SONOMA FALL CLASSIC RACE SERIES AT LAKE SONOMA 2026 ATHLETE GUIDE

- 100 MILE SUFFERFEST
- OGLS50 MILER
- TRAIL MARATHON
- HALF MARATHON
- 50 & 100 MILE RELAYS

HRC healdsburg running company

ARAVAIPA RUNNING

Sonoma Fall Classic Race Series
Powered by Mount to Coast

100 Mile | 50 Mile | Marathon | Half | Relays
Lake Sonoma, California

What happens when the "original" Lake Sonoma 50 Mile moves to the Fall and joins forces with a 100 miler, trail marathon & relays? Come find out at the inaugural Sonoma Fall Classic — now presented by Aravaipa Running in partnership with Healdsburg Running Company & Tropical John Medinger.

Come experience one of the most relentless and beautiful ultras on the West Coast featuring miles upon miles of singletrack with majestic views of Lake Sonoma, nestled in the beauty of wine country during harvest season.

With free camping, festive vibes, impeccable race atmosphere & more, come be part of the inaugural Sonoma Fall Classic!

Registration & Volunteer Info
sonomafallclassic.com

About The Lake Sonoma Race Series

Aravaipa Racing, a premier U.S. race production company, is proud to announce a new partnership with the iconic Lake Sonoma 50 and the Healdsburg Running Company to launch the Sonoma Fall Classic, debuting in October 2026.

This collaboration unites ultrarunning pioneer Tropical John Medinger with Jamil Coury and the Aravaipa Running team. With more than four decades in the sport, Tropical John emphasizes that Aravaipa's proven excellence and innovative race management make them the ideal partner to guide the next chapter of the Lake Sonoma Race Series, ensuring the event's special character is preserved. "Aravaipa Running has shown deep respect for the traditions of California trail racing and the Lake Sonoma community," Tropical John states. "The classic Lake Sonoma 50 Mile now enters a new chapter – one that blends community, authenticity, and fun, ensuring an unforgettable weekend for runners and crews alike.

The Sonoma Fall Classic will replace the California Fall Classic on the race calendar and feature a new mix of distances. The weekend will now be held October 17-18 in Wine Country and will carry forward the legacy of Tropical John's original Lake Sonoma 50 Miler (moving from its traditional April date) alongside three other unique trail events: the Sufferfest 100 Mile, Trail Marathon, and 100 Mile and 50 Mile relays.

The April race will continue under the leadership of Trail Sisters & Gina Lucrezi as the Lake Sonoma 100K, 50K & Trail Sisters Half. Gina, founder and president of Trail Sisters notes, "Jamil and Aravaipa will honor the Lake Sonoma vibe while creating new opportunities for growth and an even better experience for all runners".

At its core, the Sonoma Fall Classic is designed to protect and preserve the tight-knit community, volunteer culture, and authentic spirit that have long defined the series. Organizers are committed to maintaining the welcoming, grassroots feel runners know and love, while pairing it with Aravaipa's nationally recognized production, media reach, and athlete-first experience.

Skip Brand, founder of the Healdsburg Running Company and Executive Director of the Lake Sonoma Race Series, believes this balance is key to the event's future. "When sustainable growth is rooted in local authenticity, the potential for the Sonoma Fall Classic is immense through Jamil's team ownership," Brand said.

Sam Karthan, the Race Director for the Lake Sonoma 100 Mile & California Fall Classic 100K will continue as Race Director for the Sonoma Fall Classic. "We look forward to working with Aravaipa and Coury to deliver an elevated race weekend that remains inclusive and community-driven. The event will now feature a festival-style atmosphere that brings added excitement not just for runners, but for crews, volunteers, and spectators as well."

The Sonoma Fall Classic aims to blend old-school ultrarunning tradition with the high-energy, entertaining experience Aravaipa is known for. With music, celebration, and thoughtfully produced race elements woven into the weekend, it promises to be an experience that extends far beyond the finish line.

Coury adds, "We are excited to partner with Healdsburg Running Company & continue the legacy of incredible running events at Lake Sonoma crafted by Tropical John this upcoming Fall at the Sonoma Fall Classic. The Lake Sonoma 50 Mile has such a rich history and we want to preserve that legacy into the future for the next generation of ultra runners."

About Aravaipa Running

Aravaipa Running is an event management company based in Phoenix, Arizona, and is recognized as North America's largest and most respected race management and media organization. A premier U.S. race production company, Aravaipa is known for its proven excellence, innovative race management, athlete-first experience, and high-energy, entertaining events.

