

LAKE SONOMA 100 MILER

SUFFERFEST • RELAY • BAY AREA BACKYARD
2025 ATHLETE GUIDE



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Lake Sonoma 100 Mile “Sufferfest”

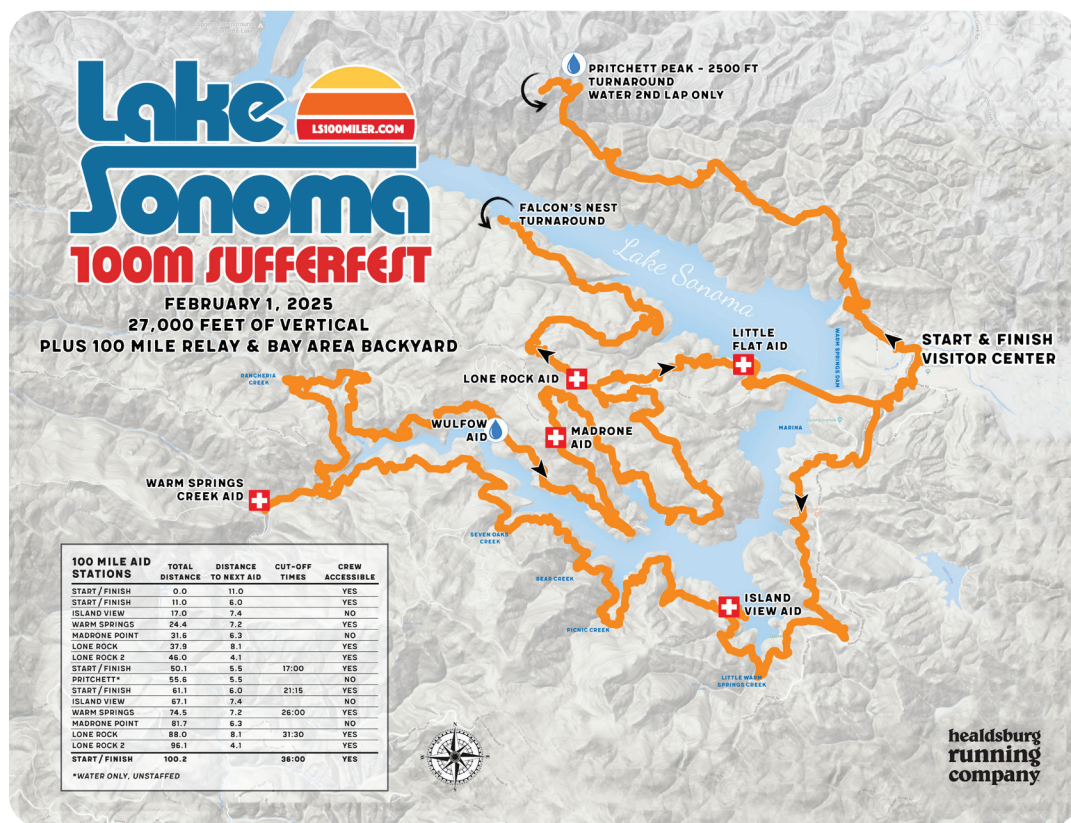
Get ready for a wild, heart-pounding adventure through some of the toughest terrain you’ll ever encounter! This course is a beast — with over 27,000 feet (8200 meters) of climb and an equal amount of descent, it’s a rollercoaster of pure, unfiltered challenge.

The first 5.5 miles? Strap in, because it’s a relentless ascent to the top of Pritchett Peak at 1,896 feet (578 meters). Once you’ve conquered that, you’ll get a brief breather as you return to the start/finish line at a mere 230 feet (70 meters) — but don’t get too comfy, because the real fun is just beginning.

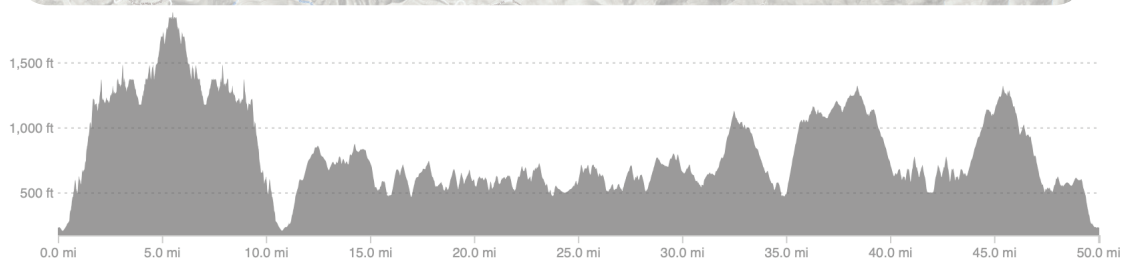
Next, you’ll dive into a clockwise loop around Lake Sonoma’s stunning Warm Springs arm. At mile 50.1, you’ll be back at the start/finish again. And then, guess what? You get to do it all over again — because when you’re running 100 miles, there’s no such thing as too much fun!

