



**With less than a week to go**, here are your final pre-race instructions from Skip & Sam. Each runner is encouraged to wear something from their home running store during this Classic California year.

**You can pick up your bib numbers at two places:**

1. Healdsburg Running Company, 333 Center Street in Healdsburg, CA  
(Noon till 5 pm this Thursday and 10 am till 5 pm this Friday)
2. At the starting area on race morning beginning around 4:30 am

You should have received a [newsletter](#) to the pre-race dinner with Jack Herron. If you haven't RSVP'd yet, please do so at: [ultrasignup.com/register.aspx?did=108764](https://ultrasignup.com/register.aspx?did=108764)

The 100K starts at 5 am and the 55K starts at 6 am regardless of whether you are late or in the porta-potty. Civil twilight is 6:59 am so you will likely need a headlamp to run with.

Patagonia Vests will be distributed at the finish line for the 100K finishers – be sure to pick yours up.

The race has an Instagram page [instagram.com/lakesonoma100K](https://www.instagram.com/lakesonoma100K) – Please feel free communicate with each other regarding ride sharing and other questions runners may have. The tags are: #LS100K #LS55K #HRunCo The locals are known as #pondpirates or #trailsurfers

Your friends and family can follow your progress via [ultralive.net](https://ultralive.net).

Race day weather is forecast to be 52° in the morning and 72° in the afternoon.

The trails are in great shape and the Lake is full. Both distances share the first 25 miles to Lone Rock where the 100K runners go out to Falcon's Nest turnaround and the 55K continue to Little Flat and onto the finish. There are creek crossings (each direction) and you will likely get your feet wet in all of them, don't drink but you can dunk a hat to cool off.

Many of Healdsburg Running Company volunteers have been working, serving and helping this race for many years, so for trail karma and mojo please thank the volunteers. It will help you run faster.

We are "**cupless**" again this year. There will be no paper cups at the aid stations. If you want to drink cola or other fluids while at the aid stations, please bring a cup or use your water bottle.

**No littering!** Leave no trace. It is NOT acceptable to drop ANYTHING on the trail. At Lake Sonoma littering is a capital offense and anyone littering will be disqualified and not allowed to return. This is a pristine area, please help us keep it that way. There will be four categories for used food and food packaging at each aid station: recycling, trash/garbage, teracycle and compost. If you are unfamiliar with what goes where, the aid station crew will assist in organizing.

There will be a water-only aid station at South Lake Trailhead, Wulfow and Falcon's Nest turnaround. Skcratch Labs is the official hydration sponsor.



**Course markings** are done with orange for the 100K and blue for the 55K (reflective ribbons). There will also be signs at major turns and chalk arrows.

We will transport drop bags noted on the charts:

<b>100K AID STATIONS:</b>				
<i>DISTANCES ARE APPROXIMATE</i>	<b>MILE</b>	<b>NEXT AID</b>	<b>CUT OFF</b>	<b>DROP BAGS</b>
SOUTH LAKE TRAILHEAD OUT*	1.5	4.5		
ISLAND VIEW OUT	6.0	6.6		
WARM SPRINGS OUT	12.6	5.1		YES
WULFOW OUT*	17.7	2.6		
MADRONE CROSSCUT OUT	20.3	5.3		
LONE ROCK OUT	25.6	4.2		YES
FALCON'S NEST TURNAROUND*‡	29.8	3.0		
LONE ROCK BACK	32.8	4.4		YES
LITTLE FLAT	35.2	5.1		
MADRONE CROSSCUT BACK	40.3	2.3	4:45 PM	
WULFOW BACK*	42.6	5.5		
WARM SPRINGS BACK	48.1	6.9	7:45 PM	YES
ISLAND VIEW BACK	55.0	4.5		
SOUTH LAKE TRAILHEAD BACK*	59.5	1.6		
<b>FINISH</b>	<b>61.1</b>			

\*WATER ONLY  
 ‡RUNNERS PICK UP YOUR BRACELETS AT FALCONS NEST SHOWING YOU MADE THE TURNAROUND

<b>55K AID STATIONS:</b>			
<i>DISTANCES ARE APPROXIMATE</i>	<b>MILE</b>	<b>NEXT AID</b>	<b>DROP BAGS</b>
SOUTH LAKE TRAILHEAD*	1.5	4.5	
ISLAND VIEW	6.0	6.6	
WARM SPRINGS	12.6	5.1	YES
WULFOW*	17.7	2.6	
MADRONE	20.3	5.3	
LONE ROCK	25.6	2.3	YES
LONE ROCK BACK (2:45 PM SOFT CUTOFF)	27.9	2.0	YES
LITTLE FLAT	29.9	2.0	
<b>FINISH</b>	<b>31.9</b>		

\*WATER ONLY

Please note that there is no running water at the finish line, if you want to clean up you should bring a solar shower. We're serving Jack Herron's tacos and Anderson Valley beers. Healdsburg Running Company will have some PBR and maybe champagne – Wilson wine will flow.

The race is a benefit for the **Children of Vineyard Workers Scholarship Fund**, which provides college scholarships to local vineyard workers' kids. All net proceeds from the race will be donated to this worthy cause.

Finally, if you have questions, you probably can find your answer on the race website [LS100K.com](http://LS100K.com). Feel free to contact us if you don't find your answer in this info, our response time may be slow since we're on course!

We look forward to seeing you all this weekend!

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