

🏃☀️ Your Rio Del Lago Adventure Awaits ☀️🏃



Hi RDL Runner!

It's race week! We can't wait to welcome you to the **Rio Del Lago 100 Mile & 50K Presented By Altra**—one of NorCal's most scenic and spirited ultramarathons. Get ready for an unforgettable experience on the trails, surrounded by incredible athletes, volunteers, and community energy.

Race Weekend Weather Update – Plan Your Gear!

Looks like Mother Nature's giving us a near-perfect weekend for **Rio Del Lago!**

 **Folsom (Start/Finish):** Low of **51°F**, High of **76°F**

 **Auburn (Upper Course):** Low of **52°F**, High of **75°F**

While the daytime temps will be mild and comfortable, remember — it *will* cool off once the sun goes down. Those nighttime sections can feel chilly, especially when you're tired and moving slower.

 **Plan ahead:** pack an extra long sleeve, light jacket, gloves, or something cozy for after dark. Failing to plan your gear is never a good thing — and it's one of the easiest fixes out there. Be smart, stay warm, and make sure comfort isn't the thing that stops your momentum!

Start Time Reminder:

Both the **50K** and **100 Mile** races start at **5:00 AM sharp!** Don't be late — give yourself plenty of time to park, check in, and soak in the pre-race energy before the horn sounds.

 **100 Milers:** Don't forget to bring your **drop bags** with you on race morning to **Beal's Point** for transport to the aid stations.

Before race day, please take a few minutes to review all the important info so you're 100% ready.

Read the Official Runner Guide:

[ Click here to read the Runner Guide-

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

Everything you need to know — race weekend schedule, course maps, drop bags, aid stations, pacers, crew access, and more.

Watch the Race Briefing on our YouTube Channel:

Get the inside scoop from our Race Director and team so you're ready for race day.

[ Watch the Race Briefing

(https://www.youtube.com/watch?v=cLSmy_tir_s&t=3s)



Check Out Course Overview Videos:

Preview key sections of the course and get pumped for what's ahead!

[ Watch Course Overview Videos]

Miles 1-45

<https://www.youtube.com/watch?v=VVQG4L68erI>

Miles 45-Finish

<https://www.youtube.com/watch?v=4yGtCZign94>

Tune In to the Rio Del Lago Live Stream Live by Dylan O'Connor Productions:

Can't get enough of Rio? We've got you covered!

Join us live from the start, finish, and along the course to cheer on your fellow runners and soak in the RDL magic.



Live Stream Schedule:

Start Line: Sat, Nov 1 | 4:30 AM–1 PM

  [Watch Live](#)

Beal's Finish Line:

- Sat, Nov 1 | 7 PM–11 PM  [Watch Live](#)
- Sun, Nov 2 | 5 AM–11 AM  [Watch Live](#)

Daylight Savings Reminder — Don't Get Tricked by Time!

Heads up, runners — **Daylight Savings Time** happens in the middle of our race! But we're staying on Saturday's clock the entire time. That means when the clocks fall back an hour at 2:00 a.m. Sunday, you don't get an extra hour to nap, snack, or nap *while* snacking 😊. Please remind your pacers and crew so everyone stays on race time!

Let's make this a weekend to remember — filled with grit, joy, and trail magic. We can't wait to see you at the start line and celebrate with you at the finish!

See you soon,

Julie & the NorCalUltrs Team



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