



PRESENTED BY



RUNNER'S GUIDE



TABLE OF CONTENTS

Welcome to Folsom.....	3
Welcome from Visit Folsom.....	4
Welcome from Auburn Mayor Davis	5
Welcome from the Auburn Chamber of Commerce	7
Welcome to Auburn and Folsom Lake State Recreation Areas.....	8
Race Beneficiary.....	11
Welcome from Race Director Julie Fingar	12
Race Weekend Schedule of Events	13
The History of Rio Del Lago	14
Our Mascot, F. Todd Raccoon, CPA.....	15
Weather, Sunrise and Sunset.....	16
Runner Check In	17
Race Swag	18
Race Merch	19
Runner Tracking, Live Stream, and an Important Thing.....	20
Runner & Pacer Bibs.....	21
50 Kilometer Course Map.....	22
50K Mileage & Pace Chart.....	23
100 Mile Course Map	25
100M Mileage & Pace Chart.....	26
Course marking	28
Drop Bags	30
Pacers.....	32
Finish Line Photos & Thank You Board	33
Race Timing & Awards.....	33
Nutrition & Hydration on Course.....	34
Post-Race Feast.....	38
Information for Crews.....	39
Volunteers.....	41
General Race Rules	42
Sponsor Deals.....	43
Sponsors.....	46

Folsom's Rainbow Bridge over
the American River.





FOLSOM
DISTINCTIVE BY NATURE

Welcome to Folsom!

On behalf of the City of Folsom, I am pleased to welcome the runners, volunteers, sponsors, and visitors joining us for the Rio Del Lago 100 Mile and 50K Endurance Runs.

For more than a decade, Folsom has proudly hosted this event, which highlights our city's natural beauty, community spirit, and commitment to health and wellness. The scenic trails surrounding Folsom Lake and along the American River Parkway offer an inspiring setting for athletes to test their limits and achieve new milestones.

Thank you to the organizers, volunteers, and sponsors whose hard work makes this event possible year after year.

To every runner, congratulations on the commitment and perseverance that brought you to the starting line. We are proud to cheer you on and wish you a safe, rewarding, and unforgettable run.

Sincerely,

Justin Raithel
Mayor, City of Folsom



Welcome to Folsom!

On behalf of Visit Folsom, it is our pleasure to welcome you as of the Rio Del Lago 2025 Endurance Run. We're honored to sponsor this amazing event and have the opportunity to offer you a glimpse of what makes Folsom such a remarkable destination for travelers from around the world.

Folsom is a year-round destination where California's storied past meets modern charm. As the gateway to Gold Country, we are just minutes from the site where the first gold nugget sparked the California Gold Rush. Today, that rich heritage lives on alongside vibrant experiences your clients will love.

Within minutes of our historic core, visitors can explore:

- **Dozens of foothill wineries** and tasting rooms
- **Outdoor adventure**, including paddleboarding, kayaking, and whitewater rafting
- **More than 50 miles of trails** are perfect for cycling and nature walks
- **Fall farms and ranches**, open seasonally for harvest festivals, orchards, and local flavors
- **Boutique shopping and dining** in our historic district and Palladio center

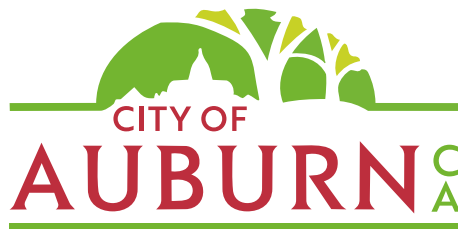
With a quaint downtown, scenic lakes, and a colorful history, Folsom offers an ideal blend of culture, recreation, hospitality and a perfect basecamp for exploring the wider Gold Country region.

We hope your visit inspires future itineraries and good luck on your run!

Warm regards,

Joseph P. Garliardi
CEO, Visit Folsom

www.VisitFolsom.com



1225 Lincoln Way, Auburn, CA 95603

A Welcome from the Mayor of Auburn

Dear Runners, Families, Crews, and Visitors,

On behalf of the Auburn City Council and all our residents, welcome to Auburn, the Endurance Capital of the World, and to the 2026 Rio Del Lago Endurance Run!

This is a special year. Rio Del Lago is celebrating its 25th year hosting the 100-mile race and its 5th year adding the 50K. For a quarter century, this event has brought runners from near and far to the trails of the American River Canyon and Folsom Lake. It has become part of what makes our community who we are. Please join me in recognizing and thanking the race organizers, volunteers, and partner agencies who put so much work into making this weekend safe, welcoming, and unforgettable.

To all the runners, families, crews, and visitors; whether you're a local or visiting for your first or twenty-fifth trip to Auburn, we're so glad you're here. We hope you'll feel at home and come back often. Auburn is proud to host you.

While you're here, I encourage everyone to take time to explore our incredible city. Stroll through Old Town and Downtown Auburn, where restaurants, cafes, shops, museums, and galleries line the storied streets of the California Gold Rush. Our history, charm, and small, locally owned businesses are the heart of Auburn. Your visits and purchases help keep them thriving and help sustain events like this one.

Like our town, our trails are among Auburn's greatest treasures, and we share them with hikers, cyclists, equestrians, and wildlife. Please help us protect and respect them as if they are your own hometown trails, shared with your friends and neighbors. Taking care of these trails and each other will keep them beautiful and welcoming for the next 25 years.

To every runner, congratulations on reaching the starting line. All of Auburn will be cheering you on!

Happy Trails,

Kelley Davis
Mayor, City of Auburn

www.ExploreAuburnCa.com

@ExploreAuburnCa – Tag us on your adventure!

Auburn's iconic No Hands Bridge, looking west from the Confluence of the North and Middle Forks of the American River.





Auburn Area Chamber of Commerce

Serving Auburn since 1906

September 30, 2026

Welcome Runners!

2026 Officers & Directors

Manouch Shirvanioun, *President*
Auburn Recreation District

Yvonne Whalen, *President-Elect*
Stein & Sons Cremation & Burial Services

Katie Kenoyer, *Vice President*

Brianne Jones, *Treasurer*
Max's Restaurant

Natalie Litchfield, *Past President*
IFC Insurance Marketing

Board of Directors

Allison Harvey
A.L. Harvey Law

Amy Yacullo
Grocery Outlet

Eric Chun
Creative Music Services

Garrett Konrad
IFC Insurance Marketing

Keri Roeder
Roeder Family Services

Lisa Trimble
Auburn Auto Doctors

Melissa Johnson
Broker Direct Lending

Sheri Bruce
Sheri Bruce Real Estate

Chamber Staff

Michele Tuggle, *CEO*
Kaia Kenoyer, *Membership & Events*
Marin King, *Administrative Assistant*

You're about to embark on a great adventure in the Rio Del Lago Endurance Runs! This journey will include the breathtaking scenery of a river canyon, steeped in history. It's challenging with rugged terrain, but the beauty of your surroundings will be a positive distraction. You'll be skirting the American River Canyon along the small town of Auburn, where the American River Canyon is a treasured asset. From the rocky trail, you'll view iconic bridges, like "No Hands" (a 1912 quarry bridge) and the Foresthill Bridge (fourth highest bridge in the US).

Runners, mountain bikers and equestrians enjoy living and visiting here specifically for our vast trail system and adventure opportunities. In fact, Auburn is officially "The Endurance Capital of the World", as it has become a mecca of endurance races for running, biking and equestrians! The original Western States Trail goes from the top of the Sierra peaks and ends in Auburn, where we welcome and host athletes from all over the world. It's a very special feeling to know that you're in the very same area that Maidu Indian tribes were once grinding acorns on the smooth rocks, and just a stone's throw away gold was discovered in Sutters' Mill, sparking the 1849 Gold Rush.