About Healdsburg Running Company

Healdsburg Running Company (HRC) is a trail running specialty retailer based in Sonoma County, California. Founded by Skip Brand, HRC acts as the local host and community partner for the Sonoma Fall Classic, serving as a pillar for the local running community and preserving the authentic, grassroots feel of the Lake Sonoma Race Series.

Continues

About the Sonoma Fall Classic

The Sonoma Fall Classic is an annual trail running festival debuting in October 2026, owned and managed by Aravaipa Running in partnership with Healdsburg Running Company. The event is designed to protect and preserve the community, volunteer culture, and authentic spirit of the legacy Lake Sonoma races, blending old-school ultrarunning tradition with a high-energy, festival-style atmosphere.

About Tropical John Medinger

Tropical John Medinger is an ultrarunning pioneer with more than four decades in the sport and is credited as the founder of the original Lake Sonoma 50 Miler. He has served on the Western States Board for 30 years and remains committed to ensuring the event's special character and traditions are preserved.

About Trail Sisters

Trail Sisters, founded and led by Gina Lucrezi, is an organization focused on increasing women's participation and representation in trail running. Trail Sisters will continue to lead the April Lake Sonoma race under the name Lake Sonoma 100K, 50K & Trail Sisters Half.

Bib Pick- Up

- Thursday 12-6 pm at Healdsburg Running Company 333 Center Street Healdsburg, CA
- Friday 12-7 pm at Healdsburg Running Company 333 Center Street Healdsburg, CA
- Race Day — 1 hour prior to the start time of your race, at your race start location. If your race starts at South Lake Trailhead or Liberty Glen, go directly to that location.

Parking

All Runners will park at the start line of their specific distance.
Staff and/or volunteers will be on-site directing traffic.

- **All runners:** Start/finish parking will be limited because of the early 5:00 am starts for the 100-mile, 50-mile relay, and 100-mile relay events.
- **50-mile runners:** Park at South Lake Trailhead/The Ranch before the race.
- **Half-marathon runners:** Use the ample parking available at Liberty Glen Campground.

2026 SONOMA FALL CLASSIC WEEKEND SCHEDULE

Monday October 12 — (Mostly Locals) Burrito League by Mount to Coast
- 6 pm Monday Kick-off, 72 Hour Run, Closes Thursday at 6 pm Before the Shake-out Run

Thursday October 15
- Noon–6:00 pm Packet & Bib Pickup at Healdsburg Running Company
- 6:00 pm Mount to Coast Shake-Out Run From HRC to Coyote Sonoma. Run Around the Magnolia Vineyard Loop (5K) With Mount to Coast Demos, Finish at Coyote Sonoma With Electronic Bull and Live Music (Drinks & Food Available To Purchase).

Friday October 16
- Noon–7:00 pm Packet & Bib Pickup at Healdsburg Running Company
- 4 pm Mount to Coast Happy Hour With Firefighter Meet and Greet at the HRC Parklet
- 5 pm Lake Sonoma Legends Panel at HRC
- 5:30 pm Pre-Race Dinner With Chef Maria Clemente at Dooryard Provisions ($26 at SFCfood.com)

Saturday October 17 — Race Day
- Packet & Bib Pickup, Check-in and Drop Bags Starting at 4 am
- Mountain Outpost Show and Mount to Coast Lounge Opens at 4 am

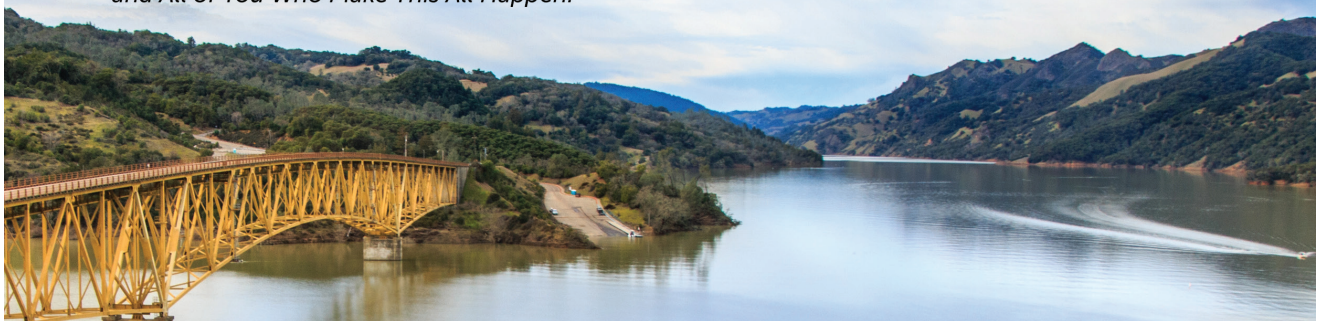
Race Times:

