

RIO DEL LAGO

100 MILE ENDURANCE RUN

Ready...Set...**RIO!**



Welcome to the 20th Annual Rio Del Lago 100 Mile Endurance Run!

We're just giggly 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 5th at Runner Check-In.**

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 100! Everything you need to know is here.

www.rio100mile.com

If You Missed The Final Runner Race Briefing

You can download the recording: <http://rio100mile.com/mov/RDLZoom-PreRace.mp4>

Q and A from Final Runner Race Briefing

<http://rio100mile.com/docs/RDLPreRaceFAQ.pdf>

If You Need a Pre-race Checklist

<http://rio100mile.com/docs/RDL-Pre-Race-Checklist.pdf>

Crew Waiver

Download and have ready to submit on Friday at Runner Check-In

<http://www.rio100mile.com/docs/Crew%20Regulation%20Waiver%20-%202021%20-%20Online.pdf>

Pacer Waiver

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

<http://rio100mile.com/docs/Rio%20Pacer%20Waiver%20-%202021-Online.pdf>

Runner Tracking Online

<https://www.athlinks.com/event/63638/results/Event/991871/Results>

Runner Tracking via SMS Updates

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

<https://register.chronotrack.com/event/tracking/eventID/64326>

ALTRA BRINGS FOOTSHAPE™ COMFORT TO NORCALULTRAS



Altra Running was founded in the back room of a specialty running store ten years ago. A lot has changed over those ten years, but one thing remains the same: the goal to inspire natural running.

Altra is proud to be the official footwear sponsor of the Rio Del Lago 100.

Join Altra as they bring FootShape™ comfort to the NorCal and beyond!

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 canisters, Hydration Drink Tabs Tubes

ALL BRANDS ACCEPTED!



CRAFT

RIO DEL LAGO

100 MILE ENDURANCE RUN
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NATION



We are returning to racing, safely and responsibly.