

A group of runners is shown from behind, running on a rocky trail. The scene is captured during the "golden hour" of sunset, with warm, orange light illuminating the runners and the ground. The focus is on the runners' legs and feet, with the background slightly blurred. The text is overlaid on the center of the image.

RIO DEL LAGO

100 MILE + 50 KILOMETER
ENDURANCE RUNS

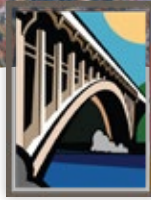
RUNNER'S GUIDE

RIO DEL LAGO

100 MILE + 50 KILOMETER
ENDURANCE RUNS

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FOLSOM
DISTINCTIVE BY NATURE

Welcome to Folsom!

On behalf of the City of Folsom, it is my pleasure to welcome all runners, volunteers, sponsors, and visitors to the Rio Del Lago 100 Mile and 50K Endurance Runs.

For more than a decade, Folsom has been proud to host this incredible event that showcases our city's natural beauty, strong sense of community, and commitment to health and wellness. The scenic trails around Folsom Lake and the American River Parkway provide the perfect backdrop for endurance athletes to challenge themselves and inspire others.

Thank you to the organizers, volunteers, and sponsors who make this event possible year after year.

Congratulations to all the runners for your dedication and perseverance. I wish you all the best as you take on this remarkable challenge. May your run be safe, memorable, and rewarding.

Sincerely,

Sarah Aquino
Mayor, City of Folsom



RIO DEL LAGO

100 MILE + 50 KILOMETER
ENDURANCE RUNS

PRESENTED BY 

Welcome Runners!

You're about to have an amazing time participating in the Rio Del Lago Endurance Run!

The terrain you'll be running has it all- hills, rocks, streams, neighborhoods, history and stunning views! It's challenging to be sure, but the beauty of your surroundings will be a positive distraction. You'll be skirting the American River Canyon along the small town of Auburn, where the American River Canyon is a treasured asset. Runners, mountain bikers and equestrians enjoy living and visiting here specifically for our vast trail system and adventure opportunities.

In fact, Auburn is officially **"The Endurance Capital of the World"**, as it has become a mecca of endurance races for running, biking and equestrians! The original Western States Trail goes from the top of the Sierra peaks and ends in Auburn, where we welcome and host athletes from all over the world. For me personally, I'm lucky enough to have the canyon trails in my back yard, and I have been running and hiking the trails for almost 30 years. It's a very special feeling to know that you're in the very same area that Maidu Indian tribes were once grinding acorns on the smooth rocks, and the Gold Miners lined up along the river, searching for their fortune, and then the lumber mills and mines that turned the Confluence into a major hub of industry.

Auburn is now a community that embraces the outdoor spirit, and is proud of our Gold Rush Heritage. It also is the home to fine dining, world-class wine trail, breweries, golf, and boutique shopping. There are always events going on in the Historic town, especially with the thriving art and music scene. Auburn is even home to its own symphony!

When you're not running through our town on the way to the finish line, we invite you to come back, relax and enjoy all that Auburn has to offer. In the meantime, best of luck to you in this incredible journey!

Enjoy the run,
Michele Tuggle,
CEO Auburn Chamber of Commerce



**RIO DEL LAGO**100 MILE + 50 KILOMETER
ENDURANCE RUNSPRESENTED BY
ALTRA

Welcome from Julie

Welcome to the 24th Rio Del Lago 100-Mile Endurance Run & 4th Rio Del Lago 50K Presented by Altra!

Dear Runners, Friends, and Families,

On behalf of our entire NorCalUltrass team and our amazing volunteers, welcome to the 24th running of the Rio Del Lago 100-Mile Endurance Run and the 5th annual Rio Del Lago 50K.

We're honored to call Folsom our host city — a vibrant community that truly embraces endurance sports and outdoor adventure. We encourage you to Visit Folsom and experience all that this beautiful area has to offer: the welcoming local businesses, scenic trails, and the incredible community that supports our athletes year after year.

A heartfelt thank you also goes out to all our permitting agencies who make it possible for us to stage this event. Your collaboration and stewardship of these trails and lands allow us to share this unforgettable experience with runners from around the world.

We also extend our deepest gratitude to our sponsors- without your generous support, this race simply would not be possible. Your commitment helps bring this event to life and keeps the spirit of Rio Del Lago strong year after year.

To our runners, your families, your friends, and our tireless volunteers — thank you for being the heart and soul of this event. Your energy, support, and determination make Rio Del Lago more than just a race — it's a celebration of community and the human spirit.

The trails you'll travel this weekend carry countless stories — of challenge, resilience, triumph, and transformation. Whether this is your first ultra or your fiftieth, we hope that Rio Del Lago offers you not just miles of adventure, but moments that will stay with you long after you cross the finish line.

From all of us at NorCalUltrass — thank you for being part of this year's race. We hope the experience changes you in the best of ways and reminds you of just how strong, determined, and alive you truly are.

With gratitude and excitement,

Julie Fingar
Race Director, Rio Del Lago
NorCalUltrass



Welcome to Folsom!

On behalf of Visit Folsom, it is our pleasure to welcome you as of the Rio Del Lago 2025 Endurance Run. We're honored to sponsor this amazing event and have the opportunity to offer you a glimpse of what makes Folsom such a remarkable destination for travelers from around the world.