100 Mile Sufferfest	5:00 am at the Start/finish across from the Visitor Center
50 Mile Relay	5:00 am at the Start/finish across from the Visitor Center
100 Mile Relay	5:00 am at the Start/finish across from the Visitor Center
OG50 Mile	6:30 am South Lake Trailhead (The Ranch)
Sonoma Trail Marathon	8:00 am at the Start/finish across from the Visitor Center
Half Marathon	10:00 am at Liberty Glen Campground 'E'

**All Runners Park at the Start of Their Respective Races. No Shuttles to the Start. Shuttles Are Only Provided After the Race to South Lake Trailhead and to Liberty Glen to Retrieve Cars.*

- 11:00 am–11:00 pm Ultra Music Lounge Entertainment & Programming Begins With a DJ & Live Music. Dooryard Provisions Will Provide Food for Runners Only. Coffee Cart on Premisis With Lite Snacks.
- 6 pm Yeti, TJ and Jamil Legends Panel at Mount to Coast Lounge
- Old Caz "FALL CLASSIC" Beer and HRC Trail Patrol Starts at 7 pm Saturday until 6 pm Sunday

Sunday October 18
- 5 am 24 hour 100 Miler Party With Coffee and Donuts
- 3 pm Golden Hour Party Featuring the SFC Volunteers and Race Staff
- 5 pm *That's a Wrap! Thank You Children of Vineyard Workers Scholarship Fund and Wilson Winery, and All of You Who Make This All Happen.*



Directions to the Start Line

Start & Finish is Directly Across from the
Visitor Center at Lake Sonoma
3227 Stewarts Point-Skaggs Springs Road
Geyserville, CA 95441
GOOGLE MAP LINK TO START: **Click Here**

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, you will see the start/finish to your left. Please follow the parking attendant directions.

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, you will see the start/finish to your left. Please follow the parking attendant directions.

Parking

On race morning pay special attention to the parking crew. They will have safety vests and big orange flags to direct you into a parking spot.

Drop Bags

Drop Bags: must be labeled with last name, bib #, aid station and be turned in at your race start location 30 minutes prior to the start of your race. One drop bag per aid station (i.e. if you go through Warm Springs twice, you will have one drop bag at that location). Drop bags will be returned to the finish location once the aid station is complete for your race distance. It will take time to pack the bags and transport back, as these areas are remote. Thank you for your patience.

Aid Station Food Hydration and Nutrition

- Skratch Hydration and Chews/Bars
- Ucan Gels

Below is the normal food that we have at all aid stations (obviously not including water only aids). We will also have more solid food on top of the items below.

Traditional Foods:

Snyder pretzels
Ruffles potato chips
Trail mix
Mott's fruit snacks
Ginger snaps
Crystallized ginger
Vegan bean roll-ups
PB&J sandwiches
Pickles
Dates
Boiled potatoes
Fruit: watermelon, oranges, bananas
Electrolyte drink mix
Water
Sodas: coke, ginger ale, mountain dew

Portable toilets are available at:

- Start/Finish
- South Lake Trailhead (Ranch at Lake Sonoma)
- Warm Springs
- Liberty Glen
- Lone Rock
- If nature calls between stations, please Leave No Trace and pack out toilet paper.

Maps and Aid Stations

100 MILE AID STATIONS	TOTAL DISTANCE	DISTANCE TO NEXT AID	CUT-OFF TIMES	TIME OF DAY	CREW ACCESS	DROP BAGS
START / FINISH	0.0	5.8	5:00 AM		YES	YES
PRITCHETT PEAK*	5.8	5.8			NO	NO
START / FINISH 2	11.6	2.0			YES	YES
S. LAKE TRAILHEAD*	13.6	4.1			NO	NO
ISLAND VIEW	17.7	7.4			NO	NO
WARM SPRINGS	25.1	5.4			NO	YES
WULFOW*	30.6	2.9			NO	NO
LIBERTY GLEN	33.6	4.4			YES	YES
LONE ROCK	38.0	4.2			YES	YES
FALCON'S NEST*	42.2	4.0			NO	NO
LONE ROCK 2	46.2	4.0			YES	YES
START / FINISH 3	50.2	5.8	17:00	10:00 PM	YES	YES
PRITCHETT PEAK*	56.0	5.8			NO	NO
START / FINISH 4	61.8	1.4	21:15	2:15 AM	YES	YES
S. LAKE TRAILHEAD 2*	63.2	4.8			NO	NO
ISLAND VIEW 2	68.0	7.4			NO	NO
WARM SPRINGS 2	75.4	5.9	26:00	7:00 AM	YES	YES
WULFOW 2*	81.3	2.5			NO	NO
LIBERTY GLEN 2	83.8	4.4			YES	YES
LONE ROCK 3	88.2	4.1	31:30	12:30 PM	YES	YES
FALCON'S NEST*	92.3	4.1			NO	NO
LONE ROCK 4	96.4	4.1			YES	YES
START / FINISH 5	100.5		36:00	5:00 PM	YES	YES