Auburn is now a community that embraces the outdoor spirit, and is proud of our Gold Rush Heritage. It also is the home to fine dining, world-class wine trail, breweries, golf, and boutique shopping. There are always events going on in the Historic town, especially with the thriving art and music scene. Auburn is even home to its own symphony!

When you're not running through our town on the way to the finish line, we invite you to come back, relax and enjoy all that Auburn has to offer. In the meantime, best of luck to you in this incredible journey!

Enjoy the run,
Michele Tuggle, CEO Auburn Chamber of Commerce



October 20, 2026

From: Lauren Shoemaker
State Park Superintendent II (Captain)
Auburn State Recreation Area
501 El Dorado Street
Auburn, CA 95603

Welcome Runners,

On behalf of Auburn State Recreation Area's staff, partners, and volunteers, welcome to this year's Rio Del Lago. We are honored to support the endurance community on your public lands.

The over 30,000 acres of Auburn SRA are more than a racecourse. They are wildlife habitats, cultural heritage sites, and treasured recreational access points. Through decades of advocacy, stewardship, and public investment you have ensured current and future generations can experience the beauty and resilience of the American River Canyon.

As you test your endurance and determination, help us protect the American River Canyon by staying on designated routes, respecting wildlife, leaving no trace and advocating for your public lands. Your care and consideration ensure that the trails remain intact and the natural habitat stays healthy.

Whether today brings personal records, hard-earned miles, or simply the satisfaction of finishing, we hope you leave with a deeper connection to Auburn SRA and the great outdoors.

Thank you for choosing to run here. We wish you strength, resilience, and a safe journey. Have fun out on the trail.

Sincerely,

Lauren Shoemaker

State Park Superintendent II (Captain)

Auburn State Recreation Area

The Olmstead Loop in Cool, California.



The American River
runs through everything
out here.



Our Race Beneficiary

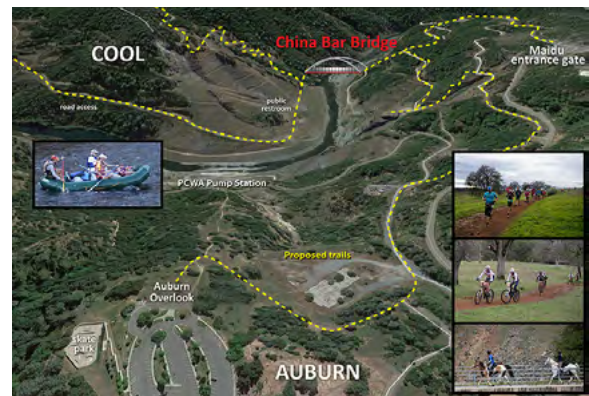
Dear Rio Del Lago 100 and 50K Endurance Run 2026 Participants,

Protect American River Canyons (PARC) invites you to join us in celebrating the 25th anniversary of the Rio Del Lago 100 Endurance Race. We hope all the competitors including the 50K runners have a safe, swift run that includes the opportunity to qualify for the Western States 100 Endurance Run. Enjoy the wild & scenic beauty of the American River canyons as you pass through the Auburn and Cool loop sections of the run in the Auburn State Recreation Area.



PARC works to protect and enhance the natural, recreational and cultural resources of the North and Middle Forks of the American. Our big accomplishment for 2025 was collaborating with Placer County Public Works Dept. to remove the 50-year-old steel and concrete debris from the Hwy 49 Bridge that collapsed in a flood in 1964. The debris was a safety hazard to all river recreationists.

Working with the Auburn SRA, PARC sponsored Spring and Fall River Cleanups. We also sponsored the American River High School Essay contest awarding \$2,500 in scholarships to high school seniors towards their college education. We are working with the Auburn SRA to install a concrete bench on the Upper Stagecoach Trail with a scenic view of the Confluence.



PARC ramped up its Auburn to Cool Trail bridge campaign and met with State Parks and the Bureau of Reclamation to initiate needed updated planning and engineering studies for a trail bridge crossing at China Bar. Both agencies agree in concept to the bridge crossing. We are currently seeking grant funding for the updated ATC planning, design and engineering studies for the bridge.

We would like to express our sincere thanks to NorCalUltras for their generous support of our river conservation efforts and education outreach.

Eric Peach
PARC Conservation Chairman
parc-auburn.org



Welcome, Runners!

I am incredibly excited to welcome you to Rio Del Lago Endurance Runs presented by Altra!

This year is especially meaningful as we celebrate the 25th running of the Rio Del Lago 100 Mile Endurance Run and the 5th running of the Rio Del Lago 50K. That's a whole lot of runners, miles, stories and memories on these trails.

Rio is really personal to me. Long before I became the Race Director, I was a Rio runner. I've run the 100 Mile twice, on two different versions of the course and in very different conditions. I know what it feels like to stand at that start line with a very long day ahead and I know what it feels like to finally make it back to the finish.

Now I get to stand on the other side and watch all of you have that experience, and that is one of the things I love most about being your Race Director.

One of the things I'm most proud of about Rio is the community behind this race. We get to work with some incredible community partners, permitting agencies and organizations that support us and allow us to do what we love on these trails year after year. I never take that for granted.

And then there is our NorCalUltrass team. Our volunteers, aid station crews, medical and communications teams, sponsors, and the many people working behind the scenes give so much of themselves to make Rio happen. I get to see firsthand the time, energy and heart they put into creating this experience for our runners, and I am incredibly grateful for every single one of them. Rio truly would not be Rio without this team.

And a special thank you to Altra, our presenting sponsor, for continuing to support Rio, our runners and this incredible endurance community.

So, when race day arrives, take it all in. Enjoy the trails, thank a volunteer, encourage another runner and remember that every mile is part of your Rio story.

From me and our entire NorCalUltrass team, thank you for choosing Rio. We are grateful to be part of your journey and can't wait to welcome you to the finish line.

Have an incredible race!

Julie Fingar
Race Director, Rio Del Lago
NorCalUltrass

Race Weekend

Schedule of Events



Friday, November 6th

START/END	EVENT	LOCATION
12:00 PM – 7:00 PM	Runner Check In & Pacer Bib Check In	Fleet Feet Folsom

Saturday, November 7th

START/END	EVENT	LOCATION
4:00 AM – 4:30 AM	Final Runner Check In	Beals Point
4:00 AM – 4:45 AM	Drop Bag Drop Off	Beals Point
4:30 AM – 1:00 PM	RDL Live Stream	Beals Point - Altra Studio
4:45 AM – 4:55 AM	Runner Briefing	Start Line
5:00 AM – 5:00 AM	Race Start - 50K & 100 Mile	Start Line
5:00 AM – 11:00 PM	Pacer Check In	Beals Point - NCU Tent
8:00 AM – 1:00 PM	Vendor Village and Ponderosa Cider and Sierra Nevada Beer Garden	Finish Line
8:00 AM – 1:00 PM	Monsters of Massage	Finish Line
8:00 AM – 8:00 PM	Volunteer Check In	Beals Point - NCU Tent
8:30 AM – 11:30 AM	All runners through Mile 21.7	Beals Point Aid Station
8:30 AM – 8:30 AM	First 50K Finisher expected	Finish Line
11:30 AM – 11:30 AM	Mile 21.7 Cut Off- 50K & 100M	Beals Point Aid Station
1:30 PM – 1:30 PM	50K Cut Off	Finish Line
7:00 PM – 11:00 PM	RDL Live Stream	Beals Point - Altra Studio
9:00 PM – 9:00 PM	First 100M Finished expected	Finish Line
11:00 PM – 5:00 AM	Finish Line Cam	Finish Line

