

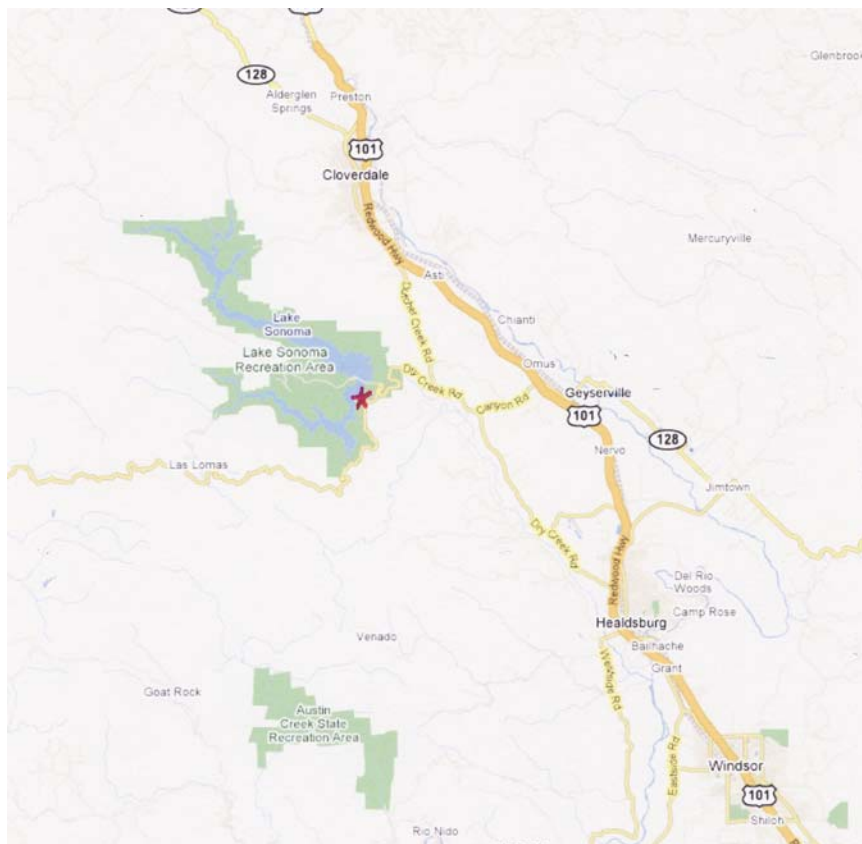
# Lake Sonoma 50

## Essential Information

### 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 82% single-track trail and 18% dirt fire roads, with a total of about 300 yards of pavement. The trail is consistently rolling with three significant climbs. There is about 5000 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.

The race will **start at 6:15 a.m. sharp.** Civil twilight starts at 6:11 a.m. so you should not need a flashlight. **The course will be open for 14 hours.** Civil twilight ends at 8:14 p.m. **Intermediate cut-offs** will be 1:00 p.m. at Rockpile Road aid station (mile 25.0) and 5:00 p.m. at Rancheria Creek aid station (mile 37.9). Runners leaving Rancheria Creek after 4:00 p.m. should carry a flashlight. Please note that there is no place to drop after Rancheria Creek, as the last aid station (Island View, mile 45.3) is by boat access only.

**Weather:** the average high in April is 73F, average low is 46F; rain is possible but not likely. The record April high is 99F and record low is 28F.

**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 April.

Aid Stations

Aid Station	Mile	Next Aid	Cut-off	Crew Access	Drop Bag
Island View	4.7	7.4		No	No
Rancheria Creek	12.1	5.3		Yes	Yes
Wulfow	17.4	2.9		Yes	No
Liberty Glen	20.2	4.8		Yes	No
Rockpile Road	25.0	4.8	1:00 p.m.	Yes	No
Liberty Glen	29.8	2.9		Yes	No
Wulfow	32.7	5.3		Yes	No
Rancheria Creek	37.9	7.4	5:00 p.m.	Yes	Yes
Island View	45.3	4.7		No	No

Aid stations will be stocked with the normal ultra fare, as well as GU2O electrolyte drink. Please monitor your fluid requirements carefully and note that there is one fairly long stretch (7.4 miles) between aid. We require every runner to 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 Rancheria Creek aid station, which you will pass at mile 12.1 and 37.9. With that, you can change into lighter clothing for the middle of the day and slower runners can have warmer clothing and a flashlight for the last 12 miles. 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. Please note that in every instance crews will have to walk about a half mile to the aid station from the parking spot.

Crew driving directions (see map on next page for general course layout)

From the start to Rancheria 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 Rancheria Creek to Wulfow. 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 right and park at the first cut out area on your left. From here it is a half-mile down a steep trail to the aid station.

Wulfow to Liberty Glen. Walk back up the trail to the intersection just below where you have parked. Take the trail to the right for 0.4 miles to the service road. Turn right up the service road and walk another 200 yards to the aid station.

Liberty Glen to Rockpile Road. Return to your car, and drive back up the hill to Rockpile Road. Turn right and follow Rockpile Road for about a mile back to the well-signed Lone Rock trailhead parking area. Park here and walk down the trail along the road and across it to the aid station, which is located on the south side of the road about 150 yards east of the Lone Rock parking lot.



### Lodging suggestions

#### Basic

Super 8, Cloverdale, 707.894.9288  
Cloverdale Oaks Inn, Cloverdale, 707.894.2484  
Vineyard Valley Inn, Cloverdale, 707.894.0707

#### Moderate

Best Western Cloverdale Inn, Cloverdale, 707.894.7500  
Best Western Dry Creek Inn, Healdsburg, 707.433.0300  
Geyserville Inn, Geyserville, 707.857.4343  
Holiday Inn Express, Windsor, 707.837.0808

#### Elegant

Hotel Healdsburg, 707.431.2800  
Les Mars Hotel, Healdsburg, 877.431.1700

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.