Folsom is a year-round destination where California's storied past meets modern charm. As the gateway to Gold Country, we are just minutes from the site where the first gold nugget sparked the California Gold Rush. Today, that rich heritage lives on alongside vibrant experiences your clients will love.

Within minutes of our historic core, visitors can explore:

- **Dozens of foothill wineries** and tasting rooms
- **Outdoor adventure**, including paddleboarding, kayaking, and whitewater rafting
- **More than 50 miles of trails** are perfect for cycling and nature walks
- **Fall farms and ranches**, open seasonally for harvest festivals, orchards, and local flavors
- **Boutique shopping and dining** in our historic district and Palladio center

With a quaint downtown, scenic lakes, and a colorful history, Folsom offers an ideal blend of culture, recreation, hospitality and a perfect basecamp for exploring the wider Gold Country region.

We hope your visit inspires future itineraries and good luck on your run!

Warm regards,

Joseph P. Garliardi
CEO, Visit Folsom

www.VisitFolsom.com



October 23, 2025

Julie Fingar

Rio Del Lago Race Director

President NorCalUltras

Re: Rio Del Lago Endurance Run

Participants of the Rio Del Lago Endurance Run,

Welcome to Auburn and Folsom Lake State Recreation Areas, two of California's treasured State Parks! Both parks offer diverse and extensive trail systems which host premiere endurance events and are enjoyed by hundreds of thousands of trail users each year.

During your race you will be on trails created for dam construction, by miners seeking gold during the California Gold Rush, by homesteaders, for a mining railroad and some segments traverse historic Native American routes. All of our trails are valued by our local communities and are here for everyone to enjoy. We hope you take a moment to appreciate the scenery, the challenge, and the sense of community that make this event so special during your race.

On behalf of Auburn Sector Superintendent Lauren Shoemaker, welcome to California State Parks and thank you for helping us celebrate and protect these treasured natural spaces.

Mike Howard

Superintendent

Folsom Lake State Recreation Area

Race Weekend Schedule of Events

Friday, October 31st

START/END	EVENT	LOCATION
12:00 PM – 7:00 PM	Runner Check In & Pacer Bib Check In	Fleet Feet Folsom

Saturday, November 1st

START/END	EVENT	LOCATION
4:00 AM – 4:30 AM	Final Runner Check In	Beal's Point
4:00 AM – 4:45 AM	Drop Bag Drop Off	Beal's Point
4:30 AM – 1:00 PM	RDL Live Stream	Beal's Point- Altra Tent
4:45 AM – 4:55 AM	Runner Briefing	Start Line
5:00 AM – 5:00 AM	Race Start - 50K & 100 Mile	Start Line
5:00 AM – 11:00 PM	Pacer Check In	Beal's Point - NCU Tent
8:00 AM – 1:00 PM	Vendor Village & Dust Bowl & Ponderosa Cider Beer Garden Open	Finish Line
8:00 AM – 1:00 PM	Massage by Yvette	Finish Line
8:00 AM – 8:00 PM	Volunteer Check In	Beal's Point - NCU Tent
8:30 AM – 11:30 AM	All runners through Mile 21.7	Beal's Point Aid Station
8:30 AM – 8:30 AM	First 50K Finisher expected	Finish Line
11:30 AM – 11:30 AM	Mile 21.7 Cut Off- 50K & 100M	Beal's Point Aid Station
1:30 PM – 1:30 PM	50K Cut Off	Finish Line
1:30 PM – 4:00 AM	Massage by Yvette	Overlook
7:00 PM – 11:00 PM	RDL Live Stream	Beal's Point - Altra Studio
9:00 PM – 9:00 PM	First 100M Finished expected	Finish Line
11:00 PM – 5:00 AM	Finish Line Cam	Finish Line
11:00 PM – 5:00 AM	Massage by Lily	Finish Line

Sunday, November 2nd

START/END	EVENT	LOCATION
1:30 AM – 1:30 AM	Drop Bag Drop Off from ALT	Finish Line
5:00 AM – 11:00 AM	RDL Live Stream	Beal's Point - Altra Studio
5:00 AM – 11:00 AM	Brandt & Bob's Breakfast Bistro Open	Finish Line
5:00 AM – 11:00 AM	Monsters of Massage	Finish Line
6:00 AM – 6:00 AM	Drop Bag Drop Off from Overlook	Finish Line
6:00 AM – 11:00 AM	Vendor Village & Dust Bowl & Ponderosa Cider Beer Garden Open	Finish Line
8:00 AM – 11:00 AM	Volunteer Check In	Beal's Point - NCU Tent
8:00 AM – 8:00 AM	Drop Bag Drop Off from Rattlesnake	Finish Line
10:52 AM – 11:00 AM	Last 100 Mile Finisher Expected	Finish Line
11:00 AM – 11:00 AM	100 Mile Cut Off	Finish Line



Runner Check In

Whatcha doin' Friday?

Checking in, that's what! All runners must check in at Fleet Feet Folsom on Friday before the race. Fleet Feet Folsom is still at [6610 Folsom-Auburn Road, Folsom, CA 95630](https://www.fleetfeet.com/locations/folsom). Need to call? (916) 358-9484.