Sunday, November 8th

START/END	EVENT	LOCATION
1:30 AM – 1:30 AM	Drop Bag Drop Off from ALT	Finish Line
5:00 AM – 11:00 AM	RDL Live Stream	Beals Point - Altra Studio
5:00 AM – 11:00 AM	Brandt & Bob's Breakfast Bistro Open	Finish Line
5:00 AM – 11:00 AM	Monsters of Massage	Finish Line
6:00 AM – 6:00 AM	Drop Bag Drop Off from Overlook	Finish Line
6:00 AM – 11:00 AM	Vendor Village and Ponderosa Cider and Sierra Nevada Beer Garden	Finish Line
8:00 AM – 11:00 AM	Volunteer Check In	Beals Point - NCU Tent
8:00 AM – 8:00 AM	Drop Bag Drop Off from Rattlesnake	Finish Line
10:52 AM – 11:00 AM	Last 100 Mile Finisher Expected	Finish Line
11:00 AM – 11:00 AM	100 Mile Cut Off	Finish Line

The History of Rio Del Lago

If you were in the Northern California running scene during the 80s, 90s, and early aughts, you'll know about Norm and Helen Klein and their enduring legacy. Your Rio registration makes you a part of that legacy — they founded the race in 2000.

Originally held in September in conjunction with the Sierra Nevada Double Marathon/Endurance Runs, Rio Del Lago 100 started as a local endurance challenge and has grown into a beloved tradition in Northern California and beyond.

NorCalUltras, under the direction of Julie Fingar, took over management of the race in 2014, bringing new energy and continuing the tradition of this iconic 100-mile event. Along the way, the race moved to November, and the course has been adjusted, but one thing has never changed: the heart of Rio.

Over the years, Rio has welcomed first-time 100-mile runners, seasoned veterans, and athletes chasing big dreams. The course showcases the beautiful trails surrounding Folsom Lake, the American River Parkway, Pioneer Express Trail and the legendary Western States Trail.

But Rio has always been about more than the miles.

It's the volunteers who show up year after year, the aid stations that feel like little trail parties, the crews and pacers who keep the energy going through the night, the highs and lows, and the unforgettable moments at the finish line.



Helen and Norm at the pre-race briefing. Norm would tell you he did not allow DNFs, and would threaten to come out to wherever you were and run you in himself. Probably in those blue jeans.



Yes, that's your race director, Julie Fingar, winning a bear in 2007 (1st Woman, 5th Overall). Norm and Helen were famous for their awards. Julie probably needed help carrying that thing out of there.

In 2022, the Rio Del Lago 50K joined the family, bringing even more runners into the Rio experience. Now, in 2026, we're celebrating the 25th running of the Rio Del Lago 100 Mile and the 5th year of the Rio Del Lago 50K!

A quarter century of grit, determination, friendships, and a whole lot of trail magic!

To everyone who has helped build this incredible legacy, thank you.

The history is rich. The tradition continues. And this year, YOU are part of it. So get out there and write your part of the story!

F. Todd Raccoon, CPA

The F is for Francis but he goes by Todd.

Todd works at the H&R Block in Rocklin and he prefers Pepsi products, which right away put him at odds with the rest of the staff at the Rocklin branch. Accountants, bookkeepers, and numbers people in general identify pretty strongly with Coke products, specifically Diet Coke. They'll stray as far as one of the lemonades¹, but anything else makes them pretty anxious, pretty itchy. According to office manager Victoria "The Hammer" Budge, "his coworkers were already struggling with the existence of a raccoon CPA, and now this Pepsi thing."

Todd took up trail running on his veterinarian's advice. (Dr. Banfield-Yates admits to drinking Diet Pepsi in college. "It was a phase," she says.) Test results showed Todd had hypertension and fleas. He gets a bi-annual shot for the fleas, but managing his hypertension required a prescription for an ACE inhibitor (oral)² and a change in lifestyle. Enter trail running, which progressed from weekly group runs and the odd 5K to ultra distances and, eventually, Rio. Todd explains, "I like numbers. I count a lot — footsteps, miles, what have you. Plus the aid stations have Mountain Dew, famously a subsidiary of PepsiCo. I have a tattoo of the Pepsi logo on my right shoulder but it is hidden by my fur. I like Altras. The zero drop is good but I have wide paws and I really appreciate the roomy toe box."



Todd's cousin Belmont, seen here eating styrofoam.

Everyone down at H&R Block's Rocklin office knows Todd as strait-laced and a bit of a prig³, so it would surprise them to see how much he regresses to his wild nature while out on the trail. He eats all the sugary snacks, the pizza, the drink mix⁴ and of course the Mountain Dew. Contractions, split infinitives, too many adverbs, and you can practically hear the misspellings. No disrespect to pigs, but Todd's a pig. He takes too much, drops lots of it, and that brings out all his drunken relatives. They don't prefer Coke or Pepsi products. They prefer Captain Morgan products. There's, like, 300 of them. All three sheets to the wind and sticky. But they're all having fun, especially Todd, whose blood pressure is better these days, but he always seems to need another flea shot after spending time with his relatives.

Run far, have fun, and keep your receipts.

1 Minute Maid® was acquired by The Coca-Cola Company in 1960. All accountants know this.

2 The generic for Zestril. Why would he pay for name-brand pharmaceuticals?

3 Todd scolds his coworkers if he sees them using contractions in any written communications. "It's one thing to use them in speech but unprofessional in workplace memos. What will people think?"

4 Yeah, he eats Skratch hydration mix. The water bottles are just for show. When he needs fluids he just dips into the river like a wild varmint. Unless they're stocking Pepsi products.

The Weather

Weather can go any which way on Rio weekend. If it's cool to relatively mild, things are good. If there has been rain in the days leading up to race weekend, things can get interesting. If it's raining *during* the race, things will be more interesting because it gets a little slippery on the trail and you'll need to take care of yourself—especially your feet. If temps get cold, the ALT loop can be long, dark, and lonely, so bring a friend or at least another layer and some bootstrapping fortitude. You can do this, yes you can. Here's the last six years of temps, humidity, wind, and rain:



Year	High / Low	Humidity	Max Wind	Rain
2025	72 °F / 54 °F	87 %	10 mph	0 in
2024	70 °F / 41 °F	50 %	7 mph	0 in
2023	66 °F / 46 °F	75 %	15 mph	0 in
2022	61 °F / 43 °F	79 %	22 mph	0.14 in
2021	63 °F / 43 °F	70 %	14 mph	0 in
2020	61 °F / 48 °F	53 %	12 mph	0 in

The Sun: Where Is It, And When



Sunrise

Sunrise on race day will be 6:38 am, but civil twilight begins at 6:10 am. That's when the sun is below the horizon but it's lighting up the sky from, like, an angle. Enough to see lots of stuff but maybe not roots and rocks and the various faceplant-inducing trail hazards. The day will be 10 hours, 19 minutes, and 44 seconds long.



Sunset

The sun will set on race day at 4:58 pm, but civil twilight will last until about 5:25 pm. As noted already, this is a light sky even without the sun. The moon will be new and casting no appreciable light, so bring your headlamps and a spare. Be your own moon.



Whatcha doin' Friday?

Checking in, that's what!

All runners **MUST check in at Fleet Feet Folsom on Friday, November 6, 2026 between 12 noon and 7:00 PM**

Fleet Feet Folsom is at [6610 Folsom-Auburn Road, Folsom, CA 95630](#) and their phone number is (916) 358-9484.

You'll sign your waiver, get your race bib, cool swag, plus tips to distinguish between the Black Oak (*Quercus kelloggii*) and the Live Oak (*Quercus wislizenii*), and what to do if you encounter an aggressive tree of any species¹.

