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Editing by: Chris O'Connor Design

Hello Runners!

Welcome to the Rio Del Lago Endurance Runs presented by Altra.

This year is EXTRA special as we celebrate the 25th anniversary of the Rio Del Lago 100 Mile Endurance Run and the 5th year of our Rio 50K! That's a whole lot of miles, memories, friendships, finish lines, and incredible stories written on these trails. And now YOU get to be part of Rio history!

We are SO close to race day, and the excitement is building! Whether you're tackling the 50K or taking on 100 miles, we're getting ready to welcome you to the trail party of the year!

We've been busy putting the finishing touches on everything, and now it's time for YOU to get dialed in for race weekend!

📖 YOUR 2026 RIO RUNNER GUIDE

This is your race weekend playbook! Please take time to read through it. You'll find everything you need to know about the course, aid stations, crew access, drop bags, parking, race rules, and more. And a big shoutout to our Art King, Chris O'Connor of Chris O'Connor Design, for bringing this year's Runner Guide to life!

RUNNER GUIDE

🏃 PACERS — GET THOSE WAIVERS SIGNED!

100-mile runners, bringing a pacer? Let's get those waivers signed and checked off your race weekend to-do list!

IMPORTANT: Online pacer registration closes Wednesday, November 4 at 11:59 PM!

Miss the online deadline? Your pacer can still sign the waiver and pick up their pacer bib at Beal's Point on Saturday, November 7, from 5:00 AM–11:00 PM.

Once the race starts, Beal's Point is the ONLY location issuing pacer bibs. No exceptions!

Save yourself and your pacer the extra logistics and get those waivers completed online ahead of time!

PACER WAIVERS

🎬 WATCH OUR ROAD TO RIO VIDEOS!

We've put together our *Road to Rio* video series on the NorCalUltras YouTube channel to help you prepare for the big day! From course insights and race logistics to nutrition tips and the amazing people behind Rio, there's plenty of great information to help you get race ready. Below is just one of the many videos you can find on our channel on the Road to Rio.



🗓️ YOUR QUICK RIO RACE WEEKEND ITINERARY

FRIDAY, NOVEMBER 6 — PACKET PICKUP

- **12:00–7:00 PM:** Packet pickup at Fleet Feet Folsom.
- Grab your bib, drop bags (100 Mile only) ask questions, and soak up the pre-race excitement. Our premier sponsors Skratch and Altra will be present.
- Coffee Republic located a few doors down from Fleet Feet Folsom is celebrating all our Rio runners. Bring your race bib in and grab a FREE small drink of your choice!
- Get your gear organized, charge those headlamps, fill your water bottles ahead of time, eat some carbs and get some rest!

SATURDAY, NOVEMBER 7 — RACE DAY!

- **4:00–4:45 AM:** Runner drop bag collection at Beal's Point.
- **4:45 AM:** Start area closes for final preparations.
- **5:00 AM:** Both the 100 Mile and 50K races start at Beal's Point!
- **8:30 AM–1:00 PM: 50K Finish Line Celebration!** Come cheer on our 50K runners, celebrate their accomplishments, and enjoy the Rio finish-line festivities!

IMPORTANT: Have your drop bags deposited by 4:45 AM. Don't be that runner sprinting to drop off a bag when we're getting ready to start! 😂

SUNDAY, NOVEMBER 8 — FINISH LINE CELEBRATIONS!

- Cheer on our 100-mile runners as they make their way home.
- 11:00 AM: Official 100-mile finish cutoff.
- Celebrate every finish line, every mile, and every incredible effort!

💚 **ONE LAST THING...**

You've put in the training miles, figured out your gear, practiced your fueling, and done the work. Now it's time to trust your preparation and enjoy the adventure! Our volunteers, aid station captains, partners, and entire NorCalUltras crew are ready to roll out the Rio welcome mat.

We're almost there, Rio runners! Get ready for an unforgettable trail party!

See you at the starting line.

The NorCalUltras Team