

🏃 🌟 Your Official RDL Survival Kit 🌟 🏃



Photo Credit: Let's Wander Photography

🏁 Welcome to Rio Del Lago Race Week!

The trails are calling, the excitement is building, and you're about to take on one of NorCal's most beautiful, challenging, and inspiring ultramarathons. Whether you're toeing the line for the **50K or the 100 Mile**, this weekend is about more than miles — it's about community, courage, and maybe a little caffeine. ☕

🎒 Your Official RDL Survival Kit

Everything you need to survive (and thrive) at **Rio Del Lago**, presented by **Altra Running**:

1. 🕒 **Race Start Reminder:** Both races start at **5:00 AM** — arrive early to get parked, checked in, and settled. Don't wait until the last minute!
2. 📖 **Read the Runner Guide (x10!):** Seriously — it's your RDL bible. Everything you need to know about the course, drop bags, aid stations, and logistics is in there.

👉 RDL Runner Guide

<http://www.rio100mile.com/docs/RDL-Runner-Guide-2025.pdf>

3. 💧 **Hydration Prep:** Fill your bottles and pack your gear **the night before** — there's **no water access at the start line**.
4. 🧥 **Check the Weather:** The start line can be **chilly**, so plan to wear a **layer you can toss in your pack** once the sun comes up.

👉 [Weather for Folsom, CA](#)

👉 [Weather for Auburn, CA](#)
5. 🍳 **Breakfast:** Don't forget to eat! You'll want real fuel in the tank before the big day begins.
6. 🛍️ **Drop Bags:** Bring them **ready to go** and clearly labeled for each station — this keeps race morning smooth and stress-free.
7. 💡 **Headlamp:** A must for the early miles — and perfect for spotting your drop bag in the dark.
8. 🎫 **Bib:** Double-check you have your bib before leaving home — it's your ticket to the start (and finish) line!
9. 🥤 **Favorite Fuel:** Gels, chews, or real food that *you know works for you*. Stick with what your stomach trusts — race day isn't the time for experiments.
👉 **Really check this out — you'll want to know!** We've taken the guesswork out of what nutrition is available at every aid station. We've got you covered with all the flavors, plus caffeine *or* no caffeine options (we're really dialing it in for you 🤖).
[View the Nutrition Guide](#)
10. 🔋 **Charged Garmin/Coros (or GPS):** Make sure your watch is fully charged — no one wants a dead battery at mile 2!
11. 🧴 **Sunscreen & Anti-Chafe:** A quick application before the start can make a *huge* difference later.
12. 🧢 **Hat, Buff, or Visor:** Perfect for warmth early and sun protection later — a small detail that pays off big.
13. 🦶 **Your Favorite Pair of Altras:** Comfort, balance, and happy toes go the distance. (Bonus: no black toenails this year!)
14. 🗣️ **Crew Communication Plan:** Because “meet me at the aid station” can mean twelve different things.
15. 💬 **Mental Toolbox:** Remember — the mind leads the body. Keep it positive, keep it moving.

16. 😊 **Smile:** It weighs nothing and looks great in every finisher photo.
17. 🎵 **Theme Song:** Choose your “I’m doing this!” anthem for the start line.
Bonus points if it’s 80s rock.

💡 RDL Inspiration

“Run when you can, walk if you have to, crawl if you must — just never give up.”
— Dean Karnazes



📺 Watch the Rio Live Stream All Weekend!

Can’t get enough of the Rio magic? We’ve got you covered!

Join **host Mike Turner** and his **special co-hosts** in the **Altra Live Studio at Beal’s Point** for two full days of fun, interviews, and finish-line glory. Expect **live updates**, **runner stories**, **community guests**, **sponsor highlights**, and plenty of cheering.

📺 Saturday, November 1 — Start Line to 50K Finish Line Coverage

🕒 4:30 AM – 1:00 PM

👉 [Watch Live on YouTube](#)

📺 Saturday Evening — The Beal’s Point Finish Line Show

🕒 7:00 PM – 11:00 PM

👉 [Watch Live on YouTube](#)

📺 Sunday Morning — The Final Finishers & Celebration!

🕒 5:00 AM – 11:00 AM

👉 [Watch Live on YouTube](#)

📱 Track Runners in Real Time!

Friends and family can follow your journey every step of the way with **Live Runner Tracking** — updated throughout the race.

👉 <https://my.raceresult.com/367931/>

💡 Final Pro Tips Before You Go

- **Read the Runner Guide Again:** It's your trail bible.

<http://www.rio100mile.com/docs/RDL-Runner-Guide-2025.pdf>

- **Pack your patience:** There's magic in every mile — even the tough ones.
- **Thank your volunteers:** They're your heroes with snacks.
- **Don't forget to smile at the cameras:** You'll want proof of your epic adventure!

We'll see you at **Beal's Point** — where the energy is high, the music is pumping, and the finish-line hugs are free. 🌟 **Run smart. Run strong. Run happy.**

And remember — when in doubt, trust your feet... especially if they're in **Altras**. 😊

With trail love and finish-line confetti,

Julie & The NorCalUltrs Team