Friday, October 31

12 noon until 7:00 PM

You'll sign your waiver, get your race bib, cool swag, tips if you want them¹, possibly a recipe for brownies or a place you can just buy brownies. Pacers also need to sign a waiver and they can do that on Friday. More about pacers on the pacer page.

Some fun give aways will happen at packet pick up, but you have to be present to win. And Fleet Feet is right there, so if you need anything, you can step in and get it.

¹ We usually suggest staying upright, then just left foot, right foot, left foot, right foot, and just keeping doing that over and over—*ad nauseum* the Romans would say—until you pass back under the arch at Beal's. Also: don't start too fast. That's REALLY easy to do at Rio, so be careful.

Swag & Race Merch

All participants will receive

- Technical Shirt
- 100 Miler Finisher's Athleisure Lightweight Jacket (for those finishing sub-30 hours)
- 100 Miler Finisher's Belt Buckles (for those finishing sub-30 hours)
- Finisher's medallion for both 50K and 100 Mile
- Goodie Swag Bag



And stop by our merch tent for hoodies, hats, water bottles, and more...



Runner Tracking & Live Stream

Track your runner on course here:

<https://my.raceresult.com/367931/>

Follow the race livestream at three locations:

- **Saturday, November 1 – Start Line to Finish Line 50K 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](#)

Other Important Stuff

Watch the pre-race briefing here:

https://youtu.be/cLSmy_tir_s

General Aid Station Info:

<https://youtu.be/t2Jy08ZWM8I>

GU Terracycle Recycling

This is worth your while. GU Energy has a program for recycling GU wrappers. And any other gel wrappers. Look for the GU Terracycle Bin at each aid station. Use it.

<https://youtube.com/shorts/R00NYEn-CUQ?feature=share>



Runner & Pacer Bibs



50K bib
numbers:
500-699

100 mile bib
numbers:
1-499



Pacer bibs
are clearly
marked



Course marking

Nothing rhymes with orange

Gorange? Dorange?

Our course is marked clearly with **orange ribbon**. You will see confidence ribbons at regular intervals, and as many ribbons as are necessary to make the turns very clear. We add **reflective tape** to the ribbon marking any section you may run in the dark.

You (and your pacer) should familiarize yourself with the course anyway. Read a detailed section-by-section description here: <http://www.rio100mile.com/#theCourse>



You will start in the dark.

You can review interactive maps by clicking the links below, including options to download a .GPX, .TCX, or .FIT file to load onto your watch or phone:

50K course: <https://www.plotaroute.com/route/3036632>

100 mile course: <https://www.plotaroute.com/route/3036636>

Daylight Savings

Rio Time

Daylight Savings Time ends during the race, at 2:00 AM on Sunday, November 2. **While most of the country is turning their clocks back by one hour, our race clock is firmly committed to "Rio Time", so no time change.** We do not change our watches, clocks or phones in the middle of the night.

We advise everyone running with smart tech to turn off automatic time updates. If you use a Garmin watch, you can turn off the automatic time change feature by going to Settings > System > Time > Set Time > Manual. We'll go over this again in the pre-race briefing.

Again, we do NOT observe the time change during the race.



Drop Bags

Each runner will receive 3 issued NCU drop bags to be used on course, at packet pickup. These must be used at Rattlesnake Aid Station, Overlook Aid Station, Auburn Lake Trails Aid Station.

- All on course drop bags are 16" x 16", and all personal items must be in these bags.
- Drop bags for Start, Beals (mile 21.48) and Finish, can be your own personal bag.
- All drop bags are collected on race morning at the start and must be deposited by 5AM (race start).
- Please look for the proper sign with your desired location.
- Please label your drop bag with your name and bib number.
- Pacers may have a drop bag at Beal's Point and can bring it when they arrive. If a pacer needs a drop bag on course, it must be left at the start on race morning, by 5AM.
- Please do NOT leave any valuables including keys, smart phones, tablets, etc. in your drop bag.
- NorCalUltrs is NOT responsible for the loss of any drop bags.



Drop Bag Locations

Beale's Point (Start, Mile 21.70 and Finish)

Rattlesnake Bar (Miles 36.0 and 86.2)

Overlook (Miles 45.35 and 76.85)

Auburn Lake Trails (Mile 59.85)

Remember! Drop bags for MUST be deposited by 5AM (race start)

[\(continued on next page\)](#)

Drop Bags *(continued)*

Drop Bag Return

Race management works hard to expedite drop bag retrieval, but we ask for your patience. Aid station volunteers will begin returning drop bags to the finish line when their aid station officially closes. If you need your bag sooner, please make arrangements to retrieve them from the aid station.

It is the responsibility of each runner to claim his or her drop bags. If you cannot retrieve them yourself, have someone else do it for you. The deadline for picking up your drop bags is 12 noon on Sunday. (Remember: the race clock at Rio Del Lago remains on Daylight Savings, but the noon deadline is “real clock time.”) Any drop bags left at the finish line will be gathered up and a team member will dispose of anything perishable¹; the remaining clothing/shoes/bags/bottles/etc. will be donated to a local shelter the day after the race. We will NOT mail drop bags after the event.

