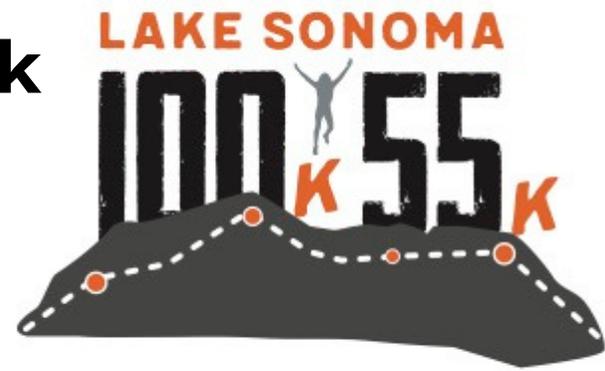


Lake Sonoma 100k | 55k

Presented by



WELCOME ULTRARUNNERS!

Welcome to the 2nd annual Lake Sonoma 100k and the inaugural Lake Sonoma 55k! I am excited and honored to return to wine country alongside some of the most dedicated folks in the industry, including Lake Sonoma RD and Trail Sister, Gina Lucrezi, and HRC's Skip Brand. It's going to be one epic weekend!

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ABOUT THE LAKE SONOMA RACE SERIES

Founded in 2008, the iconic Lake Sonoma 50 Miler has always been a community event where 100 percent of the proceeds support the Children of Vineyard Workers Scholarship Fund that expands educational opportunities for local students. Both races in this beautiful wine country event consist of nearly 90 percent single-track trails weaving through relentless rolling hills, testing runners with three big climbs, and traversing more than a dozen creek crossings. The race is well-known for is known for having one of most competitive fields in the United States according to UltraRunning magazine.

2021 was Lake Sonoma 100k's inaugural year, and it was a incredible weekend of testing our limits as runners. And this year will present another challenging course, also serving as a 2023 qualifier for the Western States Endurance Run.

We are excited to add a 55k distance to the mix, with a beautiful route through wine country, overlooking Lake Sonoma.

For over a decade, ultrarunners have traveled to Sonoma from over 20 countries to experience one of the globe's most popular and distinctive ultrarunning events!

We can't wait to welcome you to wine country!



RACE WEEKEND SCHEDULE

FRIDAY MAY 27

2:30 p.m. – 6 p.m. OPTIONAL BIB PICKUP at Healdsburg Running Company. You may also pick it up at the start line race morning.

[Healdsburg Running Company](#)
[333 Center St, Healdsburg, CA 95448](#)

SATURDAY MAY 28

4 a.m. – Runners can begin arriving
4:30 a.m. – Drop bags must be in
5 a.m. – 100k Start
6 a.m. – 55k Start

START LINE

[South Lake Trailhead](#)
[100 Marine Rd, Geyserville, CA 95441](#)

START LINE INFO

START LINE LOCATION

South Lake Trailhead

Make sure to fill up on gas before you head to the start

[100 Marina Road, Geyserville, CA 95441](#) | [GOOGLE MAP LINK TO START: CLICK HERE](#)

Directions to the start line:

- **From points south:** take Hwy 101 N & exit Dry Creek Road in Healdsburg (65 miles north of the Golden Gate Bridge). Upon exiting, turn left and follow Dry Creek Road for 10 miles. At the end of Dry Creek Road just below the Warm Springs Dam, the road bends sharply left and becomes Stewart Point–Skaggs Springs Road. Follow this for another 1.9 miles and turn left to continue on Stewart Point–Skaggs Springs Road (straight ahead at this point becomes Rockpile Road). Follow for another 1/2 mile and the South Lake Trailhead parking lot is on your right at 100 Marina Road Lot A.
- **From Cloverdale and points north:** take Highway 101 south to the Dutcher Creek Road exit. Turn right upon exiting and then immediately left onto Dutcher Creek Road and follow it for 4.1 miles to Dry Creek Road. Turn right on Dry Creek Road and follow it for 1.1 miles. At the end of Dry Creek Road just below the Warm Springs Dam, the road bends sharply left and becomes Stewart Point–Skaggs Springs Road. Follow this for another 1.9 miles and turn left to continue on Stewart Point–Skaggs Springs Road (straight ahead at this point becomes Rockpile Road). Follow for another 0.5 miles and the South Lake Trailhead parking lot is on your right.

