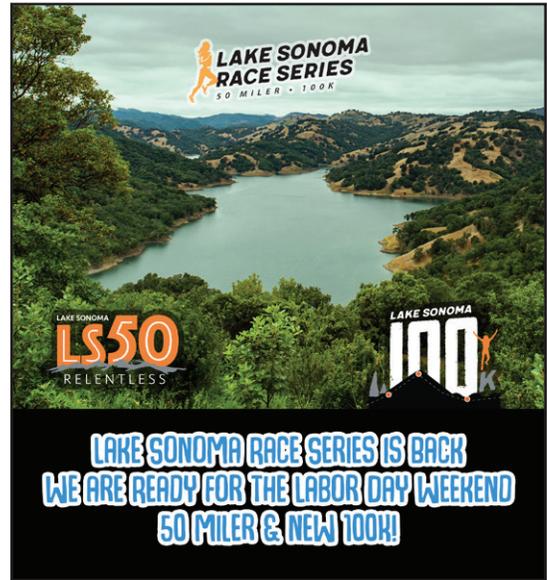


Lake Sonoma Race Series Athlete Guide

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2019 Winner - Anna Mae Flynn.



2019 Winner - Jared Hazen.



About 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 is known for having one of 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.

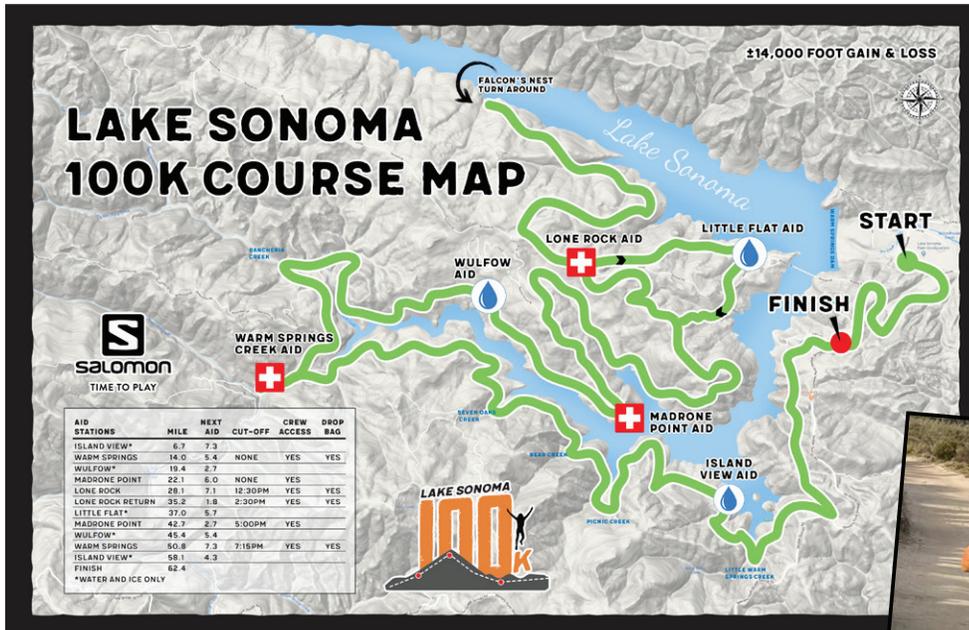
We can’t wait to welcome you to wine country!



Lake Sonoma 50 will be run Sat Sept 4, 2021 at 6:30 AM



Lake Sonoma 100K will be run Sun Sept 5, 2021 at 5 AM



LAKE SONOMA RACE SERIES 2021 CALENDAR OF EVENTS

RACE WEEK:

All Runners, Family & Crew are Invited to Attend the Events.

September 2: LS50 Shakeout Run at 6pm. Start at HRC End at Coyote Sonoma.

- Hillary Allen Book Signing + Trail Sisters Women's Panel at 6:30pm.
- Trails in Motion Movie Night at Coyote Sonoma at 7pm.

September 2-3: Packet Pickup and Expo at HRC from 10am–6pm.

- Salomon, HRC and GU Athlete Photo Booth.

September 3:

- Tropical John's Athlete Panel & Media Night 6pm.
- Athlete and Crew Dinner at Healdsburg Hotel with Spoonbar 5–7:30pm.

CLICK TO RSVP FOR ATHLETE & CREW DINNER

September 4th Lake Sonoma 50 Race Day

- 5:30am – LS50 Bib Pickup. 6:30am Race Start.
- HRC Aid Station at Madrone Point with Cowbells.
- Post Race Finish and Festival Celebrated with Music and Woodstock Theme.
- Food by Chef Jack Herron and 3 Local Breweries.