We've switched to a digital waiver for pacers. If your pacer has not registered on [our online pacer form](#) before Wednesday, November 4 at 11:59 PM, we will assist them at packet pickup. [See the pacers page in this guide.](#)

[For information about Folsom State Recreation Area, click here.](#)

There will be a course briefing at 4:45 AM on Saturday morning before the race starts.

Drop bags will be collected on Saturday from 4:00 AM until 4:45 AM.

Both Races (50K & 100M) will start at 5:00 AM SHARP!!

- ¹ You can move, trees can't. Don't run into any tree, but especially not the Live Oak. Whereas the Black Oak clocks in at 1090 lb_f on the Janka hardness scale², the Live Oak is at 2680 lb_f
- ² In the olden days, a guy named Jenka wanted to know how much force he needed to push a 11.28 mm diameter steel ball exactly halfway into a given piece of wood. We all have hobbies and interests. Point is Live Oak is very, very hard wood and it will hurt your head so bad. So bad.



Race Swag

All participants will receive

- Technical Shirt
- 100 Miler Finisher's Athleisure Lightweight Jacket (for those finishing sub-30 hours)
- 100 Miler Finisher's Belt Buckles (for those finishing sub-30 hours)
- Finisher's medallion for both 50K and 100 Mile
- Bandana for both 50K and 100 Mile runners



Sub-30 buckle
(bronze color)

Sub-24 buckle
(silver color)



Finisher's
medals



Finisher's jacket

A handy
bandana, or
as we like
to call it, a
handana



Race logo tote bag



Women's
shirt



Men's
shirt



Race Merch

Stop by our merch tent for hoodies, hats, water bottles, mugs, and super cool mantra bracelets!

Run. Refuel. Repeat.
Zip-up long sleeve



I Came For The
100 Miles &
Stayed For The
Quesadillas
Long sleeve



Hats!



Burgundy and Gold Hoodie



Running With Grace
Mantra Bracelets



Coffee Mugs and
24 ounce Water Bottles

Runner Tracking, Live Stream, and an Important Thing



Track your runner on course here:

<https://my.raceresult.com/431055/>

Follow the race livestream at three locations:

- **Saturday, November 7 – Start Line to Finish Line 50K Coverage**

4:30 AM – 1:00 PM

https://youtube.com/live/EhYL_w4MjJg?feature=share

- **Saturday Evening – The Beals Point Finish Line Show**

7:00 PM – 11:00 PM

<https://youtube.com/live/gEuiRG9oEJI?feature=share>

- **Sunday Morning, November 8 – The Final Finishers & Celebration!**

5:00 AM – 11:00 AM

<https://youtube.com/live/grRs2oqbj2E?feature=share>

Other Important Stuff

Course Talk

https://youtu.be/akqzjmcHCc8?si=-1_AKQQCuCZV1Cjm

Playbook:

<https://youtu.be/QQx0IEtlpqk?si=y0Ftb8NXrrxcf5e1>

Runner & Pacer Bibs



100 mile bib
numbers:
1-499

50K bib
numbers:
500-699



Pacer bibs
are clearly marked

This is Zoe Ray. You can
try to catch her, but we
don't recommend it.



50 Kilometer Course Map



50K Mileage & Pace Chart

Total distance	Dist. to next aid	Front runner	Middle runner	Back runner	Crew	Drop bags	Medical	Cutoff
Start – Beals Point								
START	9.30 miles	5:00 AM	5:00 AM	5:00 AM	Yes	Yes		
Willow Creek								
9.30 miles	7.90 miles	5:55 AM	6:51 AM	7:28 AM	No	No		
Black Miners Bar								
17.20 miles	4.50 miles	6:43 AM	8:26 AM	9:35 AM	No	No		
Beals Point								
21.70 miles	3.70 miles	7:10 AM	9:20 AM	10:47 AM	Yes	Yes	Yes	11:30 AM*
Granite Beach								
25.40 miles	0.95 miles	7:32 AM	10:04 AM	11:46 AM	Yes	No		
Turnaround at Twin Rocks Intersection								
26.35 miles	0.95 miles	7:38 AM	10:16 AM	12:01 PM	No	No		
Granite Beach								
27.30 miles	3.70 miles	7:43 AM	10:27 AM	12:16 PM	Yes	No		
Finish – Beals Point								
31.00 miles	FINISH	8:06 AM	11:12 AM	1:16 PM	Yes	Yes	Yes	1:30 PM*

Notes:

***ABSOLUTE CUTOFF**

Front Runner pace is based on 6:00 min/mile
 Middle Runner pace is based on 12:00 min/mile
 Back Runner pace is based on 16:00 min/mile

50K Course Records

RUNNER	YEAR	TIME
Reed Breuer	2023	3:45:58
Suzanne Farrell	2023	4:26:40

50K Masters Records

RUNNER	YEAR	TIME
Aaron Summerhays (51)	2023	3:47:50
Amber Vanderwoude (45)	2025	5:03:09



2025 Men's 50K Winners

First place: Brian Miller, 4:08:22
 Second place: Andrew Feher, 4:14:35
 Third place: Noah Perry, 4:22:55