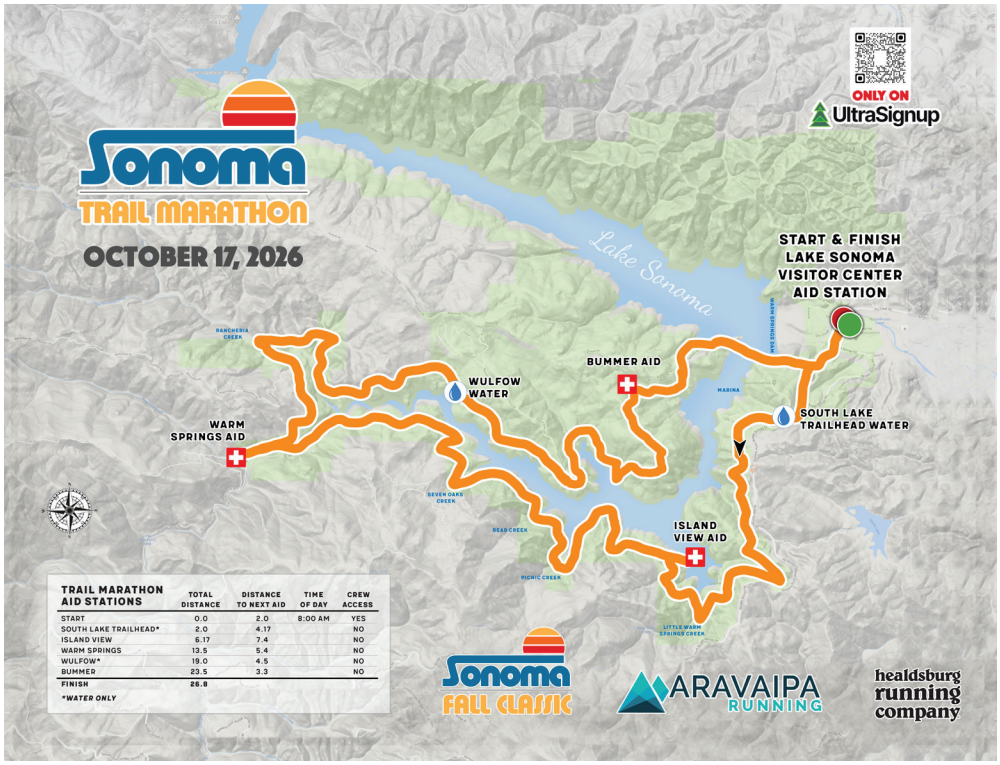
*WATER ONLY

The 100 Mile kicks off with a legendary Pritchett Peaks hill climb—closed 364 days a year and open exclusively for runners on race day—so you can go steep and get high right from the start. A dark, thrilling descent gives way to a warm sunrise on the singletrack of the South Lake Trailhead. The relentless hills of the first 30 miles carry you around the back side of the lake to Falcons Nest for the turnaround, then across the iconic bridge and into a smooth, cruiser downhill to finish lap one. Rinse and repeat to earn your belt buckle!

50 MILE AID STATIONS	TOTAL DISTANCE	DISTANCE TO NEXT AID	CUT-OFF TIMES	TIME OF DAY	CREW ACCESS	DROP BAGS
START (THE RANCH)	0.0	5.0		6:30 AM	NO	NO
ISLAND VIEW	5.0	7.4			NO	NO
WARM SPRINGS	12.4	5.4			NO	YES
WULFOW WATER*	17.8	3.0			NO	NO
LIBERTY GLEN	20.8	4.4			YES	YES
LONE ROCK	25.2	4.4			YES	YES
LIBERTY GLEN 2	29.6	2.4			YES	YES
WULFOW WATER*	35.0	3.0			NO	NO
WARM SPRINGS 2	38.0	7.4			YES	YES
ISLAND VIEW 2	45.4	4.1			NO	NO
S. LAKE TRAILHEAD*	49.5				NO	NO
FINISH AT WOODLAND RIDGE LAKE SONOMA VISITOR CENTER	51.5		16 HOURS	10:30 PM	YES	YES

*WATER ONLY

The Lake Sonoma 50 Mile in 2026 is going back to its roots, bringing back the original course with the iconic 2008 start at South Lake Trailhead. A few miles of road help thin the herd before launching runners onto 16 miles of sweet singletrack. Expect a faster start and the same finish at the bottom of the hill!