Thank you for your understanding and cooperation with this necessary policy.



¹ Including your heirloom cheese.



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100 MILE + 50 KILOMETER
ENDURANCE RUNS

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ALTRA

Pacers

- Pacers can ONLY join a runner at the Overlook on the outbound (mile 45.35), Cool Fire Station (mile 69.45) on the inbound/return, the Overlook on the inbound/return (mile 76.85) and also at Rattlesnake Bar (mile 86.2).
 - Pacers cannot be on a horse, bike (electric or non-electric), scooter or roller skates/blades. Pacers can only be on foot.
 - Pacers must be at least 18 years of age. (Specific exceptions may be made in advance of the Run by the Run Director.)
 - You may have more than one pacer to help you get to the finish line, but runners may be accompanied by no more than one pacer at a time.
 - Pacers do need to check in prior to running to sign a waiver as well as pick up a PACER bib. This can be done at Packet Pickup on Friday or on race day, pacers MUST pick-up waiver/bib at Beal's State Park in Folsom only. Plan accordingly, these items will not be available at any other aid stations.
 - Pacers also need to clearly identify themselves at every aid station.
 - Pacers should be well conditioned to travel the distance with their runner.
 - Pacers are responsible for their own transportation to and from their starting location. Race management will not organize or facilitate any shuttle.
 - Pacers may eat and drink from the aid station tables. Pacers must enter and exit with their runner.
 - Absolutely no physical or mechanical aid may be given by the pacer to assist the runner over any sections of the trail (except in medical emergencies), and no food, fluids or supplies/clothing/etc... of any kind may be carried for the runner (NO Muling).
 - Aid station personnel will make no arrangements to transport pacers or crew.
 - No trekking poles for runners or pacers, no dogs, no bikes, no horses.
 - If you are pacing, you must pick up your bib AND sign the waiver during one of these designated times. No exceptions!
- Friday, October 31st, 12 Noon – 7 PM**
Fleet Feet Sports Folsom
- Saturday, November 1st, 10 AM – 10 PM**
Beal's Point, Folsom Lake ONLY
- If your pacer cannot be at packet pickup or at Beal's Point, your pacer can download the waiver, fill it out, sign it and you (the runner) can pick up their bib.
 - The pacer can also download the document, and fill out the pacer waiver in advance to speed up the process at packet pickup or at Beals!!
- <http://www.rio100mile.com/docs/Rio-PacerWaiver-2025-Online.pdf>

50K Mileage & Pace Chart

Total distance	Dist. to next aid	Front runner	Middle runner	Back runner	Crew	Drop bags	Medical	Cutoff
Start – Beals Point								
START	9.30 miles	5:00 AM	5:00 AM	5:00 AM	Yes	Yes		
Willow Creek								
9.30 miles	7.90 miles	5:55 AM	6:51 AM	7:28 AM	No	No		
Black Miners Bar								
17.20 miles	4.50 miles	6:43 AM	8:26 AM	9:35 AM	No	No		
Beals Point								
21.70 miles	4.90 miles	7:10 AM	9:20 AM	10:47 AM	Yes	Yes	Yes	11:30 AM*
Granite Beach								
26.60 miles	4.90 miles	7:39 AM	10:19 AM	12:05 PM	Yes	No		
Finish – Beals Point								
31.50 miles	FINISH	8:09 AM	11:18 AM	1:24 PM	Yes	No	Yes	1:30 PM*

Notes:

Front Runner pace is based on 6:00 min/mile
Middle Runner pace is based on 12:00 min/mile
Back Runner pace is based on 16:00 min/mile

***ABSOLUTE CUTOFF**

50K Course Records

RUNNER	YEAR	TIME
Reed Breuer	2023	3:45:58 **
Suzanne Farrell	2023	4:26:40 **
Kyler Dill	2024	3:55:28
Kate Kerins	2024	4:28:27

**Course Record

50K Masters Records

RUNNER	YEAR	TIME
Aaron Summerhays (51)	2023	3:47:50



2024 Women's 50K Winners

First place: Kate Kerins, 4:28:27
Second place: Laura Kruse, 5:28:07
Third place: Sabrina van Horn, 5:30:10



2024 Men's 50K Winners

First place: Kyler Dill, 3:55:28
Second place: Brian Miller, 4:00:59
Third place: Nicholas Budzyn, 4:15:47