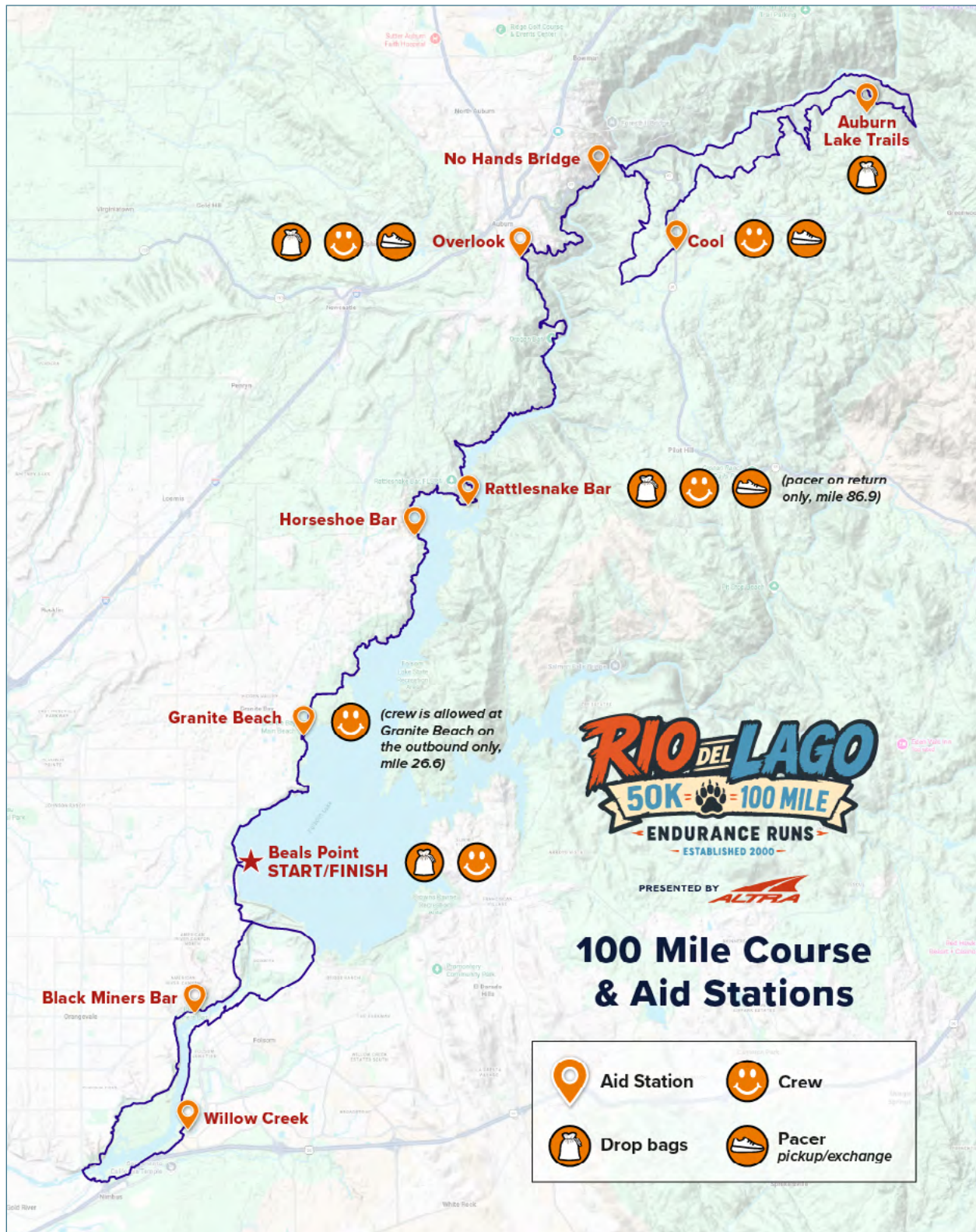
2025 Women's 50K Winners

First place: Jennifer Solano Obando, 4:33:28
 Second place: Margaret Link, 4:41:01
 Third place: Amber Vanderwoude, 5:03:09

Photos courtesy of Facchino Photography



100 Mile Course Map



100M Mileage & Pace Chart

Total distance	Dist. to next aid	16 Hour Runner	20 Hour Runner	24 Hour Runner	27 Hour Runner	30 Hour Runner	Crew	Drop Bags	Medical Check / Pacer Pickup	Cutoff
Start - Beals Point										
START	9.30	5:00 AM	5:00 AM	5:00 AM	5:00 AM	5:00 AM	Yes	Yes		
Willow Creek										
9.30	7.90	6:29 AM	6:51 AM	7:13 AM	7:30 AM	7:47 AM	No	No		
Black Miners Bar										
17.20	4.50	7:45 AM	8:26 AM	9:07 AM	9:38 AM	10:09 AM	No	No		
Beals Point										
21.70	3.70	8:28 AM	9:20 AM	10:12 AM	10:51 AM	11:30 AM	Yes	Yes	Medical	11:30 AM*
Granite Beach										
25.40	6.80	9:03 AM	10:04 AM	11:05 AM	11:51 AM	12:37 PM	Yes	No		
Horseshoe Bar										
32.20	2.60	10:09 AM	11:26 AM	12:43 PM	1:41 PM	2:39 PM	No	No		
Rattlesnake Bar										
34.80	6.20	10:34 AM	11:57 AM	1:21 PM	2:23 PM	3:26 PM	Yes	Yes	Medical	3:50 PM*
Cardiac (Base of Hill) Water Only										
41.00	3.00	11:33 AM	1:12 PM	2:50 PM	4:04 PM	5:18 PM	No	No		
Overlook										
44.00	4.00	12:02 PM	1:48 PM	3:33 PM	4:52 PM	6:12 PM	Yes	Yes	Medical & Pacer	6:40 PM*
No Hands Bridge (at Gate 52)										
48.00	10.60	12:40 PM	2:36 PM	4:31 PM	5:57 PM	7:24 PM	No	No		7:50 PM*
Auburn Lakes Trail										
58.60	9.20	2:22 PM	4:43 PM	7:03 PM	8:49 PM	10:34 PM	No	Yes	Medical	10:55 PM*
Cool Firestation										
67.80	5.90	3:50 PM	6:33 PM	9:16 PM	11:18 PM	1:20 AM	Yes	No	Pacer	1:45 AM*
No Hands Bridge (at Gate 52)										
73.70	4.00	4:47 PM	7:44 PM	10:41 PM	12:53 AM	3:06 AM	No	No		
Overlook										
77.70	3.00	5:25 PM	8:32 PM	11:38 PM	1:58 AM	4:18 AM	Yes	Yes	Medical & Pacer	4:20 AM*
Cardiac (Base of Hill) Water Only										
80.70	6.20	5:54 PM	9:08 PM	12:22 AM	2:47 AM	5:12 AM	No	No		
Rattlesnake Bar										
86.90	2.60	6:54 PM	10:22 PM	1:51 AM	4:27 AM	7:04 AM	Yes	Yes	Medical & Pacer	7:05 AM*
Horseshoe Bar										
89.50	6.80	7:19 PM	10:54 PM	2:28 AM	5:09 AM	7:51 AM	No	No		
Granite Beach										
96.30	3.70	8:24 PM	12:15 AM	4:06 AM	7:00 AM	9:53 AM	No	No		
Beals Point										
100.00	FINISH	9:00 PM	1:00 AM	5:00 AM	8:00 AM	11:00 AM	Yes	Yes	Medical	11:00 AM*

*ABSOLUTE CUTOFF

100M Mileage & Pace Chart *(continued)*



Notes:

- 16 hour pace is based on 9:36 min/mile
- 20 hour pace is based on 12:00 min/mile
- 24 hour pace is based on 14:24 min/mile
- 27 hour pace is based on 16:12 min/mile
- 30 hour pace is based on 17:50 min/mile

1. It should be noted that cutoff times are not intended to be a pacing guide. They are quite generous and slower runners should focus on the 30-hour time not the cut-off time. If you're close to the cut-offs you're in trouble!
2. Remember when calculating your time, you need to take into consideration the time you spend at an aid station. For example, if you spend 2 minutes per aid station (there are 17 aid stations) that is 34 minutes added to your time. If you are close to the absolute cutoffs, you will not make it.
3. Cut-off times reflect the deadlines for LEAVING the aid station. If you return to an aid station after the cut-off, you will be pulled from the Run. The cut-off times will be strictly enforced by the Cutoff Coordinators or Aid Station Captains. Anyone leaving an aid station after the cut-off time will be disqualified. This rule is for the safety of all participants. IF YOU MISS THE CUT-OFF, YOU MUST STOP. Significant sanctions will apply to anyone breaking this rule.

100M Course Records

RUNNER	YEAR	TIME
Tyler Andree	2024	14:54:18
Nicole Abma	2024	16:26:42

100M Masters Records

RUNNER	YEAR	TIME
Greg Bomhoff (42)	2010	16:38:59
Jaclyn Foroughi (44)	2024	18:35:46



2025 Women's 100M Winners

First place: Lindsey Dwyer, 15:51:35
Second place: Anonymous, 17:38:05
Third place: Anna Yip, 17:50:50



2025 Men's 100M Winners

First place: Kyle Roberts, 16:58:35
Second place: Jacob Rydman, 17:31:49
Third place: Rokas Zickevicius, 18:10:59

Photos courtesy of Facchino Photography

Course marking

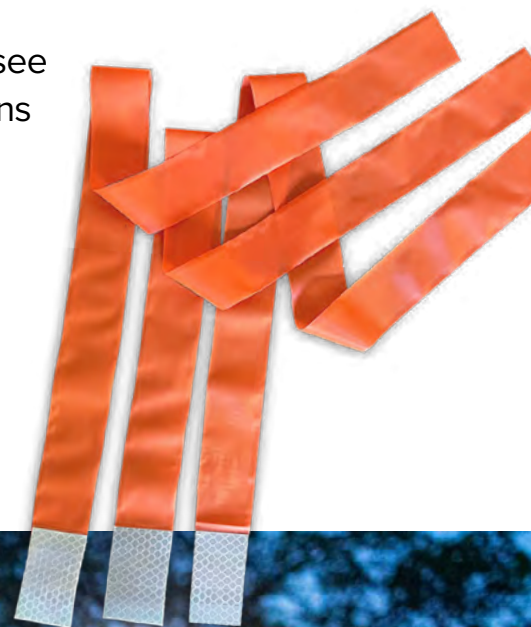
Nothing rhymes with orange

Gorange? Dorange?

