

LAKE SONOMA 100K–55K

2023 California Classic Athlete Guide

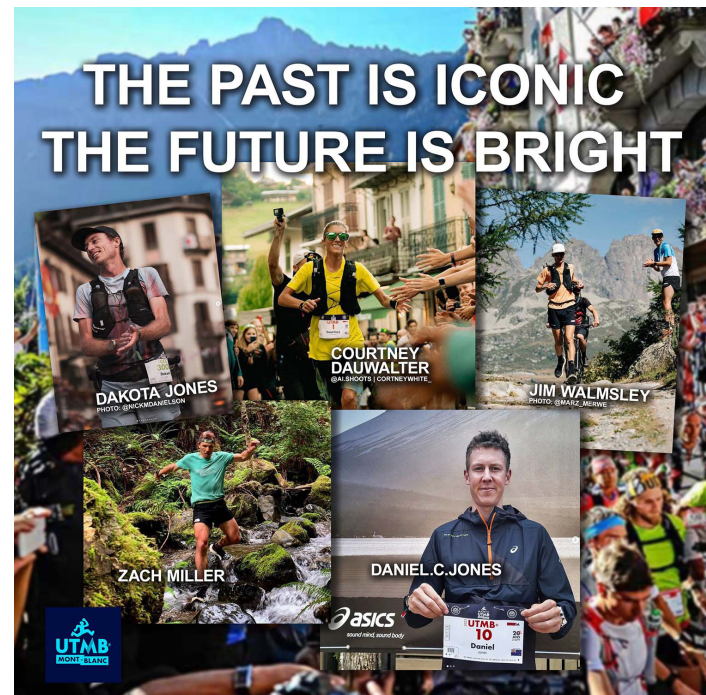
LAKE
SONOMA

CALIFORNIA CLASSIC

Normal

Lake Sonoma Race Series Athlete Guide

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Lake Sonoma 100K–55K

Presented by NNORMAL

Welcome to the 3rd annual Lake Sonoma 100K and the 2nd ever Lake Sonoma 55K! We are excited and honored to return to wine country alongside some of the most dedicated folks in the industry, including Lake Sonoma RDs Skip Brand and Sam Karthan and HRC's Holly Brand. *It's going to be one epic weekend!*

More information at LS100K.com



About The Lake Sonoma Race Series

Founded in 2008, the Lake Sonoma Race Series includes the iconic 50 miler, 26.2, Women's Half, and most recently the California Classic 100K and 55K. As with all the race distances, the California Classic 100K–55K is a community event with proceeds supporting educational opportunities for local students through the Wilson Winery Children of Vineyard Workers Scholarship Fund. The 100K–55K begin on October 21 2023 and are surrounded by events post and pre-race, spread out over the long weekend.



The 100K stands out as a late season Western States Qualifier, while the 55K is built to be your first ultra with generous cutoff times. Both races are held in beautiful wine country and consist of nearly 90 percent single-track trails weaving through relentless rolling hills. The course tests runners with various climbs, and traverses 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 2023 edition of Lake Sonoma also brings a new race directing team, please welcome Sam Karthan and Skip Brand. They will be integrating their vision and focus on community and environment with a tie to equity and approachability.

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 fun-run activities, gourmet athlete dinner, athlete panels, and a lively finish line celebration featuring amazing food, multiple breweries, and celebrated wine from Wilson Artisan Wineries.

WE CAN'T WAIT TO WELCOME YOU TO WINE COUNTRY!

2023 LAKE SONOMA 100-55K CALIFORNIA CLASSIC WEEKEND SCHEDULE

THURSDAY OCTOBER 19, 2023

Shake-Out Run at 6 pm in Healdsburg at Coyote Sonoma

- Featuring Austin Meyer Films and NNormal Films
- Sponsored by Wilson Winery
- Skratch-arita Fun Run Mile with Kim and Ralph

Packet and Bib Pickup Noon-5 pm

Healdsburg Running Company
333 Center Street, Healdsburg, CA (707) 395-0372

FRIDAY OCTOBER 20

- 9 am Shake-Out Run at Lake Sonoma with Sunski & *rnr* Hats
South Lake Trailhead The Ranch at Lake Sonoma
- Demo Shoes with NNormal, Sunski and *rnr* Hat Giveaways
- 6 pm Dinner at the Start-Finish with Chef Jack Herron (Reservations at LS100K.com)
- 7 pm Back of the Pack Panel Sponsored by Death Before DNF