September 5th Lake Sonoma 100K Race Day

- 4 am – 100K Bib Pickup. 5 am Race Start.
- HRC Aid Station at Madrone Point.
- Post Race Finish and Festival Celebrated with Music & Food.

September 6: Wilson Winery Tasting Event at Coyote Sonoma with Food and Awards for Runners, Family and Crew from Noon–2pm.

CLICK TO RSVP FOR AWARDS EVENT



Packet Pickup and Expo:

At [Healdsburg Running Company](#) from 10 am–6 pm with Salomon, HRC and GU athlete photo booth on both days 9-2-21 and 9-3-21.

Healdsburg Running Company

333 Center Street,
Healdsburg, CA 95448 [\[map\]](#)
(707) 395-0372
team@healdsburgrunningcompany.com

Your swag bag will include:

Custom t-shirt & Buff plus other goodies!

Two Events to RSVP:

Please [let us know](#) if you will be able to make the Friday Night Athlete Dinner at Healdsburg Hotel with Spoonbar and Pizzardo (vegetarian options available) 9-3-21 at 5 pm.

Please [let us know](#) if you will be able to make the Monday Awards and Wine Tasting Event at Coyote Sonoma 9-6-21 from Noon-2 pm.



Directions to the Start

Note: it is a good idea to get gas the day before the race as there are no gas stations near the course. Lake Sonoma is approximately a 30 minute drive from Healdsburg Running Company. Parking is limited so please carpool if possible, please respect parking attendant directions at the lake.

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 at 100 Marina Road Lot A.

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.

Crew Driving Directions

From the start to Warm Springs 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. (Note that this entire 14 miles is on a very scenic country road that twists and turns. If you are prone to car sickness this might possibly be an issue.) Park here and walk a half-mile further down the road to the aid station.

From Warm Springs Creek to Liberty Glen (Madrone Point)

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 left and follow the road to the Group Campground E. Park here and walk about 200 yards up the service road to the top of the hill where the course comes in. The Madrone Point aid station is another mile down the service road — the road is closed to vehicles and we ask that you crew your runner from the top of Madrone. Allow 45 minutes to drive here from Warm Springs Creek.

Liberty Glen to No Name Flat

Return to your car, and drive back up the hill to Rockpile Road. Turn right and follow Rockpile Road for a little over a mile back to the well-signed No Name Flat trailhead parking area on your right. Parking is limited at No Name Flat, please proceed 1/4 mile to Gray Pine, park there and walk back to No Name Flat.



Lake Sonoma 50 Aid Stations

Aid stations will be stocked with the normal ultra-fare, and our sponsor GU is providing GU Energy Gels, GU Liquid Energy and GU Roctane Energy Drinks (summit tea & strawberry hibiscus).

Note: The first aid station at Island View trailhead will be water only. You will not have to go down to the campsite on the way out, but you will on the way back. Wulfow Springs is also a water-only aid station.

Please monitor your fluid requirements carefully and note that there are fairly long stretches between aid. If it's warm you will likely need more than one bottle in the afternoon. Every runner must carry at least one water bottle, we suggest more, as in a hydration vest with bladder.

AID STATION	MILE	NEXT AID	CUT-OFF	CREW ACCESS	DROP BAG
ISLAND VIEW*	4.3	7.3		NO	NO
WARM SPRINGS CREEK	11.6	5.3		YES	YES
WULFOW*	16.9	1.9		NO	NO
MADRONE POINT	18.8	6.4		YES	NO
NO NAME FLAT	25.2	5.7	1:15 PM	YES	YES
MADRONE POINT	30.9	1.9		YES	NO
WULFOW*	32.8	5.3		NO	NO
WARM SPRINGS CREEK	38.0	7.5	4:45 PM	YES	YES
ISLAND VIEW (FULL)	45.5	4.8	7:10 PM	NO	NO
FINISH	50.29		8:30 PM	YES	YES

* WATER ONLY

Crew Information & Drop Bags

Drop bags will be collected race morning at the start and then transported to the No Name Flat aid station at mile 25.2 and to Warm Springs Creek, which you will pass at mile 11.6 and 38.0. 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.

As we mentioned in the rules section, no pacers, but crew is allowed at Warm Springs Creek, No Name Flat, and at the top of Madrone Point aid stations. If your crew is in need of supplies during the race, the Dry Creek General Store is the closest location for food & drink.

Crew note: Drive time from Warm Springs to Madrone will take over 45 minutes. Please drive carefully and plan accordingly.