Our course is marked clearly with **orange ribbon**. You will see confidence ribbons at regular intervals, and as many ribbons as are necessary to make the turns very clear. We add **reflective tape** to the ribbon marking any section you may run in the dark.

Ultimately, it is your responsibility to stay on course.

You (and your pacer) should familiarize yourself with the course anyway. Read a detailed section-by-section description here: <http://www.rio100mile.com/#theCourse>



You will start in the dark.

You can review interactive maps by clicking the links below, including options to download a .GPX, .TCX, or .FIT file to load onto your watch or phone:

50K course: <https://www.plotaroute.com/route/3036632>

100 mile course: <https://www.plotaroute.com/route/3036636>

100M Mileage & Pace Chart *(continued)*



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Photos courtesy of Facchino Photography

Drop Bags



- Each 100M runner will receive 3 issued NCU drop bags to be used on course, at packet pickup. These must be used at Rattlesnake Aid Station, Overlook Aid Station, Auburn Lake Trails Aid Station.
- All on course drop bags are 16" x 16", and all personal items must be in these bags.
- Drop bags for Start, Beals (mile 21.70) and Finish, can be your own personal bag.
- All drop bags are collected on race morning at the start and must be deposited by 5AM (race start).
- Please look for the proper sign with your desired location.
- Please label your drop bag with your name and bib number.
- Pacers may have a drop bag at Beals Point and can bring upon arrival. If a pacer needs a drop bag on course, it must be left at the start on race morning, by 5AM.
- Please do NOT leave any valuables including keys, iPods, cell phones, etc in your drop bag.
- NorCalUltrass is NOT responsible for the loss of any drop bags.
- It is the responsibility of each runner to claim his or her drop bags. If you cannot retrieve your drop bags, have someone else do it for you. Drop bags must be claimed by 12PM, Sunday. (That's noon if you're feeling muddled.)
- Drop Bags will NOT be mailed to anyone. Any drop bags not picked up by 12PM will be gathered up and a team will go thru the bags and dispose of anything perishable and then donate all remaining clothing/shoes/bags/bottles/etc... to a local shelter.

(continued on next page)

Drop Bags *(continued)*

Drop Bag Locations

Beals Point (Start, Mile 21.70 and Finish)

Rattlesnake Bar (Miles 34.80 and 86.90)

Overlook (Miles 44.00 and 77.70)

Auburn Lake Trails (Mile 58.60)

Drop Bag Return

All drop bags must be retrieved at the finish line on event weekend, by 12PM (noon) on Sunday. If you must leave early, please have a friend or family member pick up your drop bag. Any unclaimed drop bags remaining after the finish will be donated to charity on Monday following the race. We will NOT mail drop bags after the event. Thank you for your cooperation and understanding with our updated policy. Race management works very hard to expedite drop bag retrieval in a timely manner. However, we ask for your patience. All drop bags on course will not be returned to Beals Point (finish line) until the aid station is officially closed. If you need your bag sooner, please make arrangements to retrieve them from the aid station.

Thanks for your understanding and assistance with these guidelines.



Pacers

- Pacers can ONLY join a runner at:
 - **Overlook** (mile 44.00 & 77.70)
 - **Cool Fire Station** (mile 67.80)
 - **Rattlesnake Bar** (mile 86.90)
- Pacers cannot be on a horse, bike (electric or non-electric), scooter or roller skates/blades. Pacers can only be on foot.
- Pacers must be at least 18 years of age. (Specific exceptions may be made in advance of the Run by the Run Director.)
- You may have more than one pacer to help you get to the finish line, but runners may be accompanied by no more than one pacer at a time.
- Pacers do need to check in prior to running to sign a waiver as well as pick up a PACER bib. This can be done at Packet PickUp on Friday or on race day, pacers MUST pick-up waiver/ bib at Beals State Park in Folsom only. Plan accordingly, these items will not be available at any other aid stations.
- Pacers can also sign up online, but must be done before registration closes.
- Pacers also need to clearly identify themselves at every aid station.
- Pacers should be well conditioned to travel the distance with their runner.
- Pacers are responsible for their own transportation to and from their starting location. Race management will not organize or facilitate any shuttle.
- Pacers may eat and drink from the aid station tables. Pacers must enter and exit with their runner.
- Absolutely no physical or mechanical aid may be given by the pacer to assist the runner over any sections of the trail (except in medical emergencies), and no food, fluids or supplies/ clothing/etc... of any kind may be carried for the runner (NO Muling).
- Aid station personnel will make no arrangements to transport pacers or crew.
- No trekking poles for the 50K runners, no dogs, no bikes, no horses.
- Trekking poles are now allowed for the 100M (and pacers) from Auburn Dam Overlook (mile 44.25) to the finish line!!

NEW FOR 2026:

- **Pacers must sign the pacer waiver online. There is no hard copy option.**
[Click here to register online as a pacer and to sign the waiver. \(Online registration closes on Wednesday, November 4, at 11:59 PM\).](#)
- Pacers must pick up your bib during one of these designated times. No exceptions!
 - Friday, November 6th**, 12 Noon – 7 PM
Fleet Feet Sports Folsom
 - Saturday, November 7th**, 5 AM – 11 PM
Beals Point, Folsom Lake

Race Timing & Awards

Timing

Capital Road Race Management is the official timing company of RDL. We will be using the ChronoTrack B-tag timing system. You must wear your B-tag on your shorts or singlet. If you do not wear your B-tag following the instructions, you will not receive an official time nor be eligible for an award. [Please read the B-tag instructions here.](#)



Awards

Overall awards will be given to the top three male and female. If you are competing for a top 3 overall award, you will be scored on "gun time." All age division awards will be based on chip time.

Age group awards will be given to the top 3 in each ten year age division for both male and female.

All official finishers (under 30 hours) receive a finisher's jacket and finisher's belt buckle when they cross the finish line.

A reminder that while we must order the jackets well before the event, we will do our very best to insure that you receive the jacket size you requested. If you are not happy with the way your jacket fits, you must wait until the event is over before we can exchange your jacket for a different size if the size is available. Shirts can be exchanged for a different size at the finish line, depending on availability.



NEW THIS YEAR:

Finish Line Photos & Thank You Messages



Get your finish photo in front of our fancy finish photo backdrop and stuff.



We'll have a message board at the finish so you can leave a love note to all the volunteers and crew and folks.

Nutrition & Hydration on Course



skratch LABS®

N NEVERSECOND®



All Rio aid stations are stocked with Neversecond C30 Energy Gels, Skratch Sport Hydration Drink, Skratch Energy Chews, Organic Jambar Minis & SaltStick Fast Chews/Electrolyte Capsules.