Packet and Bib Pickup 10 am-5 pm

Healdsburg Running Company
333 Center Street, Healdsburg, CA (707) 395-0372

SATURDAY OCTOBER 21 – RACE DAY

4:00 am – Runners Begin Arriving and Bib Pickup

4:30 am – Drop Bags Must Be In

5:00 am – 100K Start

6:00 am – 55K Start

SUNDAY OCTOBER 22

- Wilson Winery Awards Noon-2 pm at Coyote Sonoma
- Everyone Welcome Volunteers, Crew, Athletes and Friends
- Wine Tasting & Light Snacks at 44 Mill Street, Healdsburg, CA



Directions to the Start Line

Start & Finish is Directly Across from the Visitor Center at Lake Sonoma

3333 Skaggs Springs Rd Geyserville, CA
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

Please bring your drop bags race morning and drop them off at check-in. You may also bring a finish line drop bag. Volunteers will help ensure your bag is put in the correct pile on the tarps.

They must be labeled with your bib # prior to arriving at the start line. If you forget, we will have Sharpies and duct tape. Please plan to have them in their designated spot by/before 4:30 am for 100K and 5:30 am for 55K! The Race will begin in the dark and the sun will set at 6:25 pm on race day, **making headlamps mandatory for all runners.**



Maps and Aid Stations

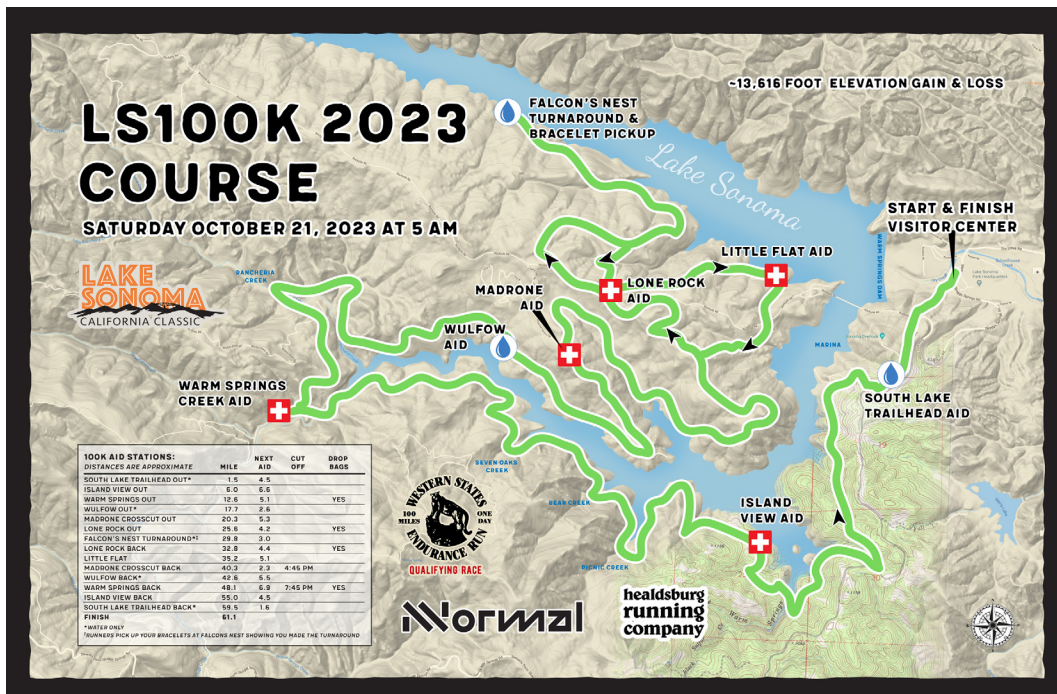
WHAT'S AT EACH AID STATION

Full Aid Stations: Skratch Labs chews, Skratch Bars, Skratch Hydration Sport Drink Mix, salt, ice, water, peanut butter & jelly sandwiches, boiled potatoes, fresh fruit, and loads of different sweet and salty snacks. If you have specific gels, nutrition, hydration, etc. that you feel you will need, please carry in your pack, put in drop bags, or have your crew provide. *Note: Skratch does not have energy gels.*

100K AID STATIONS: DISTANCES ARE APPROXIMATE	MILE	NEXT AID	CUT OFF	DROP BAGS
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		
FINISH	61.1			

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

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.



