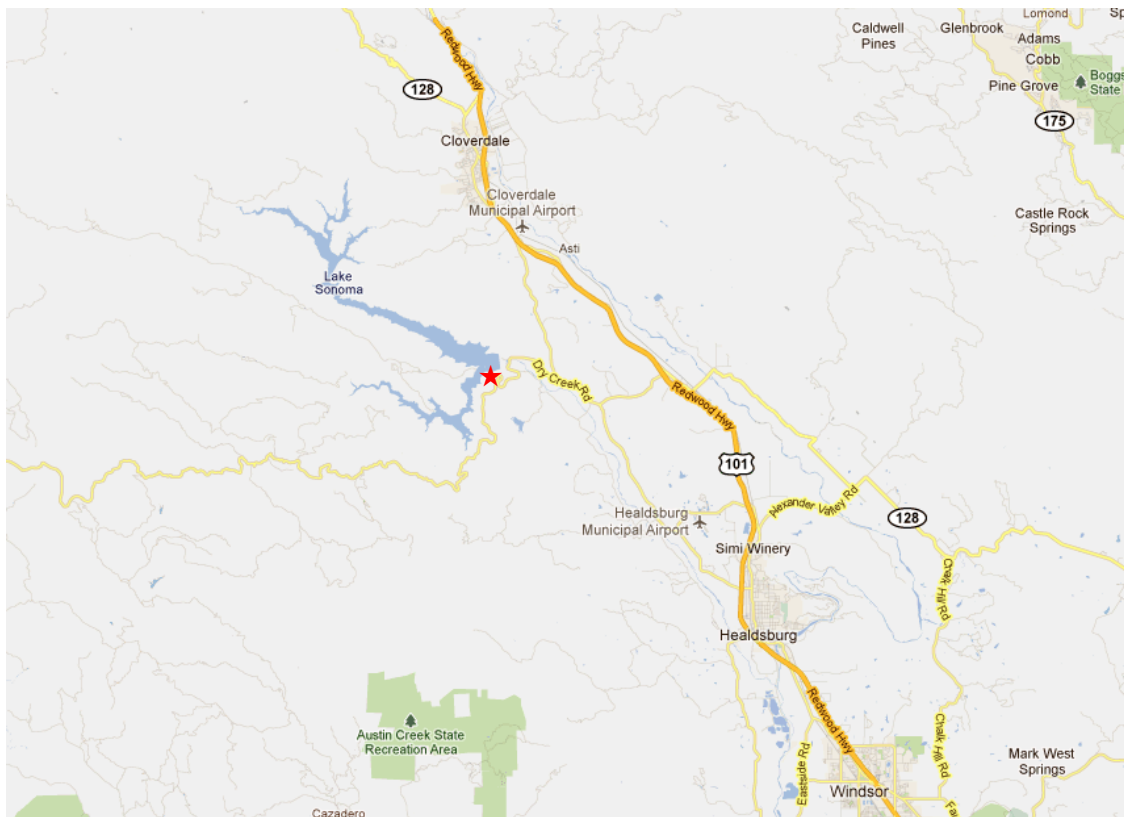


LAKE SONOMA 50

ONE RUGGED RUN

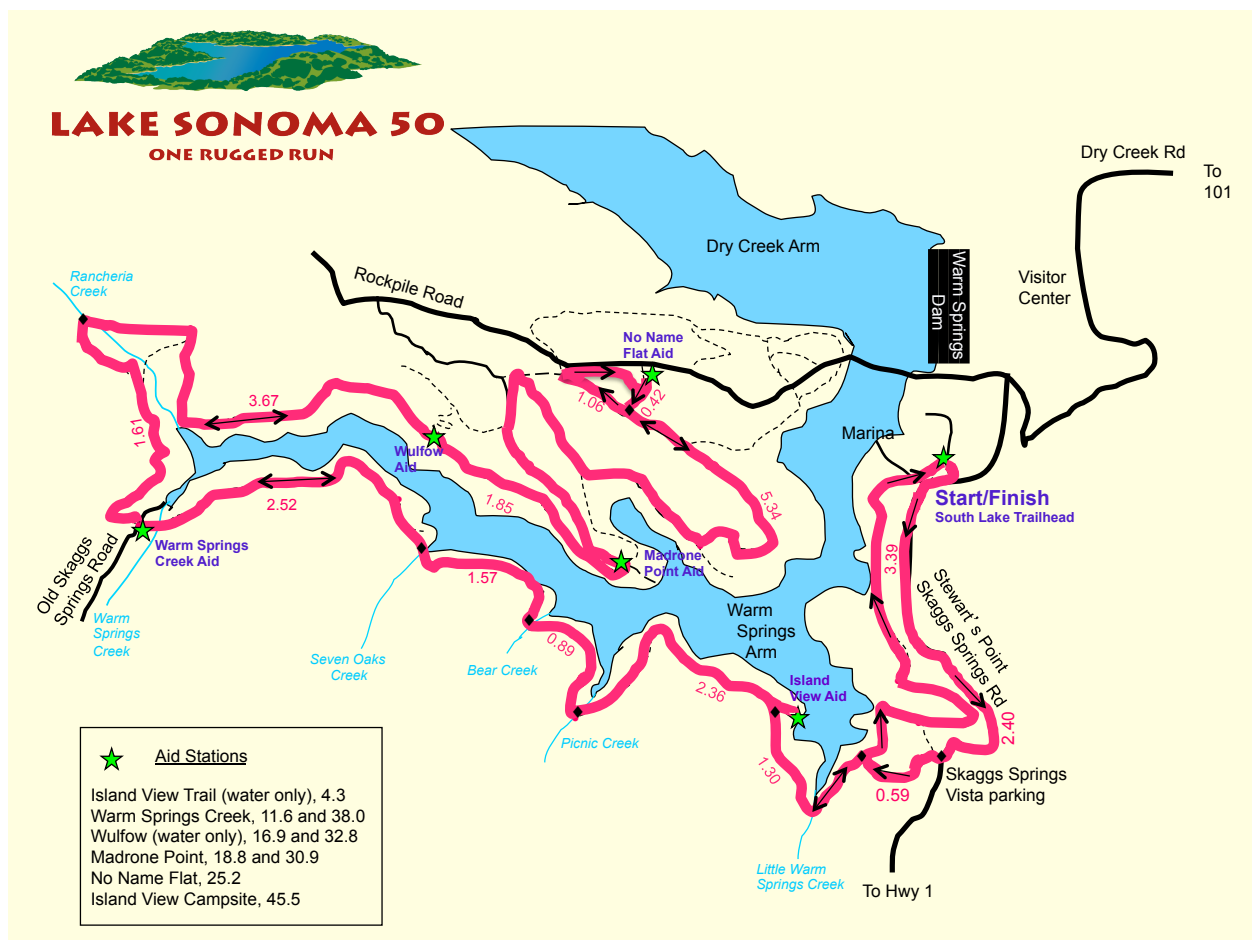
Directions to the Start

From points south: take Highway 101 north to the Dry Creek Road exit 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 0.5 miles and the South Lake Trailhead parking lot is on your right.