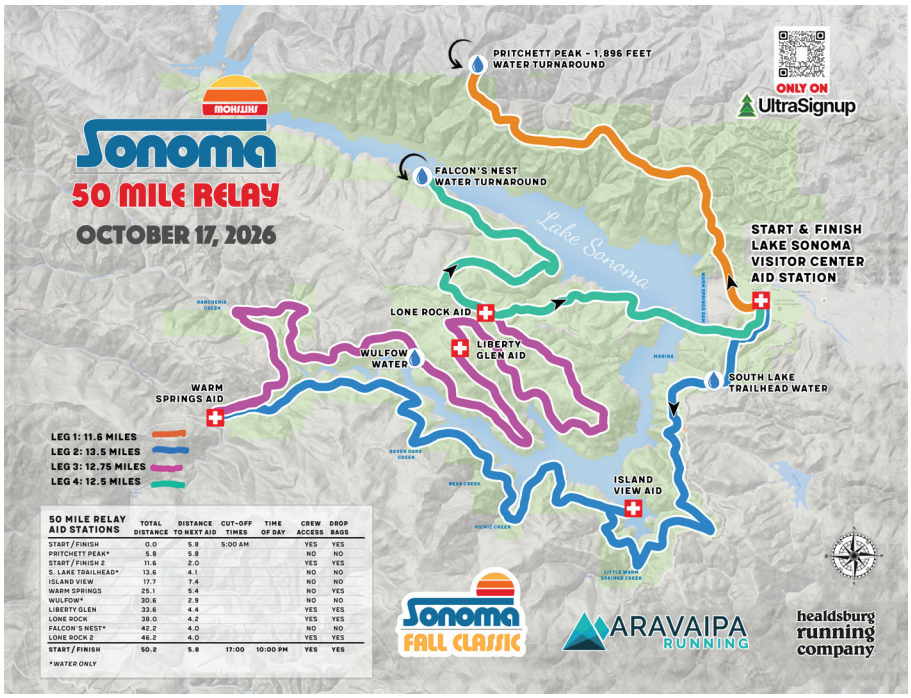


The trail marathon is the classic Lake Sonoma loop, featuring big highs and lows, refreshing water crossings, and a fast, downhill sprint to the finish from Little Flat. You get the full Lake Sonoma experience in one trail marathon—fewer miles, maximum fun (swimming is optional)!

The half marathon is a point to point, dowhill route skirting the shores of Lake Sonoma, featuring big highs and lows and a fast, downhill sprint to the finish from Little Flat. You get the full Lake Sonoma experience in half marathon—fewer miles, maximum fun!

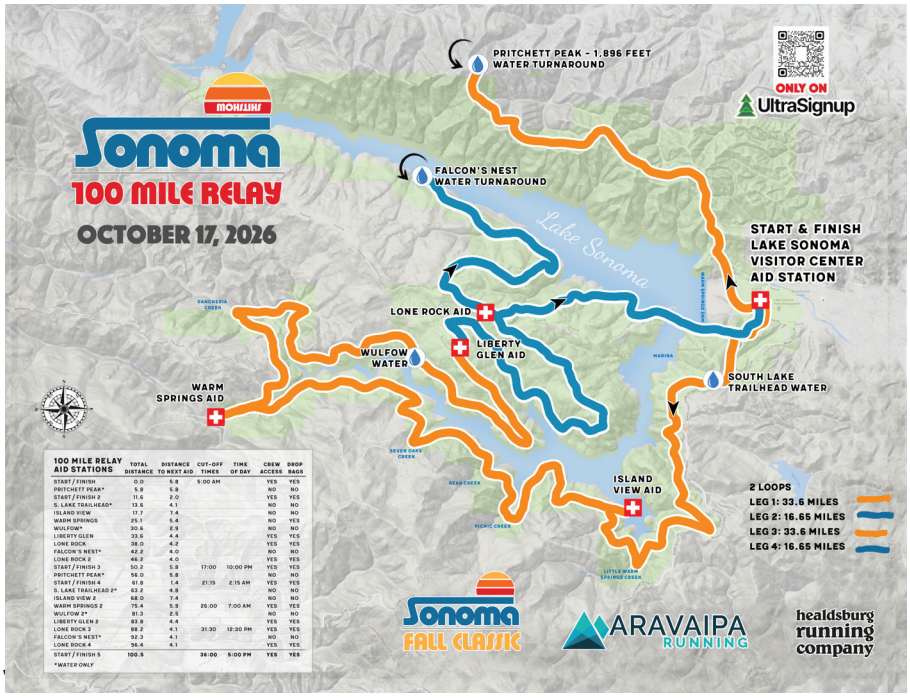
The Relays

As Lake Sonoma "Shitshow" Relay runners, your mission is simple: have more fun than anyone else—so much fun that 100-milers, 50-milers, and even trail marathoners remember their best moments came from running with—or encountering—you and your teammates. Don't get it wrong: you're still tackling the same relentless trails of Lake Sonoma. The "Shitshow" part? Each relay segment varies wildly in distance and elevation, making team strategy just as crucial as your preparation. So prepare a little, run happy, run hard, and above all—don't quit. #DeathBeforeDNF



