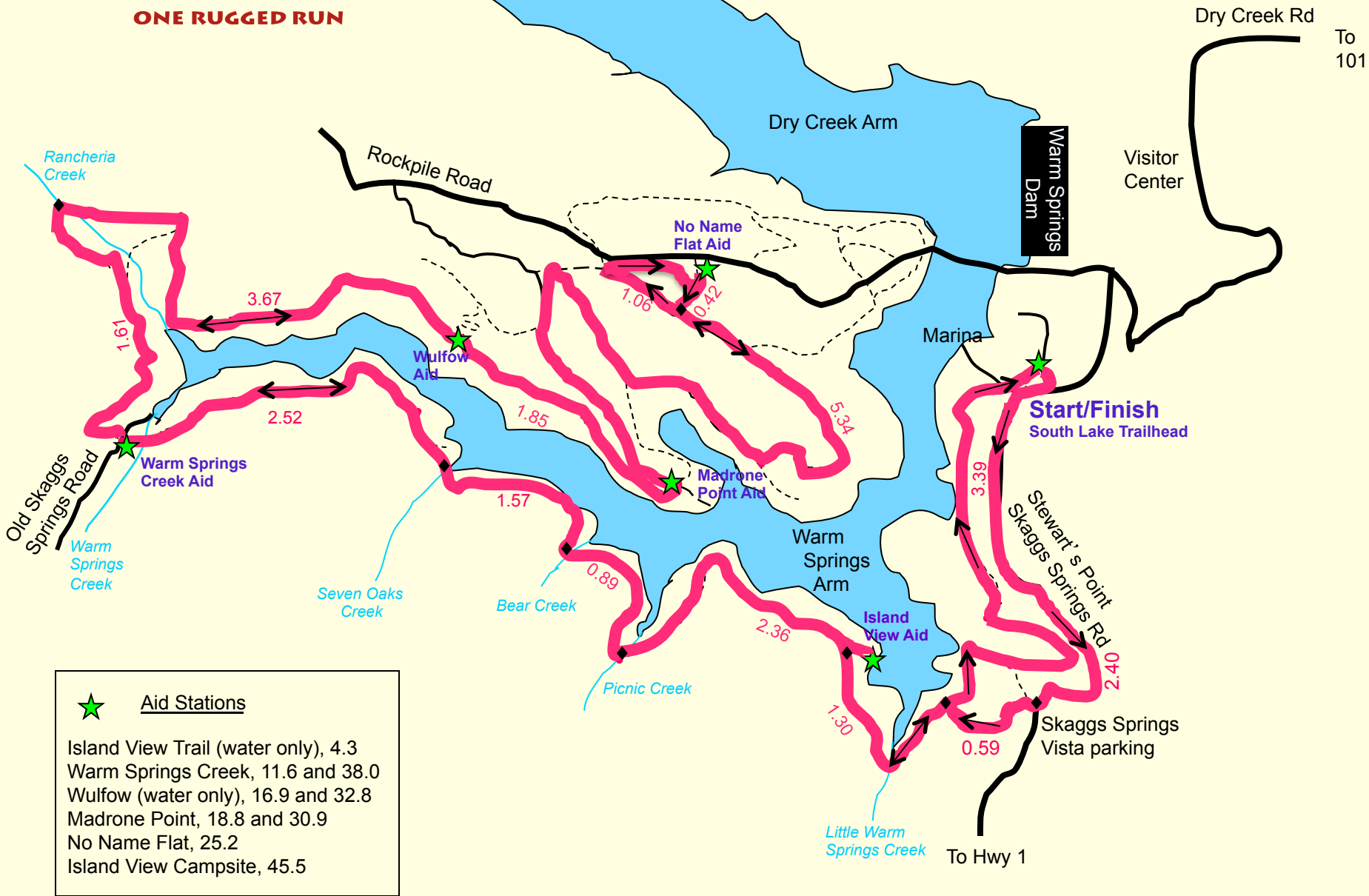




LAKE SONOMA 50

ONE RUGGED RUN



★ Aid Stations

- Island View Trail (water only), 4.3
- Warm Springs Creek, 11.6 and 38.0
- Wulfow (water only), 16.9 and 32.8
- Madrone Point, 18.8 and 30.9
- No Name Flat, 25.2
- Island View Campsite, 45.5