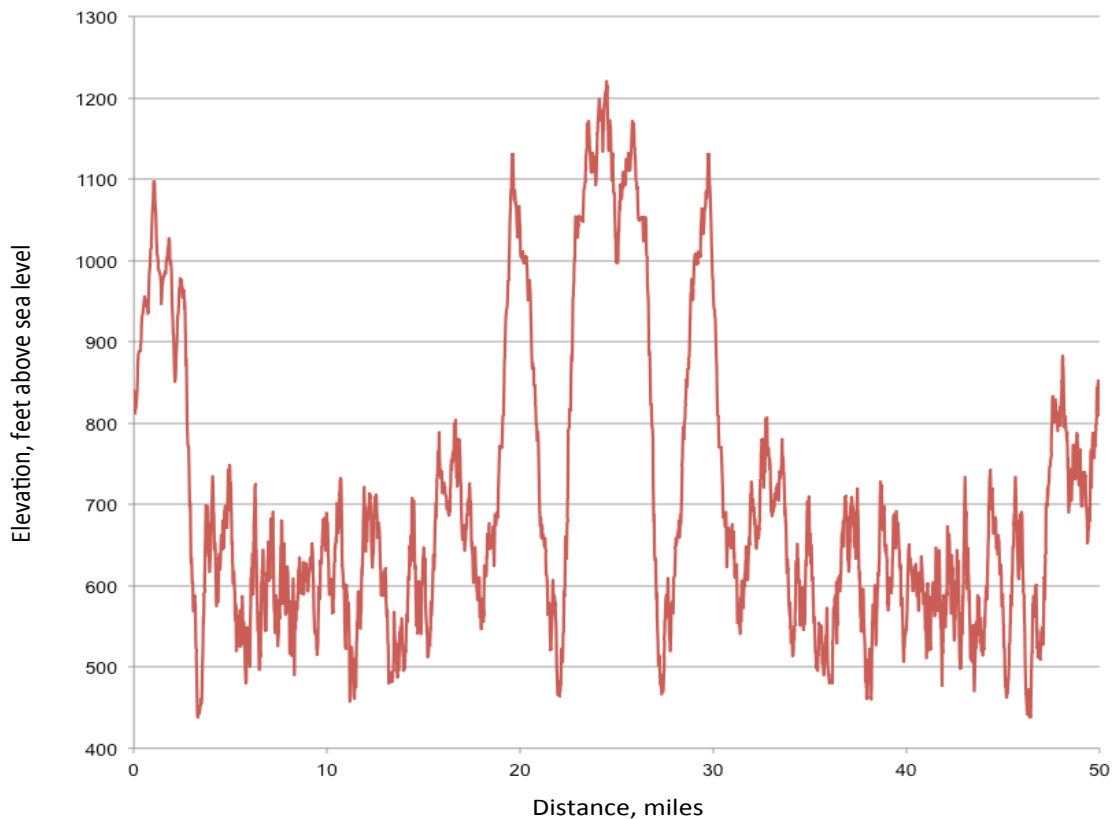


From Cloverdale and points north: take Highway 101 south to the Dutcher Creek Road exit. Turn right upon exiting and then immediately left onto Dutcher Creek Road and follow it for 4.1 miles to Dry Creek Road. Turn right on Dry Creek Road and follow it for 1.1 miles. At the end of Dry Creek Road just 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.

Course. The course is 86% single-track trail and 9% dirt fire roads, with the first 2.4 miles on pavement. The trail is consistently rolling with three significant climbs. There is about 10,500 feet of elevation gain and an equal amount of loss over the 50 miles. Trail quality is generally good; there are very few rocks and almost no roots. However, much of the trail is seldom used and so you can expect a lot of leaves and sticks on the trail.



Lake Sonoma 50 Elevation Profile



The race will start at 6:30 a.m. sharp. Civil twilight starts at 6:08 a.m. so you will not need a flashlight. The course will be open for 14 hours. Civil twilight ends at 8:16 p.m. Intermediate cut-offs will be 1:15 p.m. at No Name Flat aid station (mile 25.2), 4:45 p.m. at Warm Springs Creek aid station (mile 38.2) and 7:30 p.m. at Island View (mile 45.5). Runners leaving Warm Springs Creek after 4:00 p.m. should carry a flashlight.

Weather: the average high in mid-April is 73°F, average low is 46°F; the afternoon could possibly be as hot as mid-90s and the start as cold as mid-30s. Rain is possible but somewhat unlikely. If it does rain, these trails mostly drain well and footing is generally pretty solid, but there will be some muddy spots.

