



Image by: the amazing Chris O'Connor Design

Hi Runners!

We're **just two days away** from the big event! Whether you're tackling the **Rio Del Lago 50K** or going all in for the **100-miler**, the adventure you've trained for is right around the corner — and we couldn't be more excited to welcome you.

#### ✓ Runner Check-In Reminder

Come see us **tomorrow (Friday, October 31st)** at [Fleet Feet Folsom](#), **12:00 pm – 7:00 pm**

Here's what to do:

- Pick up your Bib, Shirt, Altra + NCU Silo Shoe Bag, Pacer Bib (100M only)
- Review [Your RDL Playbook](#): because knowing is half the race.
- Chat with our crew, our sponsors, meet fellow runners, and get pumped for race day!
- [Bib Numbers Here](#)

We'll see you there — it's the perfect way to start your Rio weekend.

#### 🏔️ Fun Rio Facts to Fuel Your Fire

- The race starts at **Beal's Point**, winding through oak-lined trails, rolling hills, and Folsom Lake views.
- The **100-mile course** brings a hearty **13,800+ ft of elevation gain** — you'll earn every step.
- The **50K** shares the same beauty and grit — fast, scenic, and full of heart.
- Rio Del Lago is a **Western States 100 qualifier** — every finisher joins a long line of legends!
- Expect community, camaraderie, and those classic NorCal trail vibes all day (and night!) long.

## 🏃 Your Pre-Race Mindset

Two days out is all about **confidence and calm**:

- Review your fueling plan and drop bags.
- Rest, hydrate, and trust your training.
- Visualize that finish line moment — because it's coming.

**Lace Up, Show Up and Never Give Up!**

## 📖 Don't Forget the Runner Guide

Your one-stop for everything: aid stations, cutoffs, cupless policy, maps, drop-bag tips, and safety notes. Read it, know it, *rock it*.

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

## 📱 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/>

The countdown is on — and you're ready. Every mile you've run, every early morning, every gritty workout led you here. This weekend is about celebration, courage, and community — let's make it unforgettable.

We can't wait to see you at Fleet Feet Folsom tomorrow!

With excitement and trail dust,

**The Rio Del Lago Race Team** 🏔️