50 MILE RELAY AID STATIONS	TOTAL DISTANCE	DISTANCE TO NEXT AID	CUT-OFF TIMES	TIME OF DAY	CREW ACCESS	DROP BAGS
START / FINISH	0.0	5.8	5:00 AM		YES	YES
PRITCHETT PEAK*	5.8	5.8			NO	NO
START / FINISH 2	11.6	2.0			YES	YES
S. LAKE TRAILHEAD*	13.6	4.1			NO	NO
ISLAND VIEW	17.7	7.4			NO	NO
WARM SPRINGS	25.1	5.4			NO	YES
WULFOW*	30.6	2.9			NO	NO
LIBERTY GLEN	33.6	4.4			YES	YES
LONE ROCK	38.0	4.2			YES	YES
FALCON'S NEST*	42.2	4.0			NO	NO
LONE ROCK 2	46.2	4.0			YES	YES
START / FINISH	50.2	5.8	17:00	10:00 PM	YES	YES

*WATER ONLY



100 MILE RELAY AID STATIONS	TOTAL DISTANCE	DISTANCE TO NEXT AID	CUT-OFF TIMES	TIME OF DAY	CREW ACCESS	DROP BAGS
START / FINISH	0.0	5.8	5:00 AM		YES	YES
PRITCHETT PEAK*	5.8	5.8			NO	NO
START / FINISH 2	11.6	2.0			YES	YES
S. LAKE TRAILHEAD*	13.6	4.1			NO	NO
ISLAND VIEW	17.7	7.4			NO	NO
WARM SPRINGS	25.1	5.4			NO	YES
WULFOW*	30.6	2.9			NO	NO
LIBERTY GLEN	33.6	4.4			YES	YES
LONE ROCK	38.0	4.2			YES	YES
FALCON'S NEST*	42.2	4.0			NO	NO
LONE ROCK 2	46.2	4.0			YES	YES
START / FINISH 3	50.2	5.8	17:00	10:00 PM	YES	YES
PRITCHETT PEAK*	56.0	5.8			NO	NO
START / FINISH 4	61.8	1.4	21:15	2:15 AM	YES	YES
S. LAKE TRAILHEAD 2*	63.2	4.6			NO	NO
ISLAND VIEW 2	68.0	7.4			NO	NO
WARM SPRINGS 2	75.4	5.3	26:00	7:00 AM	YES	YES
WULFOW 2*	81.3	2.5			NO	NO
LIBERTY GLEN 2	83.8	4.4			YES	YES
LONE ROCK 3	88.2	4.1	31:30	12:30 PM	YES	YES
FALCON'S NEST*	92.3	4.1			NO	NO
LONE ROCK 4	96.4	4.1			YES	YES
START / FINISH 5	100.5		36:00	5:00 PM	YES	YES

*WATER ONLY

Crew Information

Keep in mind cell phone service is spotty at best, with no service in many areas. Please save each location prior to race day. The crew must remain in the designated crew area and not interfere with the aid station area.

Warm Springs Aid Station

Google map link to the aid station: **Click Here**

Crewing at the first outbound Warm Springs is discouraged to keep traffic at a manageable level due to that being a 50 mile relay exchange location. There is very limited street side parking in that area and it is a difficult 45 minute + drive from the start/finish area.

This can be a long day for your crew, make sure they visit a grocery store for hydration and food for the day. This is approximately a 45 minute drive from the start line.

Warm springs crewing only for 100 Mile runners and 50 Mile runners when returning to Warm Springs.

There is NO cellular connectivity in this area. Plan ahead. Have directions downloaded and a backup plan in place.

Driving directions from the start line: Exit the parking lot, continue on Skaggs Springs Road for approximately 1.7 miles turn left on Stewart Point-Skaggs Spring Road and follow it for 11 miles. Turn right on Old Skaggs Springs Road and follow it for 3 miles to the gate. Note: this entire drive is on a scenic country road that is slow and winding. Please be extremely careful driving these roads and give plenty of time to get there.

Liberty Glen Aid Station

Google map link to the aid station: **Click Here**

Driving Directions from the Start Line – continue on Skaggs Spring Road across the bridge onto Rockpile Road continue 2.5 miles after the bridge to Liberty Glen Campground. Follow the road past the guard house, stay left, and you will see parking lot 'E' on your left. There will be orange cones directing you to this parking lot.

