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Hello Runners,

Welcome to the Rio Del Lago Endurance Runs presented by Altra Running!

We are so excited to welcome you to Rio! Whether you're a first-timer or a familiar face in the Rio family, we're grateful you've chosen to share this adventure with us. Every runner has a story, and we can't wait to be part of yours!

This year is extra special as we celebrate 25 years of the Rio Del Lago 100 Mile Endurance Run and 5 years of the Rio 50K! That's a whole lot of miles, memories, friendships, and finish lines. And now YOU get to be part of Rio history!

Our NorCalUltras crew is putting the finishing touches on everything, and the excitement is building!

Now it's your turn to get dialed in! Trust your training, organize and pack your gear, bring your best mindset, and get ready for an unforgettable 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

🏃 RUNNER TRACKING — FOLLOW THE RIO ADVENTURE!

Want to know where your favorite runner is? Keep tabs on their journey, cheer them on, and follow the miles all the way to the finish line!

RUNNER TRACKING

🚙 CREWS — THIS ONE'S FOR YOU!

A BIG thanks to Rio 100-mile finisher Greg Patterson for putting together this helpful crew guide! Some great tips from someone who knows Rio firsthand!

CREW GUIDE

🏃 PACERS — LET'S GET THOSE WAIVERS SIGNED!

100-mile runners, we still have many of you who haven't completed your pacer waivers. If you plan to have a pacer(s), every person needs

to sign the waiver, and we strongly encourage you to do this online. Click the blue button below!

⏰ **DEADLINE ALERT: Online pacer waiver registration closes Wednesday, November 4 at 11:59 PM!**

Let's get this checked off your race week to-do list so you and your pacers have one less thing to worry about! You can pick up your pacer bibs when you check in at Fleet Feet Folsom on Friday IF your pacers have signed the waiver.

What happens if my pacer(s) miss the deadline Wednesday evening?

Two options:

1. Your pacer can sign the waiver at Fleet Feet Folsom on Friday from 12 noon - 7 PM.
2. Your pacer can sign the waiver and pick up their bib at Beal's Point on Saturday, November 7, from 5:00 AM–11:00 PM.

IMPORTANT:

- Once the race starts, Beal's Point, in the NorCalUltras Volunteer Tent is the ONLY location issuing pacer bibs. No exceptions!
- Every pacer must have a pacer bib. No pacer bib = Runner disqualification.
- Pacers are also not allowed to have trekking poles. Only runners from mile 45 on are allowed trekking poles.

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...**

Just a few days to go, Rio runners! You've done the work, logged the miles, and prepared for this adventure. Now trust your training and get ready to enjoy every mile! Our volunteers, aid station captains, partners, and entire NorCalUltras crew are ready to welcome YOU!

The countdown is ON! Let's make some Rio memories and have one heck of a trail party!

See you at the starting line.

The NorCalUltras Team

[Unsubscribe]

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