

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

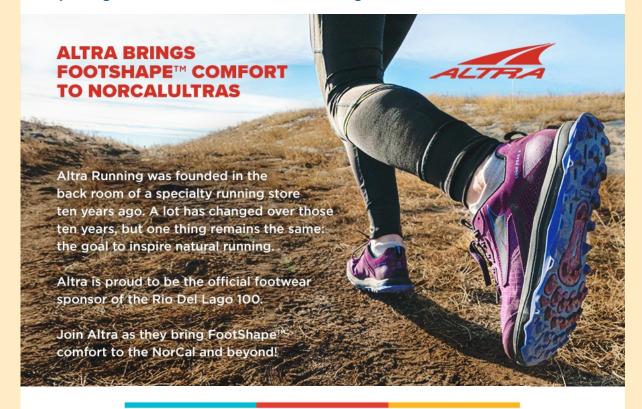
Runner Tracking Online

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



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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!







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We are returning to racing, safely and responsibly.