Hazards. There are twelve creek crossings and it is likely that most – if not all – will be wet crossings. This is fairly remote terrain, and is home to mountain lions, feral pigs, deer, rattlesnakes, ticks, wild turkeys, jackrabbits

and peregrine falcons. Poison oak is only sparsely present but is particularly virulent in the spring. There are no road crossings.

Aid Stations

Aid Station	Mile	Next Aid	Cut-off	Crew Access	Drop Bag
Island View (water only)	4.3	7.2		No	No
Warm Springs Creek	11.6	5.3		Yes	Yes
Wulfow (water only)	16.9	1.9		No	No
Madrone Point	18.8	6.4		Yes	No
No Name Flat	25.2	5.7	1:15 p.m.	Yes	Yes
Madrone Point	30.9	1.9		Yes	No
Wulfow (water only)	32.8	5.3		No	No
Warm Springs Creek	38.0	7.4	4:45 p.m.	Yes	Yes
Island View Camp (full)	45.5	4.8	7:30 p.m.	No	No
Finish	50.29		8:30 p.m.	Yes	Yes

Aid stations will be stocked with the normal ultra fare, as well as GU Brew electrolyte drink. Note: the first aid station at Island View trailhead will be water only. You will not have to go down to the campsite on the way out, but you will on the way back. Wulfow Spring is now a water-only aid station. Please monitor your fluid requirements carefully and note that there are fairly long stretches between aid. If it's warm you will likely need more than one bottle in the afternoon. Every runner should carry at least one water bottle. All water must be transported to the aid stations (in one case by boat) so please limit your water consumption to drinking and use the many creeks for dousing.

Drop Bags will be transported to the No Name Flat aid station at mile 25.2 and to Warm Springs Creek, which you will pass at mile 11.6 and 38.0. Please try to limit the size of your drop bag to no larger than a small shoebox. We are happy to allow for drop bags, but not particularly interested in moving all your worldly possessions.

Pacers are not allowed due to the difficulty of providing adequate aid. C'mon, you can run 50 miles without a pacer!

Crews can access every aid station except for Island View and Wulfow. Please note that in most instances crews will have to walk about a half mile to the aid station from the parking spot.