55K AID STATIONS:			
DISTANCES ARE APPROXIMATE	MILE	NEXT AID	DROP BAGS
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	
FINISH	31.9		

*WATER ONLY

**LAKE SONOMA 55K
2023 COURSE**

SATURDAY OCTOBER 21, 2023 AT 6 AM

LAKE SONOMA CALIFORNIA CLASSIC

~6,804 FOOT ELEVATION GAIN & LOSS

START & FINISH VISITOR CENTER

WARM SPRINGS CREEK AID

WULFOW AID

LONE ROCK AID

MADRONE AID

LITTLE FLAT AID

ISLAND VIEW AID

SOUTH LAKE TRAILHEAD AID

55K AID STATIONS:			
DISTANCES ARE APPROXIMATE	MILE	NEXT AID	DROP BAGS
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	
FINISH	31.9		

*WATER ONLY

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healdsburg running company

GPX

Please download the GPX file to your watch or device prior to the race.

[100K Strava Map with .gpx download link](#)

[55K Strava Map with .gpx download link](#)

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.

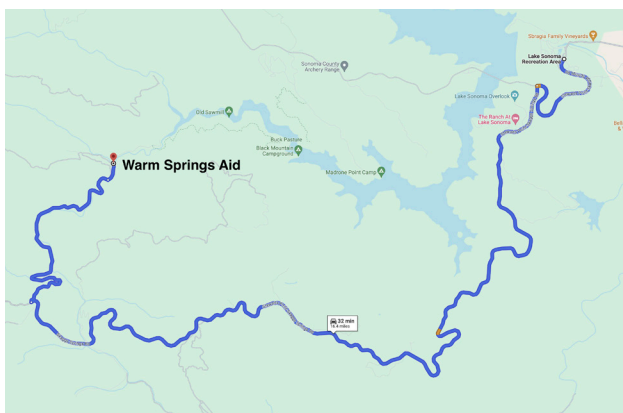
WARM SPRINGS AID STATION – Mile 12.6 & 48

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

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.

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

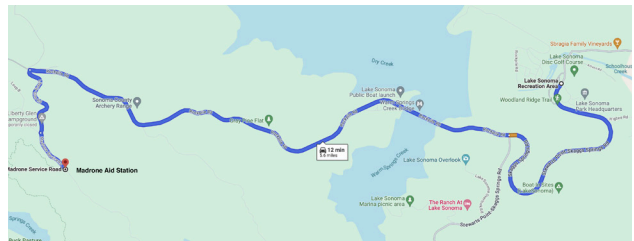
Driving directions from the start line: Exit the parking lot, continue on Skaggs Springs Road for approximately 1.7 miles turn left on Stewart Point-Skaggs Spring Road and follow it for 11 miles. Turn right on Old Skaggs Springs Road and follow it for 3 miles to the gate. (Note: this entire drive is 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.



MADRONE AID STATION – Mile 20.3 & 40.3

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. Park and walk around the locked gate about.



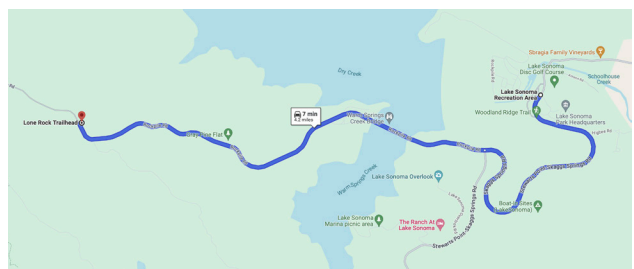
LONE ROCK AID STATION – Mile 25.6 & 32.8

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

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.

