

Lake Sonoma 100k Athlete Guide 2021



WELCOME ULTRARUNNERS!

Hello! I'm Keira Henninger, and welcome to the inaugural running of the 2021 Lake Sonoma 100k! I am excited and honored to be directing this race for you all. This race was the brainchild of Skip Brand. His energy, enthusiasm, and dedication to the sport is relentless. I was honored when he reached out to me to ask if I would direct the 100k, alongside his 50 mile race. My answer was an immediate yes! So here we are, and it most definitely is going to be one epic weekend. It has been a long 18 months for us all, and I am so happy to be back at the races here in California being able to do what we love.

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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 having one of the most competitive fields in the United States according to UltraRunning magazine.

The 2021 edition of the Lake Sonoma 50 will be a “Competitor” race for the Ultra-Trail World Tour. We are proud to join this international circuit of ultra-running and welcome runners from countries around the world to the Lake Sonoma 50. The 50 Mile run will offer 3 UTMB points, while the newly added Lake Sonoma 100K will serve as a qualifying race for the 2022 Western States Endurance Run.

With the addition of the 100K distance to the event, we are excited to welcome Keira Henninger as the race director for the longer distance. Keira has worked tirelessly to bring the new event to life, and we couldn't be happier to have her on board!



But that's not all! We're also thrilled to announce that we'll be adding a women-only half marathon to the race weekend festivities for 2022, there's so much to look forward to!

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, one that includes a trail movie festival, gourmet athlete dinner, multiple industry panels, and a lively finish line celebration featuring award-winning wine country chefs, multiple breweries, and celebrated wine from Wilson Artisan Wineries.

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

TIMELINE OF EVENTS

THURSDAY SEPT 2

6:30 p.m. – HILLARY ALLEN book signing and Trail Sisters panel

7 p.m. – TRAILS IN MOTION MOVIE NIGHT:
Coyote Sonoma
44 Mill Street, Healdsburg, CA 95448

FRIDAY SEPT 3

1 p.m. – 6 p.m. – OPTIONAL PACKET PICKUP at Healdsburg Running Company. (You may also pick up your race swag at the start line on race morning.)
Healdsburg Running Company
333 Center St, Healdsburg, CA 95448

5 p.m. – 7:30 p.m. – ATHLETE DINNER Hotel Healdsburg– Athlete dinner w/ Spoonbar. Tropical John Medinger and RD Keira Henninger talk about the Lake Sonoma race series
Hotel Healdsburg
25 Matheson St, Healdsburg, Ca 95448

SATURDAY SEPT 4

6:30 a.m. – Lake Sonoma 50 mile

SUNDAY SEPT 5

5 a.m. – Lake Sonoma 100k

MONDAY SEPT 6

12 p.m. – 2 p.m. – AWARDS + WINE TASTING
Coyote Sonoma
44 Mill St., Healdsburg, CA 95448

TWO EVENTS TO RSVP FOR:

Please let us know if you will be able to make these events!

- Friday Night Lake Sonoma Athlete Dinner at Healdsburg Hotel Sept. 3
- Monday Awards + Wine Tasting Event Sept. 6

Email Amanda to RSVP:

- pennington.amanda@gmail.com

LODGING + CAMPING

HOTELS

BUDGET

- [Super 8, Cloverdale](#)
- [Cloverdale Wine Country Inn and Suites](#)
- [The Sandman Hotel, Santa Rosa](#)
- [L7M Hotel, Santa Rosa](#)
- [Fairview Inn & Suites, Healdsburg](#)

MODERATE

- [Hotel Trio, Healdsburg](#)
- [Wine Country Travelodge, Healdsburg](#)
- [Best Western Dry Creek Inn, Healdsburg](#)
- [Hilton Garden Inn, Santa Rosa Airport](#)
- [Holiday In Express, Windsor](#)
- [Hampton Inn, Windsor](#)

[Check out more hotel options on our website:](#)
[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 DAY/START INFO

START TIME: 5 AM

The first 2.4 miles are up a fairly steep paved road. By the time you hit the trail you should have enough light to see. It's up to you if you prefer to start with a headlamp. They can be dropped drop at the Madrone aid station (mile 14). They will be returned to the finish or you can pick it up on your way back. Volunteers will have duct tape and Sharpies to label with your bib #.

