. Grape early in the race with Summit Tea later.

Q: Is this a cupless race?

A: Yes, this race is cupless for cold and hot drinks. Fun fact, the re-usable cup provided by GU can be used for hot and cold. Hot liquids will be at a drinkable temperature. The reusable GU cup will be given out at Fleet Feet Folsom at Runner Check In.

Q: What kind of veggie/vegan food will be available at the aid stations?

A: Wide variety of veggie and vegan options. The broth being served is vegan. The LARABars are also gluten free and vegan and assorted bar flavors will be on course. Each station has a selection of caffeinated and non caffeinated GU gels as well as GU chews and liquid energy GU.

Q: Will there be pop-ups at aid stations with drop bags where we can change?

A: If it rains the drop bags will be covered.

### Course

Q: Can spectators be at no crew aid stations to cheer on runners?

A: No spectators and no crew at aid stations that indicate no crew. Failure to comply, results in automatic disqualification.

Q: Is it reasonable to wear road shoes for the entire course?

A: Yes, the whole course can be run in road shoes. On the flip side, the whole course can be run in trail shoes. Wear the shoes you have been training with. If you want to have options, there is room in the provided drop bag for a pair of shoes.

Q: Are there any gear/kit requirements for overnight hours?

A: There is no required gear. A headlamp plus spare batteries is strongly recommended. Check the weather and use common sense. It can get cold at night. Bring items to layer! Gloves and a beanie are not a bad idea!

Q: Will the fallen tree by Sterling Point be cleared before the race?

A: That tree will be cleared.

Q: Is the downloadable course map updated to reflect any course changes up to this point?

A: The course map is up to date with the current course and available for download. On race day, make sure to follow the course markings and use common sense.

Q: Are trekking poles allowed?

A: No trekking poles. No hiking poles. No ski poles. No poles.

Q: How long is the “Meat Grinder” section?

A: Depends on who you talk to and how you define it. 😊 In my opinion it goes from Los Logos to Sterling Point which is about 3 miles.

Q: How will the course be marked?

A: Orange trail tape with reflective ends.

Q: Is there a one page course overview available?

A: Narrative of the course is here: <http://www.rio100mile.com/#theCourse>

Q: Are there any creek crossings?

A: Yes, as you go up Waterfall trail about 3 miles from the ALT aid station there is a creek crossing.

Q: What is cell reception like on the course?

A: Good in nearly all areas. Poor in the area approaching and at the Rattlesnake Bar aid station. Also is not so good in the area near ALT. Depending on your carrier, Cool and No Hands Bridge may be spotty.

Misc

Q: Do we need to wear face masks?

A: Face masks are not required. You are welcome to wear one.

Q: Do we have to pay for parking?

A: Runners will get one parking pass to use for parking overnight at Beal’s. Crews must pay for parking at the State Parks. Envelopes will be provided at packet pick up and are also available at the pay stations in each park. The State Park Fee is \$12. If you purchase a pass on Saturday it will be good for Sunday as well. You will need to place the ticket stub on your dash board at all times.

Q: Can my pacer have a drop bag?

A: No. If they need something, they should put it in your drop bag or carry it.