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 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.)*

- **100K finishers will be awarded a Nano Puff Vest.** Please check in at the finisher table to pick yours up as you pass through the finish line – *we will not be shipping so please stop by the table.*
- **At the finish line,** Chef Jack Herron will be whipping up handcrafted Sonoma-style tacos for athletes and volunteers.
- **Thirsty?** We'll have local craft brew from Anderson Valley Brewing Company and the HRC crew's favorite post-race hydration Pabst Blue Ribbon, straight from the can. Water, sparkling water, and soda will be available. If you have specific desires and fear we may not have what you like, please feel free to pack a cooler.
- **Ready to relax after the dust settles?** On Sunday at Noon, we'll host a private wine tasting with award-winning winemaker Diane Wilson at Coyote Sonoma. No running required, RSVP to sam@healdsburgrunningcompany.com.



Camping

FREE CAR CAMPING:

We are thrilled to announce that there will be free car camping this year near the start and finish of the race. Please reach out to:

sam@healdsburgrunningcompany.com

to ensure your spot.

BOAT IN OR LAKESIDE CAMPING

recreation.gov

HEALDSBURG AND CLOVERDALE KOA

koa.com/campgrounds/cloverdale/map

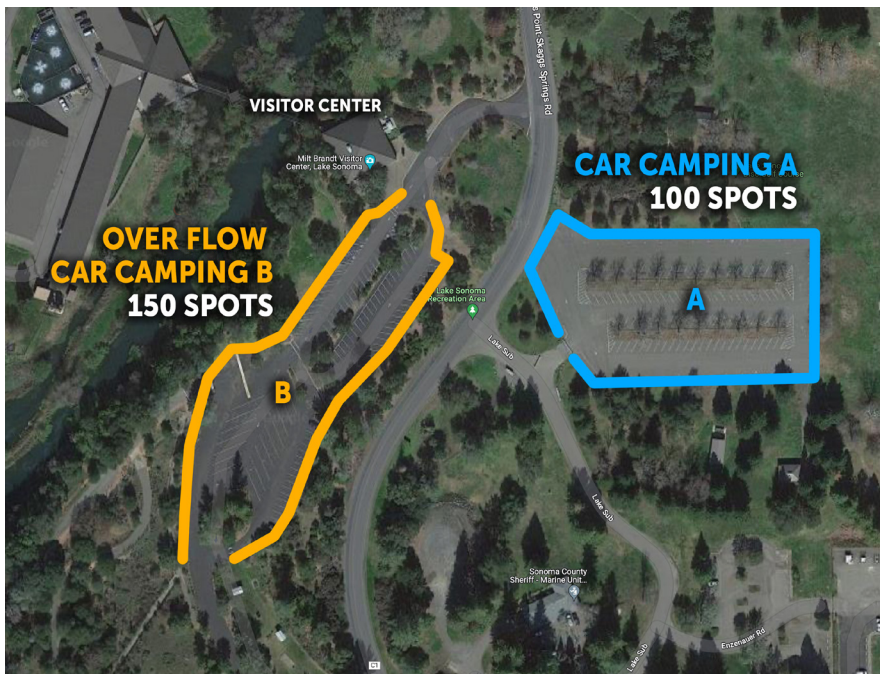
FOR MORE DETAILS ON CAMPING

spn.usace.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.
- 100K runners please pick up your bracelets at Falcons Nest showing you made the turnaround and completed this section of the course.
- 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; don't be that guy).
- **Trekking poles are not allowed.**
- **You must carry a headlamp on you.** The start is dark & sunset will be 6:25 pm on race day.
- **Pacers are not allowed.** 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 creek 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.





2024 QUALIFYING RACE

We are excited to announce that the California Classic 100K at Lake Sonoma again is a 2024 Western States 100 Mile Endurance Run Qualifier allowing 18 hours for the 100K to qualify.

Healdsburg Running Company and NNormal are partnering on October 21, 2023 to bring the vineyards and trails alive this fall with the third annual California Classic race series at Lake Sonoma. The race includes a 100K (a rare late-season 2024 Western States qualifier) and a 55K with a redesigned new loop for 2023 – geared to be your first Ultra. The 100K is a WSER qualifying race. If you finish within 18 hours, your race may be submitted as your qualifying race to enter the WSER lottery.

Our Title Sponsor is NNormal. Please say hi and thank our shoe sponsor and ultra community member.



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. The race starts at 5:00 am and has a 19 hour cut off with 18 hours being the limit for WSER qualifier.

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.



Thank You to Our Sponsors

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