100M Mileage & Pace Chart

Total distance	Dist. to next aid	16 Hour Runner	20 Hour Runner	24 Hour Runner	27 Hour Runner	30 Hour Runner	Crew	Drop Bags	Medical Check / Pacer Pickup	Cutoff
Start - Beals Point										
START	9.30	5:00 AM	5:00 AM	5:00 AM	5:00 AM	5:00 AM	Yes	Yes		
Willow Creek										
9.30	7.90	6:29 AM	6:51 AM	7:13 AM	7:30 AM	7:45 AM	No	No		
Negro Bar										
17.20	4.50	7:45 AM	8:26 AM	9:07 AM	9:38 AM	10:06 AM	No	No		
Beals Point										
21.70	4.90	8:28 AM	9:20 AM	10:12 AM	10:51 AM	11:26 AM	Yes	Yes	Medical	11:30 AM*
Granite Beach										
26.60	6.80	9:15 AM	10:19 AM	11:23 AM	12:10 PM	12:54 PM	Yes	No		
Horseshoe Bar										
33.40	2.60	10:20 AM	11:40 AM	1:00 PM	2:01 PM	2:55 PM	No	No		
Rattlesnake Bar										
36.00	6.20	10:45 AM	12:12 PM	1:38 PM	2:43 PM	3:42 PM	Yes	Yes	Medical	3:50 PM*
Cardiac (Base of Hill) Water Only										
42.20	3.15	11:45 AM	1:26 PM	3:07 PM	4:23 PM	5:32 PM	No	No		
Overlook										
45.35	4.00	12:15 PM	2:04 PM	3:53 PM	5:14 PM	6:28 PM	Yes	Yes	Medical & Pacer	6:40 PM*
No Hands Bridge (Gate 52)										
49.35	10.50	12:53 PM	2:52 PM	4:50 PM	6:19 PM	7:40 PM	No	No		7:50 PM*
Auburn Lakes Trail										
59.85	9.60	2:34 PM	4:58 PM	7:21 PM	9:09 PM	10:47 PM	No	Yes	Medical	
Cool Firestation										
69.45	3.40	4:06 PM	6:53 PM	9:40 PM	11:45 PM	1:38 AM	Yes	No	Pacer	1:45 AM*
No Hands Bridge (Gate 52)										
72.85	4.00	4:39 PM	7:34 PM	10:29 PM	12:40 AM	2:39 AM	No	No		
Overlook										
76.85	3.15	5:17 PM	8:22 PM	11:26 PM	1:44 AM	3:50 AM	Yes	Yes	Medical & Pacer	4:05 AM*
Cardiac (Base of Hill) Water Only										
80.00	6.20	5:48 PM	9:00 PM	12:12 AM	2:36 AM	4:46 AM	No	No		
Rattlesnake Bar										
86.20	2.60	6:47 PM	10:14 PM	1:41 AM	4:16 AM	6:37 AM	Yes	Yes	Medical & Pacer	6:50 AM*
Horseshoe Bar										
88.80	6.80	7:12 PM	10:45 PM	2:18 AM	4:58 AM	7:23 AM	No	No		
Granite Beach										
95.60	4.90	8:17 PM	12:07 AM	3:56 AM	6:48 AM	9:24 AM	No	No		
Beals Point										
100.50	FINISH	9:04 PM	1:06 AM	5:07 AM	8:08 AM	10:52 AM	Yes	Yes	Medical	11:00 AM*

(continued on next page)

100M Mileage & Pace Chart *(continued)*

Notes:

16 hour pace is based on 9:36 min/mile

20 hour pace is based on 12:00 min/mile

24 hour pace is based on 14:24 min/mile

27 hour pace is based on 16:12 min/mile

30 hour pace is based on 17:50 min/mile

1. It should be noted that cutoff times are not intended to be a pacing guide. They are quite generous and slower runners should focus on the 30-hour time not the cut-off time. If you're close to the cut-offs you're in trouble!
2. Remember when calculating your time, you need to take into consideration the time you spend at an aid station. For example, if you spend 2 minutes per aid station (there are 17 aid stations) that is 34 minutes added to your time. If you are close to the absolute cutoffs, you will not make it.
3. Cut-off times reflect the deadlines for LEAVING the aid station. If you return to an aid station after the cut-off, you will be pulled from the Run. The cut-off times will be strictly enforced by the Cutoff Coordinators or Aid Station Captains. Anyone leaving an aid station after the cut-off time will be disqualified. This rule is for the safety of all participants. IF YOU MISS THE CUT-OFF, YOU MUST STOP. Significant sanctions will apply to anyone breaking this rule.

100M Course Records

RUNNER	YEAR	TIME
Tyler Andree	2024	14:54:18 **
Nicole Abma	2024	16:26:42 **
Tyler Andree	2024	14:54:18
Nicole Abma	2024	16:26:42

**Course Record

100M Masters Records

RUNNER	YEAR	TIME
Greg Bomhoff (42)	2010	16:38:59
Jaclyn Foroughi (44)	2024	18:35:46



2024 Men's 100M Winners

First place: Tyler Andree, 14:54:18
Second place: Kyle Roberts, 16:41:14
Third place: Dennis Boic, 17:29:19



2024 Women's 100M Winners

First place: Nichole Abma, 16:26:42
Second place: Jaclyn Foroughi, 18:35:46
Third place: Paula McNally, 19:16:37

Nutrition & Hydration on Course



skratch LABS



All Rio aid stations are stocked with GU Energy Gels, Skratch Sport Hydration Drink, Skratch Energy Chews, Organic Jambar Minis & SaltStick FastChews/Electrolyte Capsules.