Finish Line and Post-Race

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 Lake Sonoma 50 swag table.



Jim Walmsley & Keely Henninger, 2018 Winners.



Winemaker Diane Wilson, Skip Brand & Jared Hazen at the finish.

LS50 History and Course Records

Course Records:

7:08:23, Stephanie Howe Violett, 31 (2015)

5:51:16, Jim Walmsley, 27 (2018)

LS50 History:

YEAR	STARTERS	FINISHERS	PERCENT
2008	96	75	78
2009	126	112	88
2010	155	144	93
2011	FLOODED		
2012	245	227	93
2013	311	266	86
2014	330	301	91
2015	310	276	89
2016	323	304	94
2017	354	300	85
2018	338	292	86
2019	346	281	81
2020	CANCELED (COVID)		



Course Record: Stephanie Howe Violett.



Course Record: Jim Walmsley.

Winners:

2008: Clare Abram, 9:44:13 & Dan Barger, 8:24:31

2009: Suzanna Bon, 8:43:30 & Jon Olsen, 7:30:58

2010: Devon Crosby-Helms, 8:26:53 & Hal Koerner, 7:08:20

2012: Joelle Vaught, 7:52:44 & Dakota Jones, 6:17:27

2013: Cassie Scallon, 7:47:42 & Sage Canaday, 6:14:55

2014: Emily Harrison, 7:26:15 & Zach Miller, 6:11:10

2015: Stephanie Howe Violett, 7:08:23 & Alex Varner, 6:09:39

2016: YiOu Wang, 7:14:45 & Jim Walmsley, 6:00:52

2017: YiOu Wang, 7:22:34 & Sage Canaday, 6:17:55

2018: Keely Henninger, 7:13:55 & Jim Walmsley, 5:51:16

2019: Anna Mae Flynn, 7:25:15 & Jared Hazen, 6:08:29

Age Group Records:

40-49: Magdalena Boulet, 2017, 7:32:59 & Dave Mackey, 2013, 6:40:46

50-59: Meghan Arbogast, 2015, 8:09:26 & Dan Barger, 2016, 8:08:29

60-69: Diana Fitzpatrick, 2018, 9:56:48 & Mark Richtman, 2015, 7:52:50

70+: Gunhild Swanson, 2016, 12:18:21 & Hans Schmid, 2013, 11:25:32

Oldest runner: Hans Schmid, 78 (2018)

Youngest runner: Luke Sanchez, 15 (2019)

Travel Information

Lodging in wine country is expensive and books up early. Do not delay in booking your room! The Healdsburg Visitors Bureau has a useful [website](#) which will show you availability and pricing for most places nearby. Here's a few.

Budget

[Super 8, Cloverdale](#)

[Cloverdale Wine Country Inn & Suites](#)

[L&M Hotel, Healdsburg](#)

[The Sandman Hotel, Santa Rosa](#)

[Fairview Inn & Suites, Healdsburg CA](#)

Moderate

[Hotel Trio, Healdsburg](#)

[Best Western Dry Creek Inn, Healdsburg](#)

[Hilton Garden Inn, Santa Rosa Airport](#)

[Holiday Inn Express, Windsor](#)

[Hampton Inn, Windsor](#)

[Geyserville Inn, Geyserville](#)

[Camellia Inn, Healdsburg](#)

[Wildhaven Sonoma Glamping](#)

Expensive

[Grape Leaf Inn, Healdsburg](#)

[Calderwood Inn, Healdsburg](#)

[Vintner's Inn, Santa Rosa](#)

[Healdsburg Inn on the Plaza, Healdsburg](#)

[Madrona Manor, Healdsburg](#)

Very Expensive

[H2 Hotel, Healdsburg](#)

[Two Thirty-Five Suites, Healdsburg](#)

[Duchamp Hotel, Healdsburg](#)

[Hotel Les Mars, Healdsburg](#)

[Harmon House, Healdsburg](#)

[Hotel Vinea, Healdsburg](#)

[Flamingo Resort, Santa Rosa](#)

[La Quinta Inn & Suites, Santa Rosa](#)

[AC Hotel by Marriot, Santa Rosa](#)