Coordinates to campground 'E' parking lot
38°42'38.9"N 123°03'12.2"W

Lone Rock Aid Station

Google map link to the aid station: **Click Here**

Park at Lone Rock to access Lone Rock 'in' and Lone Rock 'out'.

Liberty Glen 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.

To go back to Liberty Glen 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 Point-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 and Post-Race

Saturday October 17 — Race Day

- Packet & Bib Pickup, Check-in and Drop Bags Starting at 4 am
- Mountain Outpost Show and Mount to Coast Lounge Opens at 4 am

Race Times:

100 Mile Sufferfest—5:00 am at the Start/finish across from the Visitor Center
50 Mile Relay—5:00 am at the Start/finish across from the Visitor Center
100 Mile Relay—5:00 am at the Start/finish across from the Visitor Center
OG50 Mile—6:30 am South Lake Trailhead (The Ranch)
Sonoma Trail Marathon—8:00 am at the Start/finish across from the Visitor Center
Light 1/2 Marathon—10:00 am at Liberty Glen Campground 'E'

**All Runners Park at the Start of Their Respective Races. No Shuttles to the Start. Shuttles Are Only Provided After the Race to South Lake Trailhead and to Liberty Glen to Retrieve Cars.*

- 11:00 am–11:00 pm Ultra Music Lounge Entertainment & Programming Begins With a DJ & Live Music.
- Dooryard Provisions Will Provide Food for Runners Only. Signup for the Friday 5:30 pm dinner here.
- Coffee Cart on Premises With Lite Snacks.
- 6 pm Yeti, TJ and Jamil Legends Panel at Mount to Coast Lounge
- Old Caz "FALL CLASSIC" Beer and HRC Trail Patrol Starts at 7 pm Saturday until 6 pm Sunday

Course Records

100 Mile
New in 2026

50 Mile
Men - 5:51:16 - Jim Walmsley (2018)
Women - 7:08:23 - Stephanie Howe (2015)

Marathon
Men - 3:02:57 - Daniel Jones (2025)
Women - 3:33:42 - Jennifer Lichter (2022)

100 Mile Relay
New in 2026

50 Mile Relay
HRC Hotties - 8:45:48 - Grace Hosbien, Rebecca Fisher, Carolyn Pietrzyk & Madison Sweat (2025)

Volunteers

If you would like to join our volunteer team, we are looking for help with event setup, aid stations, and event breakdown. Volunteer perks include a piece of Aravaipa merchandise or race goody and Aravaipa Race Credits. You can see our current opportunities and sign up here: Sonoma Fall Classic Volunteer Form.

Camping

Free on-site camping is available near the start/finish area for registered participants and filled on a first come, first served basis. Please fill out the Sonoma Fall Classic Camping Form if you wish to camp or see for more details.