Willow Creek

- GU Non-Caffeine Gels – Lemonade; Strawberry Banana
- GU Caffeine Gels– Chocolate Outrage; Vanilla Bean; Tri-berry
- Skratch Lemon + Lime Sports Hydration Drink – (No Caffeine) & Raspberry Limeade (Caffeine)
- Skratch Energy Chews – Orange & Cherry
- Jambars (assorted) - Musical Mango (V, GF), Jammin' Jazzleberry (V, GF), Tropical Trio (V, GF) Chocolate Cha Cha (GF) & Malt Nut Melody
- SaltStick Electrolyte FastChews – Orange or Lemon Lime

Black Miners Bar

- GU Non-Caffeine Gels- Lemonade; Pineapple
- GU Caffeine Gels- Chocolate Coconut; Cherry Lime; Blueberry Pomegranate
- Skratch Lemon + Lime Sports Hydration Drink – (No Caffeine) & Raspberry Limeade (Caffeine)
- Skratch Energy Chews – Orange & Cherry
- Jambars (assorted) - Musical Mango (V, GF), Jammin' Jazzleberry (V, GF), Tropical Trio (V, GF) Chocolate Cha Cha (GF) & Malt Nut Melody
- SaltStick Electrolyte FastChews – Orange or Lemon Lime

Beal's Point

- GU Non-Caffeine Gels- Lemonade; Strawberry Banana
- GU Caffeine Gels- Vanilla Bean; Cherry Lime; Vanilla Orange
- Skratch Lemon + Lime Sports Hydration Drink – (No Caffeine) & Raspberry Limeade (Caffeine)
- Skratch Energy Chews – Orange & Cherry
- Jambars (assorted) - Musical Mango (V, GF), Jammin' Jazzleberry (V, GF), Tropical Trio (V, GF) Chocolate Cha Cha (GF) & Malt Nut Melody
- SaltStick Electrolyte FastChews – Orange or Lemon Lime

Nutrition & Hydration On Course *(continued)*

Granite Beach

- GU Non-Caffeine Gels – Lemonade; Lemon Sublime
- GU Caffeine Gels – Vanilla Orange; Blueberry Pomegranate; Cold Brew
- Skratch Lemon + Lime Sports Hydration Drink – (No Caffeine) & Raspberry Limeade (Caffeine)
- Skratch Energy Chews – Orange & Cherry
- Jambars (assorted) – Musical Mango (V, GF), Jammin' Jazzleberry (V, GF), Tropical Trio (V, GF) Chocolate Cha Cha (GF) & Malt Nut Melody
- SaltStick Electrolyte FastChews – Orange or Lemon Lime

Horseshoe Bar

- GU Non-Caffeine Gels – Lemonade; Strawberry Banana
- GU Caffeine Gels – Tri-berry; Chocolate Coconut; Vanilla Bean
- Skratch Lemon + Lime Sports Hydration Drink – (No Caffeine) & Raspberry Limeade (Caffeine)
- Skratch Energy Chews – Orange & Cherry
- Jambars (assorted) – Musical Mango (V, GF), Jammin' Jazzleberry (V, GF), Tropical Trio (V, GF) Chocolate Cha Cha (GF) & Malt Nut Melody
- SaltStick Electrolyte FastChews – Orange or Lemon Lime

Rattlesnake Bar

- GU Non-Caffeine Gels – Lemonade; Strawberry Banana
- GU Caffeine Gels – Cherry Lime; Chocolate Coconut; Salted Watermelon
- Skratch Lemon + Lime Sports Hydration Drink – (No Caffeine) & Raspberry Limeade (Caffeine)
- Skratch Energy Chews – Orange & Cherry
- Jambars (assorted) – Musical Mango (V, GF), Jammin' Jazzleberry (V, GF), Tropical Trio (V, GF) Chocolate Cha Cha (GF) & Malt Nut Melody
- SaltStick Electrolyte FastChews – Orange or Lemon Lime

Overlook

- Non-Caffeine Gels – Lemonade; Strawberry Banana
- GU Caffeine Gels – Vanilla Bean; Cherry Lime; Chocolate Coconut
- Skratch Lemon + Lime Sports Hydration Drink – (No Caffeine) & Raspberry Limeade (Caffeine)
- Skratch Energy Chews – Orange & Cherry
- Jambars (assorted) – Musical Mango (V, GF), Jammin' Jazzleberry (V, GF), Tropical Trio (V, GF) Chocolate Cha Cha (GF) & Malt Nut Melody
- SaltStick Electrolyte FastChews – Orange or Lemon Lime

Nutrition & Hydration On Course *(continued)*

No Hands Bridge

- GU Non-Caffeine Gels – Lemonade; Strawberry Banana
- GU Caffeine Gels – Cherry Lime; Vanilla Bean; Tri-berry
- Skratch Lemon + Lime Sports Hydration Drink – (No Caffeine) & Raspberry Limeade (Caffeine)
- Skratch Energy Chews – Orange & Cherry
- Jambars (assorted) – Musical Mango (V, GF), Jammin' Jazzleberry (V, GF), Tropical Trio (V, GF) Chocolate Cha Cha (GF) & Malt Nut Melody
- SaltStick Electrolyte FastChews – Orange or Lemon Lime

ALT

- GU Non-Caffeine Gels – Lemonade; Strawberry Banana
- GU Caffeine Gels – Cherry Lime; Tri-berry; Chocolate Coconut
- Skratch Lemon + Lime Sports Hydration Drink – (No Caffeine) & Raspberry Limeade (Caffeine)
- Skratch Energy Chews – Orange & Cherry
- Jambars (assorted) – Musical Mango (V, GF), Jammin' Jazzleberry (V, GF), Tropical Trio (V, GF) Chocolate Cha Cha (GF) & Malt Nut Melody
- SaltStick Electrolyte FastChews – Orange or Lemon Lime