START LINE LOCATION

Warm Springs Recreation Area – Make sure to fill up on gas before you head to the start

3333 Skaggs Spring Rd, Geyserville, CA 95441

Directions to the start line:

- **From points south:** take HWY 101 N to Healdsburg and exit Dry Creek Road (65 miles north of the Golden Gate Bridge). Turn left and follow Dry Creek Road for 10 miles until you see the dam on the right. Turn immediately left into the Warm Springs Recreation Area. There will be flashing lights along the road here.
- **From Cloverdale and points north:** Take HWY 101 S and exit Dutcher Creek Road. Turn right and then make an immediate left onto Dutcher Creek Road. Follow it for 4.1 miles to Dry Creek Road, and turn right. Follow the road for about a mile, until you see the dam on your right. Make an immediate left into the Warm Springs Recreation Area. There will be flashing lights along the road here.

[GOOGLE MAP LINK TO START: CLICK HERE](#)

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. There are 250+ spots and only about 160 runners, so there's parking for everyone.

This race finishes 2.4 miles from the start line at the South Lake Trailhead. We will have multiple air conditioned shuttles taking you back to your cars when you finish, and they will be running all day until the end of the race.

DROP BAGS

***This info is also on the course map with cut-off times.** You may bring your drop bags race morning, and dropped off next to check-in. Volunteers will help ensure your bag is put in the correct pile on the tarps. It will be dark, so please label your bag with your bib # prior to arriving to the start line. If you forget, we will have Sharpies and a bib # list. You only need your bib # on your bag.

- **Warm Springs Drop Bag:** You hit this aid station at mile 14 and 50.8
- **Lone Rock Drop Bag:** You hit this aid station at mile 28.1 and 35.2

Finish line drop bag: You want a bag for when you finish since your car will be parked 2.4 miles down the road. Feel free to hang around if you're not in a hurry to take the shuttle back and pack a change of clothes, a small fold-up chair, or anything else you'll think you'll want at the finish line.

WAVE STARTS

Wave starts of 50 people will go off every 20 seconds starting at 5 a.m. sharp. This race is accurately chipped time so don't worry if you're in the last wave. Please line up when I call your wave start on my megaphone. The start line is next to check in. You'll see me standing next to the A-frame sign w/ flashing lights that says Start Line.

Wave 1: Bib #s 1-50 | Wave 2: Bib #s 51-100 | Wave 3: Bib #s 101-160.

You will be emailed your bib #s this week and they will be up on Utrasignup and the website by Friday Aug 27th.

COURSE INFO AID STATIONS

Aid stations Mile/ Next Aid

- Island View* 6.7 / 7.3
- Warm Springs 14.0 / 5.4
- Wulfow* 19.4 / 2.7
- Madrone Point 22.1 / 6.0
- Lone Rock 28.1 / 7.1
- Lone Rock return 35.2 / 1.8
- Little Flat* 37.0 / 5.7
- Madrone Point 42.7 / 2.7
- Wulfow * 45.4 / 5.4
- Warm Springs 50.8 / 7.37
- Island View * 58.1 / 4.3

FINISH 62.4 Cut off: 17 hours

This is a cup-less race, but we will provide you with a small reusable cup in your swag bag

WHAT EACH AID STATION WILL HAVE

- Island View: Water and ice only
- Warm Springs: GU Gels, GU Chomps, GU electrolyte brew, ice, water, almond butter & jelly sandwiches (gluten free available), tortilla & turkey wraps, boiled potatoes, watermelon, oranges, and loads of different sweet and salty snacks/chips/crackers.
- Wulfow: Water, ice, electrolyte, and GU gels
- Madrone: GU Gels, GU Chomps, GU electrolyte brew, ice, water, almond butter & jelly sandwiches (gluten free available), tortilla & turkey wraps, boiled potatoes, watermelon, oranges, and loads of different sweet and salty snacks/chips/crackers
- Lone Rock: GU Gels, GU Chomps, GU electrolyte brew, ice, water, almond butter & jelly sandwiches (gluten free available), tortilla & turkey wraps, boiled potatoes, watermelon, oranges, and loads of different sweet and salty snacks/chips/crackers
- Little Flat: Ice and water only – **Fill up here!**

All full aid stations that are NOT water only will also have chafing cream, sanitary hand wipes, hand sanitizers, sunscreen, baby wipes, and tums/antacids



COURSE INFO DRIVING DIRECTIONS FOR CREWS

You may crew at the following aid stations: Warm Springs, Madrone, and No Name Flat

THE START LINE

Make sure your crews know the start line is different from where the finish line is. They are 2.4 miles from each other. Your car will be at the start line. Directions to the start line are below.