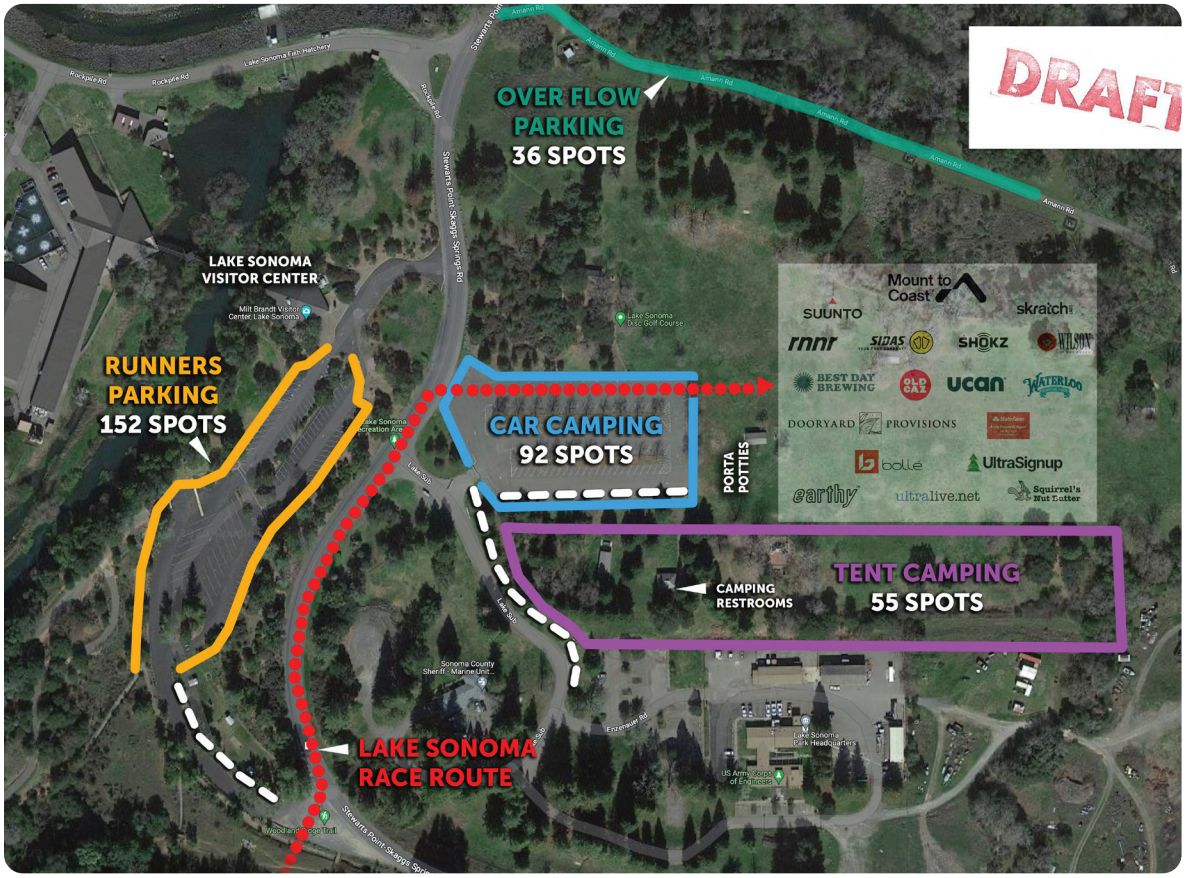
Boat In or Lakeside Camping
recreation.gov

Healdsburg and Cloverdale KOA
koa.com/campgrounds/cloverdale/map

For More Details on Camping
army.mil/Missions/Recreation/Lake-Sonoma

Hotels

Search for lodging in Healdsburg, near Santa Rosa Airport, Windsor, & Cloverdale, California. Check out some hotel options: Click Here



Rules and Responsibilities

1. NO LITTERING. Zero, zip, nada. Carry it in, carry it out. Leave no trace. Period. 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.

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.

But seriously, 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.
- Runners please pick up your bracelets at Pritchett Peak and Falcons Nest showing you made the turnaround and completed this section of the course. There will be timing at both locations as well
- Runners must follow the course as marked in the direction of the race. Deviating from the course results in disqualification.
- Music with headphones is allowed. Please no live speakers.
- Trekking poles are allowed only on the 100 Miler.
- You must carry a headlamp on you. The start is dark & sunset will be 6:25 pm on race day.
- Pacers are not allowed except for the 100 Miler. The course is primarily single track which is not accommodating to more runners than those registered, which is the largest field in the LS Race Series history. As you settle into your day, you may make friends with those running at a similar pace, thus you can create your pace team on course.

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

There will be general medical supplies (i.e., first-aid kit) at all aid stations.

In the case of a medical emergency, the Geyserville fire department will be on site throughout the duration of the race.

Weather Safety

Despite generally cooler morning temperatures, October in Sonoma can be quite warm, with temperatures hovering in the 80s on some days. Please be prepared for a range of temperatures on race day with warmer temperatures in the afternoon and then cooling down quickly once the sun sets. 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.
- 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: During the rainy season there can be up to 13 creak crossings. It's been dry so far this season. *If you come across a creek with water, enjoy it and dunk your hat, but do not drink.*

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.

Dunk your hat, but don't drink.

Note: 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.

Helpful Hints from Tropical John Medinger

It's sneaky hard, so save something for the second half. The hills aren't major, but they are relentless and take a toll…all while providing beautiful scenery along the way. The course now starts and finishes in the green space next to the Lake Sonoma Visitor Center. This means runners will begin the course with a gradual climb up the road, and end with a speedy downhill finish! Additionally, there are three more major climbs throughout the middle of the course, which many runners choose to hike. If you're wiped out, the last 13 miles can go on forever, so save some juice for the end and you will pick up a lot of places in the last two or three hours. The course is 98% trail and 2% road.

For the top runners, it's pretty easy to get sucked into a speedy start (even going uphill). Somebody will go out crazy hard, and it's really difficult to let them go. Try to find a balance between being reckless and not being so conservative that you're never in the hunt. The second half should be a bit faster than the first half, thanks to the new downhill finish.

Recommended Gear

- Running vest with 2 Liter capacity for fluids.
- Headlamp (with spare batteries or backup)
- Jacket (rain jacket or windbreaker)
- Gloves
- Emergency thermal blanket

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