Cool Fire Station

- GU Non-Caffeine Gels- Strawberry Banana; Lemon Sublime
- GU Caffeine Gels – Vanilla Orange; Cherry Lime; Tri-berry
- Skratch Lemon + Lime Sports Hydration Drink – (No Caffeine) & Raspberry Limeade (Caffeine)
- Skratch Energy Chews – Orange & Cherry
- Jambars (assorted) – Musical Mango (V, GF), Jammin' Jazzleberry (V, GF), Tropical Trio (V, GF) Chocolate Cha Cha (GF) & Malt Nut Melody
- SaltStick Electrolyte FastChews – Orange or Lemon Lime

Night time aid stations will have hot veggie broth soup, and quesadillas

- You must carry two water bottles and/or hydration pack
- We ask you be mindful of the runners behind you when taking food with you on the trail. This is will allow them to also have nutrition.

Soup and hot food will be available at the following aid stations:

- Horseshoe Bar
- Rattlesnake Bar
- Overlook
- No Hands Bridge
- Auburn Lake Trails
- Cool
- Granite Beach (on the return)

Race Timing & Awards

Timing

Capital Road Race Management is the official timing company of RDL. We will be using the ChronoTrack B-tag timing system. You must wear your B-tag on your shorts or singlet. If you do not wear your B-tag following the instructions, you will not receive an official time nor be eligible for an award. [Please read the B-tag instructions here.](#)



Awards

Overall awards will be given to the top three male and female. If you are competing for a top 3 overall award, you will be scored on “gun time.” All age division awards will be based on chip time.

Age group awards will be given to the top 3 in each ten year age division for both male and female.

All official finishers (under 30 hours) receive a finisher's jacket and finisher's belt buckle. You will be presented with your finisher's jacket and belt buckle when you cross the finish line.



A reminder that while we must order the jackets well before the event, we will do our very best to insure that you receive the jacket size you requested. If you are not happy with the way your jacket fits, you must wait until the event is over before we can exchange your jacket for a different size if the size is available. Shirts can be exchanged for a different size at the finish line, depending on availability.

Race Beneficiary

Protect American River Canyons (PARC) is a community-based non-profit organization located in Auburn that is dedicated to building American River community through collaboration and protection of the natural, recreational and historical resources for the North and Middle Forks of the American River Watershed.

Protect American River Canyons (PARC) protects and enhances the natural, recreational and cultural resources of the North and Middle Forks of the American River through leadership and collaboration.

PARC is a 501(c)(3) non-profit organization.



Post-Race Feast

You came to Rio Del Lago to run 50K or 100 miles, but you'll want to stay long after the race for the post celebration eats.

Catering to the hungry Rio 100 mile finishers:

Bob and Brandt's Bistro

All night until the finish, we'll be serving up the following hearty fare:

Finish line eats include:

- Tim's Hearty Soup for the Soul
- Homemade Corn Muffins
- Taco Bell burritos for the 50K finishers
- Refreshing Beverages
- Coffee, Tea, Hot Chocolate

Bob and Brandt's Bistro will be cooking from 6 AM – 12 noon on Sunday:

- Happy Hundred Hot Cakes
- Sizzling Bacon – Just the way Porky Pig would want it!
- Wide eyed Cup o' Joe
- Homemade Cinnamon Rolls from Bills Donuts

Information for Crews

Excellent areas from which to view runners are Beal's Point, Granite Beach, Rattlesnake Bar, and the Auburn Dam Overlook. If your runner is in the 100 mile race, you are also welcome in the parking area behind the Cool firehouse.

Park fees

Rio Del Lago travels through the California State Parks – Gold Fields District and the Auburn State Recreation Area.

All crewing and viewing areas are located in the California State Parks District and require a (\$12) fee per vehicle unless you have a [Golden Poppy Pass](#). If you frequently patronize the Rio Del Lago trails (also home to AR50, Way Too Cool), please consider supporting the CA State Parks and purchase a Golden Poppy Pass.

Crews are responsible for paying the day use fees (\$12) for entrance in to the State Parks. If there is not a ranger present at the kiosk in to the parks, you are still responsible for self-payment through their drop box as you enter the parks. Crews need only pay once at a State Parks kiosk, but must show their receipt upon entry to each park at the entrance.

Please observe all signage and placards posted by the CA State Parks and Auburn Recreation Park District. NorCalUltras will not be responsible for any violations or tickets.

Crew Driving Directions

[Click here to view driving directions for all accessible areas.](#)

[\(continued on next page\)](#)

Information for Crews *(continued)*

Crew are welcome at the following aid stations:

- Beal's Point
- Granite Beach
- Rattlesnake Bar
- The Auburn Dam Overlook
- Cool

Crewing is prohibited at all other aid stations.

The Mileage & Pace Charts ([50K here](#), and [100M here](#)) provide a full list of aid stations and whether or not crew is permitted. Access to aid stations can be limited by the available space, parking, permits, and the permission of private property owners.