Willow Creek

- Neversecond (Non-Caffeine) Energy Gels – Citrus
- Neversecond (Caffeine) Energy Gels – Unflavored
- Skratch Lemon + Lime Sports Hydration Drink (Non-Caffeine)
- Skratch Energy Chews – Orange & Grape
- Jambars (assorted) – Musical Mango (V, GF), Jammin' Jazzleberry (V, GF), Tropical Trio (V, GF) Chocolate Cha Cha (GF) & Malt Nut Melody
- SaltStick Electrolyte Capsules

Black Miners Bar

- Neversecond (Non-Caffeine) Energy Gels – Orange
- Neversecond (Caffeine) Energy Gels – Unflavored
- Skratch Orange Sports Hydration Drink – (Non-Caffeine)
- Skratch Energy Chews – Orange & Grape
- Jambars (assorted) – Musical Mango (V, GF), Jammin' Jazzleberry (V, GF), Tropical Trio (V, GF) Chocolate Cha Cha (GF) & Malt Nut Melody
- SaltStick Electrolyte Capsules

Beals Point

- Neversecond (Non-Caffeine) Energy Gels – Passion Fruit
- Neversecond (Caffeine) Energy Gels – Unflavored
- Skratch Lemon + Lime & Orange Sports Hydration Drink (Non-Caffeine)
- Skratch Energy Chews – Orange & Grape
- Jambars (assorted) – Musical Mango (V, GF), Jammin' Jazzleberry (V, GF), Tropical Trio (V, GF) Chocolate Cha Cha (GF) & Malt Nut Melody
- SaltStick Electrolyte Capsules

Nutrition & Hydration

on Course *(continued)*



Granite Beach

- Neversecond (Non-Caffeine) Energy Gels – FruitPunch, Unflavored
- Skratch Orange Sports Hydration Drink (Non-Caffeine)
- Skratch Energy Chews – Orange & Grape
- Jambars (assorted) – Musical Mango (V, GF), Jammin' Jazzleberry (V, GF), Tropical Trio (V, GF) Chocolate Cha Cha (GF) & Malt Nut Melody
- SaltStick Electrolyte Capsules

Horseshoe Bar

- Neversecond (Non-Caffeine) Energy Gels – Passion Fruit, Citrus
- Skratch Lemon + Lime & Orange Sports Hydration Drink (Non-Caffeine) & Raspberry Limeade (Caffeine)
- Skratch Energy Chews – Orange & Grape
- Jambars (assorted) – Musical Mango (V, GF), Jammin' Jazzleberry (V, GF), Tropical Trio (V, GF) Chocolate Cha Cha (GF) & Malt Nut Melody
- SaltStick Electrolyte Capsules

Rattlesnake Bar

- Neversecond (Non-Caffeine) EnergyGels – Passion Fruit & Unflavored
- Neversecond (Caffeine) Energy Gels – Berry
- Skratch Lemon + Lime & Orange Sports Hydration Drink (Non-Caffeine) & Raspberry Limeade (Caffeine)
- Skratch Energy Chews – Orange & Grape
- Jambars (assorted) – Musical Mango (V, GF), Jammin' Jazzleberry (V, GF), Tropical Trio (V, GF) Chocolate Cha Cha (GF) & Malt Nut Melody
- SaltStick Electrolyte Capsules

Overlook

- Neversecond (Non-Caffeine) Energy Gels – Passion Fruit & Orange & Unflavored
- Skratch Lemon + Lime & Orange Sports Hydration Drink (Non-Caffeine) & Raspberry Limeade (Caffeine)
- Skratch Energy Chews – Orange & Grape
- Jambars (assorted) – Musical Mango (V, GF), Jammin' Jazzleberry (V, GF), Tropical Trio (V, GF) Chocolate Cha Cha (GF) & Malt Nut Melody
- SaltStick Electrolyte Capsules

Nutrition & Hydration

on Course *(continued)*



No Hands Bridge

- Neversecond (Non-Caffeine) Energy Gels – Passion Fruit & Orange & Unflavored
- Skratch Lemon + Lime & Orange Sports Hydration Drink (Non-Caffeine)
- Skratch Energy Chews – Orange & Grape
- Jambars (assorted) – Musical Mango (V, GF), Jammin' Jazzleberry (V, GF), Tropical Trio (V, GF) Chocolate Cha Cha (GF) & Malt Nut Melody
- SaltStick Electrolyte Capsules

ALT

- Neversecond (Non-Caffeine) Energy Gels – Fruit Punch, Unflavored
- Skratch Lemon + Lime & Orange Sports Hydration Drink (Non-Caffeine) & Raspberry Limeade (Caffeine)
- Skratch Energy Chews – Orange & Grape
- Jambars (assorted) – Musical Mango (V, GF), Jammin' Jazzleberry (V, GF), Tropical Trio (V, GF) Chocolate Cha Cha (GF) & Malt Nut Melody
- SaltStick Electrolyte Capsules

Cool Fire Station

- Neversecond (Non-Caffeine) Energy Gels – Fruit Punch, Unflavored
- Skratch Lemon + Lime & Orange Sports Hydration Drink (Non-Caffeine)
- Skratch Energy Chews – Orange & Grape
- Jambars (assorted) – Musical Mango (V, GF), Jammin' Jazzleberry (V, GF), Tropical Trio (V, GF) Chocolate Cha Cha (GF) & Malt Nut Melody
- SaltStick Electrolyte Capsules





Post-Race Feast

You came to Rio Del Lago to run 50K or 100 miles, but you'll want to stay long after the race for the post celebration eats. Celebrate your Rio accomplishment with a refreshing Sierra Nevada brew! We've got IPAs and non-alcoholic options ready for your post-race cheers.

Catering to the hungry Rio finishers:

- Homemade veggie soup from Chef Tim Ruffino will warm you down to your toes and fill you up after your journey.
- JAMBARS
- Pastries
- Fruit
- Indivi Water
- Sierra Nevada

Bob & Brandt's Bistro

All night until the finish, we'll be serving up the following hearty fare:

- Homemade veggie soup from Chef Tim Ruffino will warm you down to your toes and fill you up after your journey.
- JAMBARS
- Pastries
- Fruit
- Indivi Water
- Sierra Nevada

Bob & Brandt's Bistro will be cooking from 5 AM – 12 Noon on Sunday:

- Happy Hundred Hotcakes
- Eggs
- Sizzling Bacon. Mmmm, bacon
- Sausages & Vegan Sausages
- Cinnamon Rolls from Bill's Donuts (local donut shop)
- Tater Tots
- Coffee & Tea
- Did we mention the Cinnamon Rolls?



Information for Crews

Excellent areas from which to view runners are Beals Point, Granite Beach, Rattlesnake Bar, and the Auburn Dam Overlook. If your runner is in the 100 mile race, you are also welcome in the parking area behind the Cool firehouse.

Park fees

Rio Del Lago travels through the California State Parks – Gold Fields District and the Auburn State Recreation Area.

All crewing and viewing areas are located in the California State Parks District and require a (\$12) fee per vehicle unless you have a Golden Poppy Pass. If you frequently patron the Rio Del Lago trails (also home to AR50, Way Too Cool), please consider supporting the CA State Parks and purchase a [Golden Poppy Pass](#).

Crews are responsible for paying the \$12 State Parks day-use entrance fee each day. If you are crewing both Saturday and Sunday, a separate \$12 entrance fee is required for each day. If there is not a ranger present at the kiosk in to the parks, you are still responsible for self-payment through their drop box as you enter the parks. Crews need only to pay one time at a State Parks kiosk, but must show their receipt upon entry to each park at the entrance.

- Please observe all posted signage and placards by the CA State Parks and Auburn Recreation Park District.
- NorCalUltras will not be responsible for any violations or tickets.
- No Crewing at “No Crew locations”.

Crewing at one of these locations will result in runner disqualification.

Crew Driving Directions

[Click here to view driving directions for all accessible areas.](#)

Information for Crews *(continued)*

[\(continued on next page\)](#)

Crew are welcome at the following aid stations:

- Beals Point
- Granite Beach
- Rattlesnake Bar
- The Auburn Dam Overlook
- Cool

Crewing is prohibited at all other aid stations.