PARKING

On race morning pay special attention to my parking crew. They will have safety vests + big orange flags to direct you into a parking spot.

DROP BAGS

Please bring your drop bags race morning and drop them off at check-in. You may also bring a finish line drop bag. Volunteers will help ensure your bag is put in the correct pile on the tarps. **They must be labeled with your bib #** prior to arriving to the start line. If you forget, we will have Sharpies and a bib # list. Please plan to have them in their designated spot by/before 4:30am!

COURSE INFO – 100k

[DOWNLOAD GPX FILE HERE](#)

Please download the GPX file to your watch or device prior to the race.

AID STATIONS DISTANCES ARE APPROXIMATE	MILE	NEXT AID	CUT-OFF	CREW ACCESS	DROP BAG
SKAGGS SPRINGS OVERLOOK OUT	2.5	3.0			
BIKE BRAKE OUT*	5.5	6.3			
WARM SPRINGS OUT	11.8	5.2		YES	YES
WULFOW OUT	17.0	3.0		YES	YES
MADRONE CROSSCUT OUT	20.0	5.5		YES	
LONE ROCK OUT	25.5	4.2	12:30PM	YES	YES
FALCON'S NEST TURNAROUND*	29.7	2.8			
LONE ROCK BACK	32.5	2.0	3:00PM	YES	YES
LITTLE FLAT*	34.5	5.5			
MADRONE CROSSCUT BACK	40.0	3.5	5:15PM	YES	
WULFOW BACK	43.5	5.5		YES	YES
WARM SPRINGS BACK	49.0	6.3	7:15PM	YES	YES
BIKE BRAKE BACK*	55.3	2.3			
SKAGGS SPRINGS OVERLOOK BACK	57.6	3.8	10:30PM		
FINISH	61.4				

*WATER ONLY

This is a cup-less race, please plan accordingly.

WHAT'S AT EACH AID STATION

Full Aid Stations: GU Gels, GU Chomps, GU electrolyte brew, salt, ice, water, almond butter & jelly sandwiches (gluten free available), boiled potatoes, fresh fruit, and loads of different sweet and salty snacks, chips, crackers. We will also have hand sanitizer & sunscreen.

Bike Brake, Falcon's Nest (turnaround) & Little Flat: Water only (fill up!)



COURSE INFO – 55k

DOWNLOAD GPX FILE HERE

Please download the GPX file to your watch or device prior to the race.

AID STATIONS	MILE	NEXT AID	CUT-OFF	CREW ACCESS	DROP BAG
STEWART'S POINT	2.5	3			
BIKE BRAKE*	5.5	6.3			
WARM SPRINGS	11.8	5.2		YES	YES
WULFOW	17	5.2		YES	YES
WARM SPRINGS	22.2	6.3		YES	YES
BIKE BRAKE*	28.5	3			
STEWART'S POINT	31.5	2.5			
FINISH	34				

*water only

Distances are approximate. This is a cup-less race, please plan accordingly.

WHAT'S AT EACH AID STATION

Full Aid Stations: GU Gels, GU Chomps, GU electrolyte brew, salt, ice, water, almond butter & jelly sandwiches (gluten free available), boiled potatoes, fresh fruit, and loads of different sweet and salty snacks, chips, crackers. We will also have hand sanitizer & sunscreen.

Bike Brake:

Water only (fill up!)



CREW INFO

Keep in mind cell phone service is spotty at best. Please save each location prior to race day.

You may pick up crew & pacers at the following aid stations:

Warm Springs (pacers at #2 only), Wulfow (pacers at #2 only), Madrone (pacers at #2 only) & Lone Rock

WARM SPRINGS AID STATION – Mile 11 & 48

[Google map link to the aid station: CLICK HERE](#)

THIS IS A LONG DRIVE FROM THE START LINE.

