



With less than a week to go, here are your final “Tropical Year” pre-race instructions. Each racer is encouraged to wear something tropical this amazing year. We hope that everyone will get tropical and get a personal record.

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

- On Thursday and Friday at the Healdsburg Running Company, 333 Center Street (10 am–7 pm)
- At the starting line race morning beginning at 5:30 am

You should have received an invite to the pre-race dinner and post-race wine tasting. If you haven’t RSVP’d yet, please do so at linds@lakesonoma50.com

The race will start at 6:30 am sharp! Regardless of whether you are late or in the porta-potty. Civil twilight is 6:09 am so you won’t need a light to run with, but you might want to bring one to get to the porta-potty and back to your car.

The Finisher Patagonia Vests will be distributed at the finish.

The race has a [Facebook page](#) and [Instagram page](#). Please feel free to communicate via the social media platforms with each other. It can be regarding anything else you want from: sharing rides to start, needs that pop up, great food you found, etc. The tags are: #lakesonoma50 #ls50 #relentless. The locals are known as #pondpirates or #trail surfers

Your friends and family can follow your progress via ultralive.net. Also iRunFar.com will be following the leaders with a live twitter feed.

The **weather** is looking good for race day, with the current forecast predicting sunny and 73°F. The forecast has been all over the place in the past few weeks, so please keep an eye on the [weather](#) and come prepared for whatever Mother Nature might throw at us.

It’s been an “atmospheric river” type winter, and the **trail conditions** are finally drying out. The mudslide we detoured around last year at about mile 7 (and 43 on the return) has held up, so we will go across the face not using the bypass. The trail is generally in good shape except for a muddy spots in the last mile caused by equestrian traffic from the new stables and Ranch. Wildflowers are out in abundance – especially the wild irises.

There are 12 major creek crossings (six each direction) and you will likely get your feet wet in all of them, but the water should not be more than about a foot deep.

Many of Tropical John and Lisa’s volunteers have been working, serving and helping this race for more than 10 years. So for trail karma and mojo we encourage you to please thank the volunteers. It will help you run faster.

LS50 is **“cupless”** again this year, meaning there will be no paper cups at the aid stations. If you want to drink Coke or other fluids while at the aid stations, please pack the HydraPak cup provided in your swag bag or use your water bottle.

No littering!!! Last year there was a disturbing amount of trash on the trail. This is not a city marathon. It is NOT acceptable to drop ANYTHING on the trail. At Lake Sonoma littering is a capital offense; 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 a water-only aid station at Island View, mile 4.3, and you won’t have to go down the hill to Island View aid station in the morning – volunteers will bring the water up to the main trail. You will have to go down to the aid station in the afternoon, it is 0.2 miles each way. **Everyone must check in at the aid station on the way back – failure to do so will cost you a 15-minute penalty!** (c’mon, even I can run 0.4 miles in less than 15 minutes).



The course is marked with pink-and-black striped ribbons.



Red flags mean wrong way!!



There will also be signs with arrows at key intersections.

Course markings will be done with pink and black striped ribbons. There will be confidence ribbons every ¼ mile or so. There will also be some signs at major turns. Crossed red flags mean “wrong way”.

We will transport **drop bags** to No Name Flat, mile 25.2, and to Warm Springs Creek, mile 11.6 and 38.0. If you think you might take 13 hours or longer to finish, you should put a headlamp in your drop bag at Warm Springs Creek. It will get dark around 8 pm (13:30 running time). Please note that the Warm Springs drop bags may not be returned to the finish line until about 5:30 pm after the aid station closes. Please remember to pick up your drop bag – we will not be able to mail stuff back to you. All unclaimed drop bag contents will be donated to Goodwill.

No Crews at Skaggs Springs Vista, please!! There is only room there for a handful of cars. If you can't run 2.4 miles without seeing your crew, you're gonna be in for a long day!

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 will serve Yucatan tamales from Mateo's Cocina Latina, wood-fired pizzas from Firetrail Pizza, baked potato bar by Jack Herron, Racer 5 IPA beer from Bear Republic Brewing Company at the finish line and of course some PBR.

If you have a **recreational vehicle** or camper van and want to park at the starting line the night before the race please note that while camping there is technically prohibited, in past years the rangers have turned a blind eye. Please do not park your RV on the lake side of the parking lot as this will impede the view of incoming runners from the finish line.

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**, or need crew driving directions to aid stations, you probably can find your answer on the race website, lakesonoma50.com. However, please feel free to contact me if you don't find the answer to your questions.

We look forward to seeing you all this Saturday. In the meantime, enjoy your taper!

Aloha,
Skip Brand
skip@lakesonoma50.com

LAKE SONOMA 50



2019 HRC & LAKE SONOMA 50 SCHEDULE

March 16: Lake Sonoma Training Run at 8am

March 24: Trail Work Day at Lake Sonoma (Visitor Center)

April 11: LS50 Shake-out Run at 6pm – Start at HRC and end at Coyote Sonoma

April 11: Trails in Motion Movie Night at Coyote Sonoma at 7pm

April 11-12: Packet Pick-up and Expo at HRC from 10am–6pm

April 12: Morning Shake-out Run from HRC with Yoga at Coyote Sonoma 10am

April 12: Athlete and Crew Dinner at Spoonbar 5–7pm

April 12: Media Night at Spoonbar 6pm

April 12: Optional Volunteer Camping at Liberty Glenn Campground

April 13 Race Day

- 5:30am Bib Pickup – 6:30am Race Start
- HRC Trail and Volunteer Run from South Lake Trailhead at 8am
- HRC Aid Station at Madrone Point with Cowbells
- Post Race Finish/Festival Celebrated with Great Local Food, Beer (Bear Republic Racer 5), Music and lots of Cowbells

April 14: Wilson's Soda Rock Wine Tasting Event with Food and Awards for Athletes, Family and Crew from Noon–2pm