Attempting to crew at no-crew locations puts this and other races in jeopardy, and your runner WILL be disqualified. We want everyone—runners, crews, and pacers—to have fun and stay safe, but race management will not hesitate to enforce this rule to protect the race.

Tips for Crewing

Ultra runners really like a little extra TLC that can only come from friends and family. That's where Crew Teams come in to play. If you have agreed to be part of a Crew you are in for a great time! [Here are some tips and pointers to make your crew experience as enjoyable as a gig like this could possibly be.](#)



RIO DEL LAGO

100 MILE + 50 KILOMETER
ENDURANCE RUNS

PRESENTED BY



Volunteers

Volunteers are the life blood of any event. We need your support! Please consider giving back to the sport through your volunteer contribution. Volunteer hours can be credited for ultra marathon service requirements. For spouses or friends of participants, this is a great way to enjoy and experience the event. Each volunteer will receive a goodie item, and post race food from Bob's Bistro.



Volunteers get swag, including this awesome Rio trucker hat!

[Click here to check out volunteer areas and register to volunteer!](#)

General Race Rules Rio Del Lago 100 Mile & 50K

Welcome to the **Rio Del Lago Endurance Runs**, a 24-year tradition of community, grit, and trail respect. These rules help ensure the safety of every runner, volunteer, and crew member — and protect the incredible trails we're privileged to use. Please review carefully before race weekend.

No Littering — Ever.

Respect the trails and the natural beauty of Folsom Lake and Auburn State Recreation Area. All trash must be disposed of at aid stations — not on the trails. Pack it in, pack it out. If you see a fellow runner drop something, be the trail hero and pick it up.

Aid Your Fellow Runner.

If you encounter an injured or distressed runner, you must stop and assist. Notify the next aid station or race official with:

- The runner's **bib number**
- **Location** (approximate mile or landmark)
- **Nature of the injury**

If the runner cannot move safely, please stay with them until help arrives.

Bibs Must Be Visible.

Bibs are required to be worn **front-facing** and **unobstructed** at all times. Do not fold, cut, or alter your bib in any way — they're how we identify and track you.

Dropping from the Race.

You may only drop at designated aid stations. If you need to drop, **notify the Aid Station Captain** and **turn in your bib**.

Stay on Course.

Runners must remain on the **marked trails** at all times to protect vegetation and prevent erosion. If you go off-course, backtrack to the last visible marker before continuing.

Cup-Less Race.

Rio Del Lago is a **cup-less event** — help us reduce waste! Runners must carry their own reusable hydration cup, bottle, or flask to refill at aid stations.

Pacers (100 Mile Only).

Pacers are allowed **only** in the 100 Mile race. Please review the **Pacer Rules** in the Race Regulations Guide for all details regarding locations, waivers, and bib requirements. No unofficial or “bandit” pacing is allowed — all pacers must be officially registered, bibbed, and approved through race check-in. Any runner receiving assistance from an unregistered pacer will be **disqualified**.

Pacers are **not permitted** in the 50K race.

No Pets on Course.

We love your furry friends, but they'll need to cheer from home. Pets are not allowed on the course, at aid stations, or on the trails during the race. For the safety of all runners, volunteers, and your pets — and because it poses a significant liability — animals are not permitted on the course or at aid stations during the event. Infractions will result in your runner being disqualified.

No Course Cutting.

All runners must follow the official, marked course. Cutting the trail or skipping sections will result in disqualification.

Cut-Off Times Are Firm.

All runners must leave each aid station before the posted cut-off time. This is for runner safety and ensures fairness for all participants. If you arrive after a cut-off, your bib will be pulled. You can email race staff after the event to have your bib mailed to you.

Crew Access.

Crew members are allowed **only** at the designated crew-access aid stations:

**Beal's Point, Granite Beach,
Rattlesnake Bar, Overlook, and Cool.**

Please respect all **No Crew Zones** — violation of this rule will result in runner disqualification. No exceptions.

Final Note

Rio Del Lago is built on respect — for the trails, for the volunteers, and for each other. Run smart, stay kind, and leave the course better than you found it.

Sponsor Deals



Lone Peak 9

Take on legendary adventures in a shoe designed to keep up. We reengineered the upper for more durability, improved the midsole, and updated the outsole for more grip. A revised midsole foam is lighter weight and designed to deliver a comfortable connection to the ground. No-sew overlays and a 100% recycled ripstop mesh upper are made for high-mileage durability while an improved outsole offers sticky underfoot grip. Get that classic Altra feel with zero drop and our roomiest toe box, with plenty of room to help your toes move more freely, and space through the midfoot. Durability, grip, and connection on the trail? Legendary.



Get your new kicks today at altrarunning.com

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Sponsor Deals

Contains sulfites 750mL 6.5% Alc by Vol. Hard Apple Cider.

Made and Bottled By Ponderosa Cider Co. 102 Gum Ln Unit B Auburn, CA 95603

GOVERNMENT WARNING: (1) According to the Surgeon General, women should not drink alcoholic beverages during pregnancy because of the risk of birth defects. (2) Consumption of alcoholic beverages impairs your ability to drive a car or operate machinery, and may cause health problems.

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at **jambar.com** until **12/20/25**



RIO DEL LAGO

100 MILE + 50 KILOMETER
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**It's fun to do
hard things.**