Crew driving directions

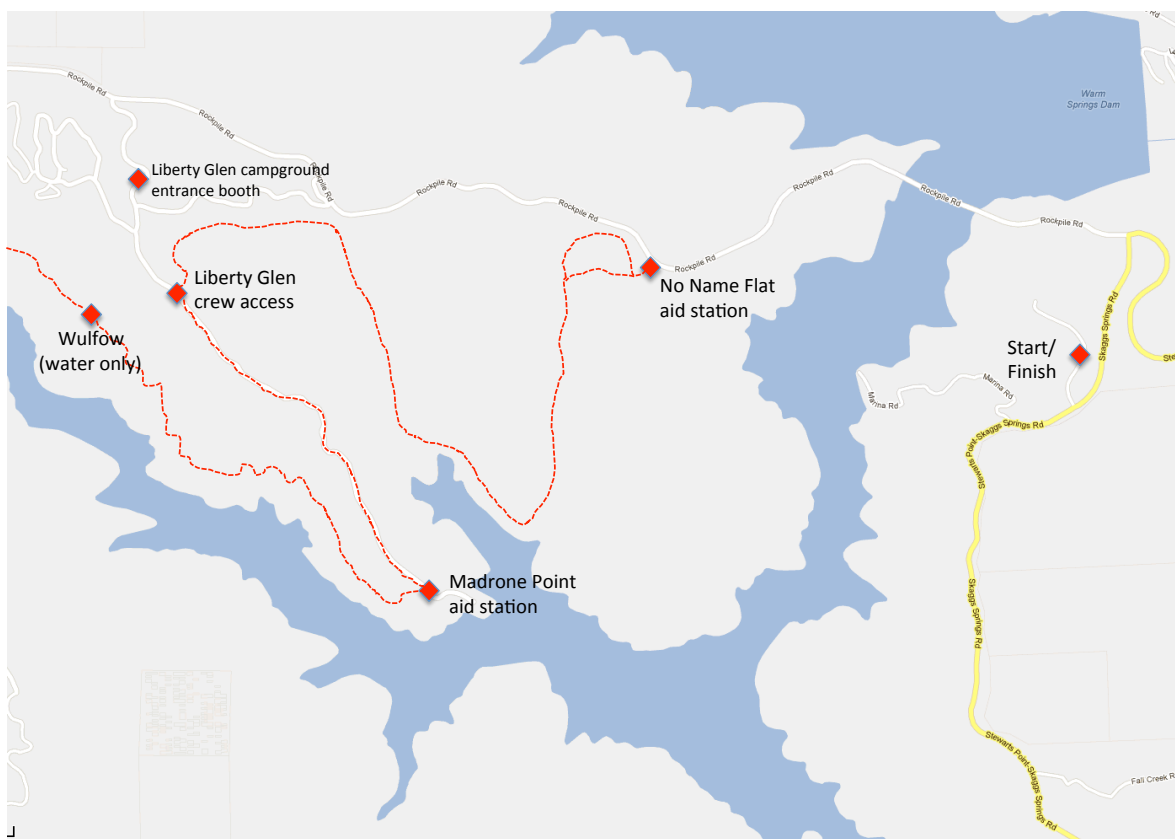
From the start to Warm Springs Creek. Return to Stewart Point-Skaggs Springs Road. Turn right and follow it for 11 miles to the intersection of Old Skaggs Springs Road. Turn right on Old Skaggs Springs Road and follow it for 3 miles to the gate. Park here and walk a half-mile further down the road to the aid station.



From Warm Springs Creek to Liberty Glen (Madrone Point). Return up Old Skaggs Springs Road for 3 miles to the stop sign. Turn left onto Stewart Point-Skaggs Springs Road and follow it for 11.5 miles to the stop sign at Rockpile Road. Turn left and follow Rockpile Road for 3.2 miles to the Liberty Glen Campground Road. Turn left and follow this for 0.5 miles.

After the entrance station, turn left and follow the road to the Group Campground E. Park here and walk about 200 yards up the service road to the top of the hill where the course comes in. The Madrone Point aid station is another mile down the service road but you can crew your runner from this spot.

Liberty Glen to No Name Flat. Return to your car, and drive back up the hill to Rockpile Road. Turn right and follow Rockpile Road for a little over a mile back to the well-signed No Name Flat trailhead parking area on your right.



Finish Line facilities are very limited. There will be porta-potties and we will provide a large tent for shelter. There is no running water, if you want to clean up after the race, we suggest you bring a solar shower and leave it on top of your car.

Finish line food will feature tamales by renowned chef Mateo Granados of Mateo's Cocina Latina. Food will be available to runners and crews.

Lodging

The host hotel is the Best Western Dry Creek Inn, 198 Dry Creek Road in Healdsburg, about 15 minutes drive from the start. Call 707.433.0300 and mention the Lake Sonoma 50 to get the special rate.

RV and tent camping is available at Lake Sonoma's Liberty Glen Campground on a first-come, first-served basis. Call 707.433.9483 for additional information.

Charity. All net proceeds from the run will benefit the Children of Vineyard Workers Scholarship Fund.

Pre-race Pasta Party. There will be a no-host pasta party on Friday, April 12 at DiVine Pizza from 5:00-7:30 p.m. Details will be sent to all participants in the final race instructions.

Wine Tasting. A post-run wine tasting party will be held on Sunday, April 14 at Wilson Winery. Details will be sent to all participants in the final race instructions.