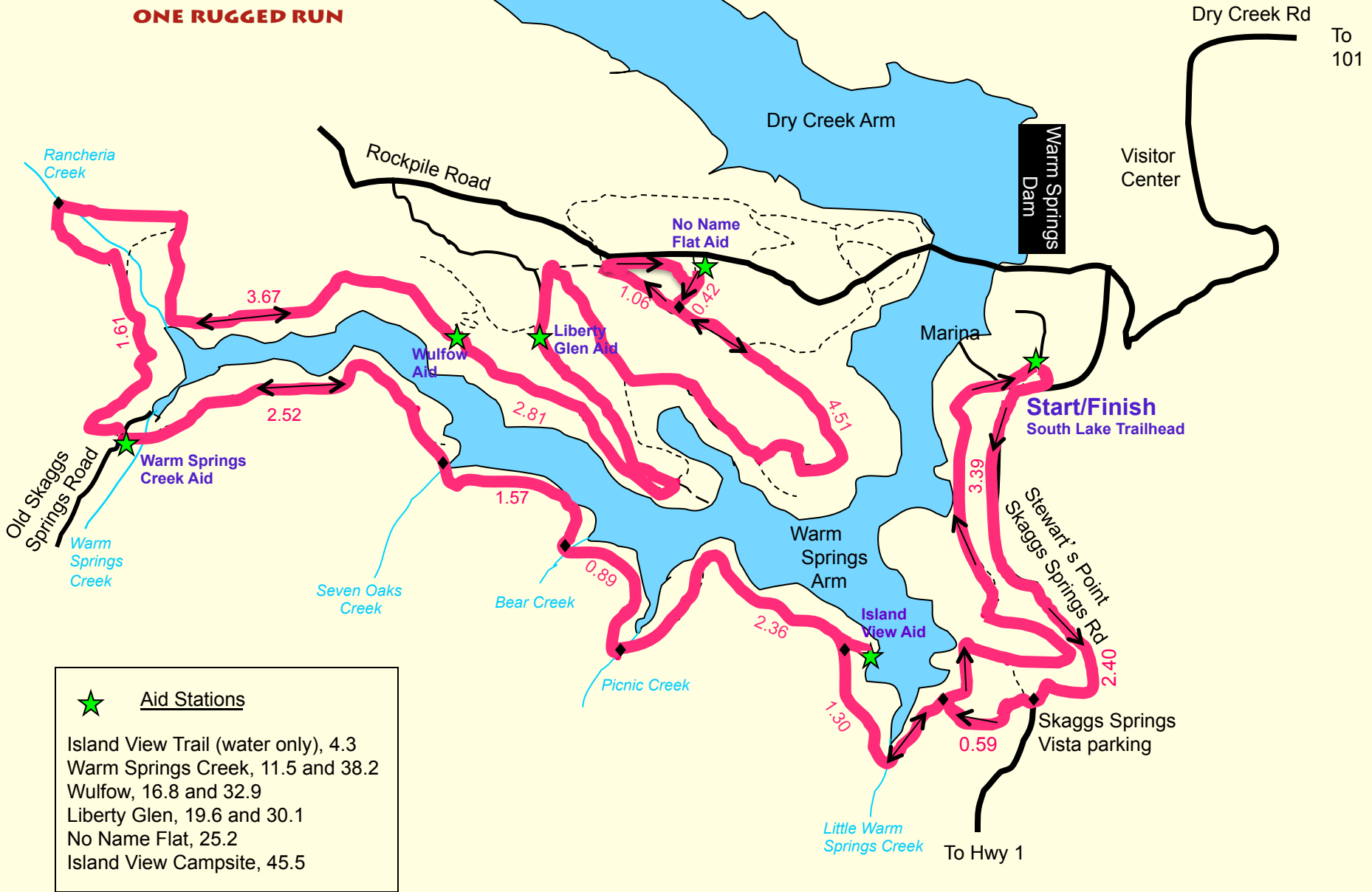


LAKE SONOMA 50

ONE RUGGED RUN



★ Aid Stations

- Island View Trail (water only), 4.3
- Warm Springs Creek, 11.5 and 38.2
- Wulfow, 16.8 and 32.9
- Liberty Glen, 19.6 and 30.1
- No Name Flat, 25.2
- Island View Campsite, 45.5