Driving directions from the start line: Exit the parking lot, go right, and return to Stewart Point–Skaggs Springs Road. Turn right and follow it for 11 miles to the intersection of Old Skaggs Springs Road. Turn right on Old Skaggs Springs Road and follow it for 3 miles to the gate. (Note: this entire 14 miles is on a scenic country road that is slow and windy. Please be extremely careful driving these roads and give plenty of time to get here.

Pacers may ONLY be picked up on the 2nd pass at Mile 48.

WULFOW AID STATION – Mile 16.5 & 43.5

[Google map link to the aid station: CLICK HERE](#)

(Allow 45 minutes to get here from Warm Springs). Directions from the start: exit the parking lot, and turn left onto Dry Creek/Stewart Point– Skaggs Spring Road. Follow this and go left to stay on Stewart Point–Skaggs Spring Road. Stay left onto Rockpile Road. Turn left at Liberty Glen Campground. The aid station will be in a lot on your left.

Pacers may ONLY be picked up on the 2nd pass at Mile 43.5.

MADRONE AID STATION – Mile 20 & 40

[Google map link to the aid station: CLICK HERE](#)

This is extremely close to the Wulfow Aid Station.

Pacers may ONLY be picked up on the 2nd pass at Mile 40.

LONE ROCK AID STATION – Mile 25.5 & 32.5

Madrone to Lone Rock: Exit back out to Stewart Point–Skaggs Spring Road, and go right. Drive a short ways until you see the huge dirt parking lot on your left with the aid station set up.

[Google map link to the aid station: CLICK HERE](#)

To go back to Madrone from Lone Rock: Exit the aid station, go right, and drive up the road a little ways until you get to Liberty Glen on your left. Go left to get to the aid station.

To go back to Warm Springs for the last time exit back out to Rockpile Road, go left and drive 3 miles until you get to the intersection of Stewart– Skaggs Spring Road, and go left. Drive 11.5 miles until you reach the intersection of Old Skaggs Spring Road, and go right. Follow three miles to the gate.

Pacers may join runners at either pass through at Lone Rock.

FINISH LINE & ADDITIONAL INFO

Bring a chair and come hang out! We'll provide some yummy post-race food, snacks, water and electrolyte fluid. We are trying to reduce our single-use plastic usage, so bring your hydration pack or water bottle to fill up from our jugs of water. Stan and Jim will be your finish line hosts to make sure you're well taken care of. There will be porta-potties and a large tent for shelter. There is no running water, so if you want to clean up after the race, bring a solar shower or pop on down to the marina for a dip in the lake.

RULES + RESPONSIBILITIES

1. **NO LITTERING.** 99% of you would never think of it, but our sport is growing, so it must be said. Do not ever drop any trash anywhere, but in a garbage bag, at an aid station.
2. **WE ARE CUP-LESS.** Please bring your own reusable cup, bottles and/or hydration bladder for use on the course and at the finish line. You can find them at HRC.
3. **COVID PRECAUTIONS.** Under no circumstances are runners to touch anything at the aid station tables. Volunteers will use tongs to hand out snacks, etc. Runners must open & close their own packs/handhelds and volunteers will fill with whatever liquids you need. Please use your common sense judgement when navigating the trails with other racers & users.
4. **MUSIC ON HEADPHONES IS OK.** Keep the volume low & please be aware of other runners.
5. **CLOSED COURSE.** Runners must follow the course as marked, in the direction of the race.
6. **ANTI-DOPING.** Zero tolerance policy on the use of performance enhancing drugs.
7. **BE NICE.** Be nice to each other, be nice to the volunteers, be nice to other trail users.
8. **HAVE FUN!**

LODGING + CAMPING

HOTELS

Search for lodging in Healdsburg, near Santa Rosa Airport, Windsor, & Cloverdale.

[Check out some hotel options: CLICK HERE](#)

[Find more options at www.LakeSonoma50.com](http://www.LakeSonoma50.com)

CAMPING

LIBERTY GLEN CAMPGROUND: Located near the 20-mile mark of the race, Liberty Glen has 97 campsites. Make sure you get yours reserved at least two days in advance.

LINK: <https://www.spn.usace.army.mil/Missions/Recreation/Lake-Sonoma/>

RACE SPONSORS



COROS



WILSON
OF DRY CREEK



CAN'T GET ENOUGH?

Check out our other races!