- **From points south:** take HWY 101 N to Dry Creek Road and exit in Healdsburg (65 miles north of the Golden Gate Bridge). Turn left, and follow Dry Creek Road for 10 miles until you see the dam on your right. Follow this around as it curves to the left and turns into Stewart-Skaggs Spring Road. Follow it up the road for 1.9 miles, and turn left at the intersection of Rockpile Road/Stewart-Skaggs Spring Road. Follow this for 0.5 mile, and the South Lake Trailhead parking lot will be on your right.
 - **From Cloverdale and points north:** take HWY 101 S to Dutcher Creek Road exit. Turn right and make an immediate left onto Dutcher Creek Road. Follow it for 4.1 miles to Dry Creek Road, and turn right. Follow the road for about a mile until you see the dam on your right. Follow this around as it curves to the left, and turns into Stewart-Skaggs Spring Road. Follow it up the road for 1.9 miles, and then turn left at the intersection of Rockpile Road/Stewart-Skaggs Spring Road. Follow this for a short distance of 0.5 miles, and the South Lake Trailhead parking lot will be on your right.
 - [Google map link to the start line: CLICK HERE](#)
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WARM SPRINGS AID STATION

From the start exit the parking lot, and turn left onto Dry Creek/Stewart Point-Skaggs Spring Road. Follow this for 1.9 miles, and go left to stay on Stewart Point-Skaggs Spring Road. Follow this up the road past the finish line, and stay on this road for 11 slow, curvy miles. Turn right when you get to the intersection of Old Skaggs Spring Road, and follow it 3 miles to the gate. The aid station is at the gate.

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

LONE ROCK AID STATION

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.

FINISH LINE

South Lake Trailhead
100 Marine Rd, Geyserville, CA 95441

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

FINISH LINE & POST-RACE INFO

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, so if you want to clean up after the race, we suggest you bring a solar shower and leave it on top of your car, or better yet, pop on down to the marina for a dip in the lake. (That's what we do.)

- At the finish line, Chef Jack Herron will be whipping up handcrafted Sonoma-style pasta, tacos & a baked potato bar (there will be vegetarian options).
- Thirsty? We'll have a range of local craft brews from Barrel Brothers Brewing Company, Anderson Valley Brewing Company and Bear Republic Brewing Company, not to mention the HRC crew's favorite post-race hydration, Pabst Blue Ribbon, straight from the can.
- Ready to relax after the dust settles? On Monday, we'll host a private wine tasting with award-winning winemaker Diane Wilson at Coyote Sonoma. No running required, [click here to RSVP](#).
- Stan and Jim will be your finish line hosts to make sure you're well taken care of.
- Suzanna and Hayley will be waiting to hand you our finishers vest at the swag table.

FINISH LINE

South Lake Trailhead
100 Marine Rd, Geyserville, CA 95441

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

RULES + RESPONSIBILITIES

1. **NO LITTERING.** Zero, zip, nada. Carry it in, carry it out. Leave no trace. Period.
2. **BE NICE.** Be nice to each other, be nice to the volunteers, be nice to other trail users.
3. **HAVE FUN!**

Violation of rules 1 and 2 will get you disqualified. If you are observed violating rule 3 (i.e., not having fun) we may withhold your post-race beer.