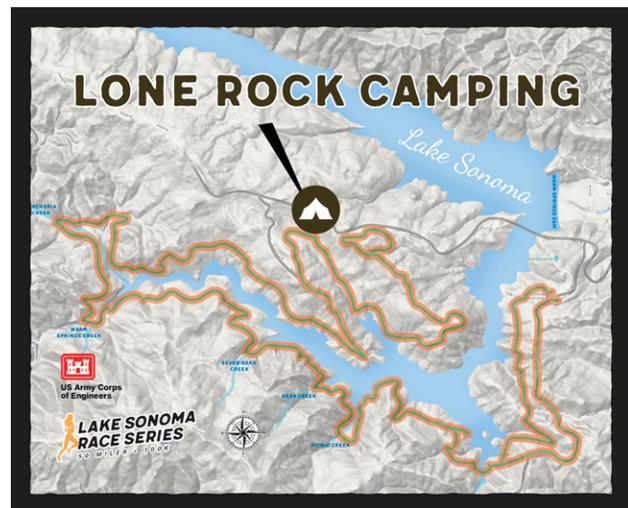
[Wilson Artisan Lodging](#)

[Hyatt Regency Sonoma Wine Country](#)

Camping

The Liberty Glen Campground, located near the 20-mile mark of the run, has 97 campsites. You must reserve at least two days in advance through [recreation.gov](#) or by calling (877) 444-6777.

The private marina has several campsites that are less than half a mile from the start/finish. Call (707) 433-2200 to reserve a site.



We reserved the Lone Rock campsite please email Skip Brand at skip@lakesonoma50.com for a camp spot (first-come, first-served basis).

Rules and 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. C'mon, you can run 50 miles without a pacer!
- 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 – don't be that guy).

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

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.

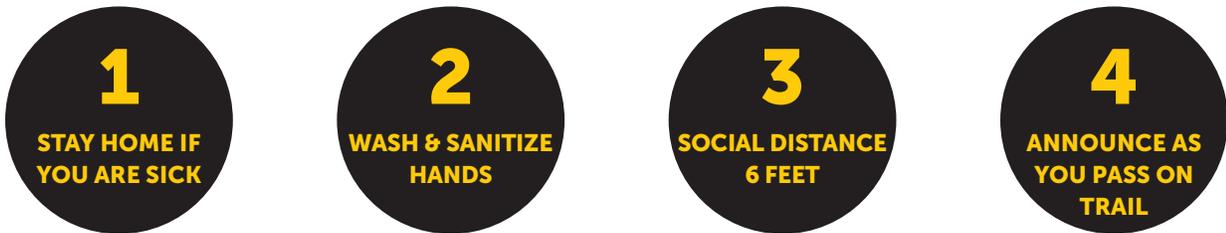
In the event of more serious medical events, medical teams will have communication via Garmin Inreach, as there is very limited cellular service on the course.

Event Safety: Covid Precautions

We have good news, Sonoma County is 80% vaccinated and cases are dropping. We are not requiring proof of vaccination or a pre-test. [\[link to article\]](#)

Updated Stats: Sonoma County Coronavirus Tracker [\[here\]](#)

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.

- Participants will maintain a 6 foot social distance whenever possible.
- All participant 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, ice baby. If you utilize ice, the best place is on your head, under your hat or around your neck.
- 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.
- 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. Due to drought in September 2021 only two creeks have water on the Warm Springs side (first half of race). Plus two springs have water on the Dry Creek side (second half). *Use these water areas not to drink, but to get your head and body wet to cool down.*



Corrine Malcolm cooling off at Wulfow Aid Station.

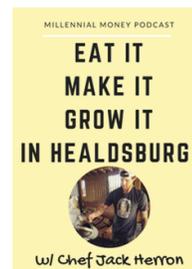
Safety: Fire

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.

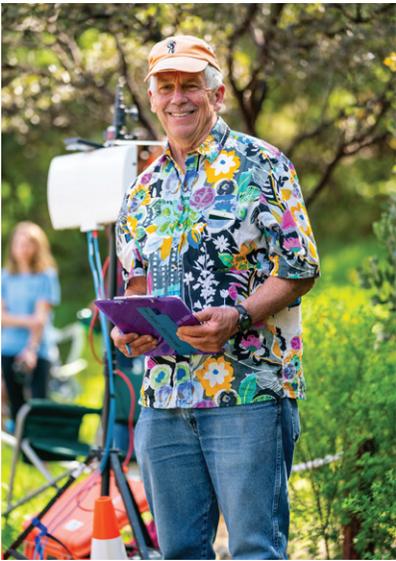
PREDICTED TEMPS SEPT 4 & 5, 2021

SATURDAY	SUNDAY
4	5
	
Partly Cloudy	Sunny
Forecast:	Forecast:
83° 51°	86° 55°
0 in	0 in

Race Sponsors



We Will Have Photographers on Course



All Photos: Howie Stern