The Mileage & Pace Charts ([50K here](#), and [100M here](#)) provide a full list of aid stations and whether or not crew is permitted. Access to aid stations can be limited by the available space, parking, permits, and the permission of private property owners.

Attempting to crew at no-crew locations puts this and other races in jeopardy, and your runner WILL be disqualified. We want everyone—runners, crews, and pacers—to have fun and stay safe, but race management will not hesitate to enforce this rule to protect the race.

Tips for Crewing

Ultra runners really like a little extra TLC that can only come from friends and family. That's where Crew Teams come in to play. If you have agreed to be part of a Crew you are in for a great time! [Here are some tips and pointers to make your crew experience as enjoyable as a gig like this could possibly be.](#)



Volunteers

Volunteers are the life blood of any event. We need your support! Please consider giving back to the sport through your volunteer contribution. Volunteer hours can be credited for ultra marathon service requirements. For spouses or friends of participants, this is a great way to enjoy and experience the event. Volunteers receive a goody item and Mr. Pickles sandwiches & hot pizza from Pizzeria Luba delivered on course to all volunteer teams & breakfast from Bob & Brandt's Bistro at Beals Point.



Volunteers get swag, including this awesome Rio trucker hat!



Click here to volunteer!*

<https://racerooster.com/events/2026/111381/rio-del-lago-100-mile-50k-endurance-runs>

*that rhymes. "Here" and "volunteer" rhyme. We didn't even plan to do a poem. It was totally an accident. Take from that what you will.

General Race Rules

Rio Del Lago 100 Mile & 50K

Welcome to the **Rio Del Lago Endurance Runs**, a 25-year tradition of community, grit, and trail respect. These rules help ensure the safety of every runner, volunteer, and crew member — and protect the incredible trails we're privileged to use. Please review carefully before race weekend.

No Littering — Ever.

Respect the trails and the natural beauty of Folsom Lake and Auburn State Recreation Area. All trash must be disposed of at aid stations — not on the trails. Pack it in, pack it out. If you see a fellow runner drop something, be the trail hero and pick it up.

Aid Your Fellow Runner.

If you encounter an injured or distressed runner, you must stop and assist. Notify the next aid station or race official with:

- The runner's **bib number**
- **Location** (approximate mile or landmark)
- **Nature of the injury**

If the runner cannot move safely, please stay with them until help arrives.

Bibs Must Be Visible.

Bibs are required to be worn **front-facing** and **unobstructed** at all times. Do not fold, cut, or alter your bib in any way — they're how we identify and track you.

Dropping from the Race.

You may only drop at designated aid stations. If you need to drop, **notify the Aid Station Captain** and **turn in your bib**.

Stay on Course.

Runners must remain on the **marked trails** at all times to protect vegetation and prevent erosion. If you go off-course, backtrack to the last visible marker before continuing.

Cup-Less Race.

Rio Del Lago is a **cup-less event** — help us reduce waste! Runners must carry their own reusable hydration cup, bottle, or flask to refill at aid stations.

Pacers (100 Mile Only).

Pacers are allowed **only** in the 100 Mile race. Please review the **Pacer Rules** in the Race Regulations Guide for all details regarding locations, waivers, and bib requirements. No unofficial or “bandit” pacing is allowed — all pacers must be officially registered, bibbed, and approved through race check-in. Any runner receiving assistance from an unregistered pacer will be **disqualified**.

Pacers are **not permitted** in the 50K race.

No Pets on Course.

We love your furry friends, but they'll need to cheer from home. Pets are not allowed on the course, at aid stations, or on the trails during the race. For the safety of all runners, volunteers, and your pets — and because it poses a significant liability — animals are not permitted on the course or at aid stations during the event. Infractions will result in your runner being disqualified.

No Course Cutting.

All runners must follow the official, marked course. Cutting the trail or skipping sections will result in disqualification.

Cut-Off Times Are Firm.

All runners must leave each aid station before the posted cut-off time. This is for runner safety and ensures fairness for all participants. If you arrive after a cut-off, your bib will be pulled. You can email race staff after the event to have your bib mailed to you.

Crew Access.

Crew members are allowed **only** at the designated crew-access aid stations:

**Beals Point, Granite Beach,
Rattlesnake Bar, Overlook, and Cool.**

Please respect all **No Crew Zones** — violation of this rule will result in runner disqualification. No exceptions.

Final Note

Rio Del Lago is built on respect — for the trails, for the volunteers, and for each other. Run smart, stay kind, and leave the course better than you found it.

Sponsor Deals



Lone Peak 9

Take on legendary adventures in a shoe designed to keep up. We reengineered the upper for more durability, improved the midsole, and updated the outsole for more grip. A revised midsole foam is lighter weight and designed to deliver a comfortable connection to the ground. No-sew overlays and a 100% recycled ripstop mesh upper are made for high-mileage durability while an improved outsole offers sticky underfoot grip. Get that classic Altra feel with zero drop and our roomiest toe box, with plenty of room to help your toes move more freely, and space through the midfoot. Durability, grip, and connection on the trail? Legendary.



Get your new kicks today at altrarunning.com

Make and bottle by Ponderosa Cider Co. 102 Cam La Unit B Auburn, CA 95603

Rio Del Lago 2026
Presented by
NorCal Ultras


norcalultras.com

PRESENTED BY


Ponderosa Cider Co.

RIO DEL LAGO
50K = 100 MILE
ENDURANCE RUNS
ESTABLISHED 2000

Ponderosa Cider Co. is proud to be a sponsor of the Rio del Lago 2026

Brut Dry
Sparkling hard
cider

**Aged in Oak
Barrels**

7% ABV * 750 ml

GOVERNMENT WARNING: (1) According to the Surgeon General, women should not drink alcoholic beverages during pregnancy because of the risk of birth defects. (2) Consumption of alcoholic beverages impairs your ability to drive a car or operate machinery, and may cause health problems.

Contains Sulfites

Sponsor Deals



JAMBAR is an energy bar. It's a labor of love. It's an instrument of positivity. There's a lot to unwrap. So let's get jammin'!

You can have the best intentions, but when you're making an energy bar, you're only as good as your ingredients. At JAMBAR, only the highest quality ingredients are used. Plus, 50% of the profits from JAMBAR are being donated to programs that support active living and the art of music.

Use promo code: **ULTRA20** for **20% OFF** at jambar.com until 12/20/26



here for you.

Get ready for your next adventure with 20% off an order at skratchlabs.com.

Code: NORCAL2026

Use code for a 20% discount on an order!
Expires 12/31/2026

Taste. Real. Performance.

From Skratch Labs, real fuel made with real food — because running ultras is hard enough without gut bombs and neon circus sticky drinks.

- Made with real fruit
- Crafted with care, backed by science
- Tested by pros and relied on by athletes at every level to deliver when it counts.

Still not sure? Try it yourself and feel the difference! Skratch Labs is giving Rio Del Lago 100M/50K runners an exclusive discount to fuel and hydrate better! Use code **NORCAL2026** at checkout for 20% off an order at skratchlabs.com, now through 12/31/2026.

Sponsor Deals



Fuel matters—especially on rolling singletrack, long river miles, and steady climbs.

We're excited to welcome @neversecond as the official on-course gel for NorCalUltras 2026. Grounded in sports science and elite endurance research, Neversecond gels are precisely formulated to deliver optimal carbohydrates and sodium, supporting consistent energy delivery, gut tolerance, and sustained performance deep into the miles.

You'll find Neversecond gels on course at Way Too Cool, American River, and Rio Del Lago Endurance Runs, fueling athletes across varied terrain and long days on classic NorCal trails.

Sponsors



**It's fun to do
hard things.**