A FEW RULES TO THINK ABOUT

- Littering is strictly prohibited. This includes organic waste, i.e. banana peels and toilet paper. Littering is grounds for disqualification.
 - Pacers are not allowed due to the difficulty of providing adequate aid.
 - This is a closed course. Runners must follow the course as marked in the direction of the race. Deviating from the course results in disqualification.
 - Trekking poles are not allowed. (except under special circumstances).
 - Music with headphones is allowed. (Please no live speakers;).
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ANTI-DOPING POLICY

The Lake Sonoma Race Series has a zero tolerance policy regarding the use of performance enhancing drugs (PEDs). Any athlete who has been determined to have violated anti-doping rules or policies, whether enforced by the IAAF, the World Anti-Doping Agency (WADA), U.S. Anti-Doping Agency (USADA), or any other national sports federation is ineligible for entry into the Lake Sonoma Race Series.

The Lake Sonoma Race Series reserves the right to conduct pre- and post-competition testing for any and all performance-enhancing drugs (PEDs) listed on the current WADA Prohibited List. Any athlete who refuses to submit to anti doping controls, if selected for testing, shall be disqualified and subject to a lifetime ban from the Lake Sonoma Race Series.

MEDICAL

Our Medical Team is run by Bells Ambulance. Medical team will be stationed at the start/finish line. Dr. Pousman will be at No Name Flat aid station. Eric Peterson with Mill Creek Safety will be at Madrone Point aid station.

In the event of more serious medical events, medical teams will have communication via Garmin Inreach, as there is very limited cellular service on the course.

EVENT SAFETY: COVID PRECAUTIONS

If you read nothing else, read this! Below are the procedures put in place in order to adhere to our permits, the requests of Sonoma County, and to ensure your safety. All participants must agree to and abide by these guidelines.

COVID PRECAUTIONS

The State of California and Sonoma County require facemasks for indoor activities, but outdoor activities are considered safe. While both routes consist of large sections of single track trails, at distances greater than fifty miles, we expect that you'll find plenty of room for social distancing.

- The Lake Sonoma Race Series does not have a vaccine requirement for the 2021 event, but all volunteers will wear gloves, masks when necessary, and vaccination status will be checked for our team.
- Participants agree NOT to attend the event if they display any COVID-19 symptoms within 14 days of the event. Symptoms include fever, cough, difficulty breathing, headache, body aches, loss of taste, sore throat, runny nose, nausea/vomiting, and diarrhea.
- Participants agree NOT to attend the event if they have been exposed to someone testing positive for COVID-19, or displaying symptoms, within 14 days of the event.
- All participant and volunteer interactions will be modified to be as contactless as is feasible. This includes aid stations, packet pickup, and finish lines.
- Runners will plan to be more self sufficient in terms of water and nutrition. Volunteers and staff will wear gloves when handling any food or beverages. Surfaces will be disinfected at regular intervals.

WEATHER SAFETY

Despite generally cooler morning temperatures, September in Sonoma can be quite warm, with temperatures getting above 100 degrees on some days. Please be prepared for a range of temperatures on race day with warmer temperatures in the afternoon hours. Hydrate well and know your limits!

PRO TIPS: RUNNING IN THE HEAT

- We Repeat, hydration is key. Make sure you are hydrating regularly along the course.
 - Water alone is not enough, be sure to use electrolytes.
 - Water is good in and on your body. Keep yourself cool by pouring water directly on your skin, on your clothes, and on your head. This is an effective way to keep your body temperature down.
 - Ice will be available at all aid stations.
 - Sunscreen is your friend. While this course has some tree-lined sections, a large part is exposed; make sure you apply and reapply sunscreen during the day.
 - Ice, ice baby. If you utilize ice, the best place is on your head, under your hat or around your neck.
 - Shade your dome. Protect your head, face and neck as you run – wear a hat or head wrap that covers not only your head, but shades your face. Go the extra mile in protective gear and consider a buff or wrap for your neck. The neck wrap can be used to carry ice or you can saturate it with water to keep you cool.
 - Creek crossings: 13 in normal years. In Sept 2021 only two creeks have water.
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FIRE SAFETY

Currently, there are no reported fires in the area surrounding Lake Sonoma, but we will be monitoring all available sources of information to ensure a safe race environment. Please be aware that smoke from other regions can drift onto the course depending on wind direction. While this might not pose an immediate hazard to runners on the course, please use discretion if the presence of smoke on the course is affecting your ability to breathe.

RACE SPONSORS