This is no stroll in the park. We’re talking massive climbs up Rockpile Road, followed by a never-ending series of moderate, but relentless, ups and downs that will test your grit at every turn. Seriously, *not one single flat stretch the entire 100 miles.*

Oh, and did we mention? The 100 Mile Solo and the 100 Mile Relay share the same brutal course, so whether you’re going it alone or running with a team, the challenge is on! Ready to embrace the grind? *Let’s do this!*



Click here for Strava link with GPX file and elevation profile [LINK]



4 Person 100 Mile Relay “Shit Show”

Ready for a relay like no other? Welcome to the “Shit Show,” where strategy, stamina, and pure chaos collide! The course is designed to keep you on your toes, and the Runner Exchange points add a whole new layer of excitement (and confusion, but mostly excitement).

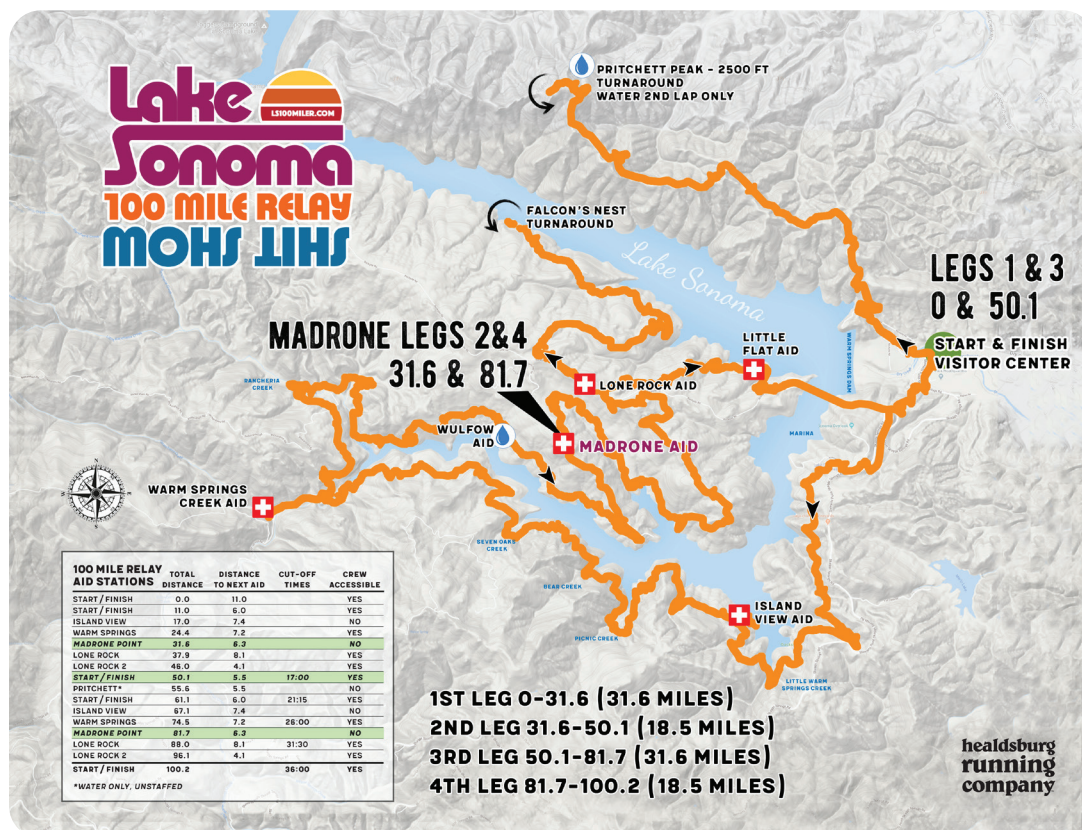
You’ll hit the exchange locations three times during the relay, each one offering its own unique challenge: first at Madrone Point at Mile 31.6, then back to the Start/Finish at Mile 50.1, and finally again at Madrone Point at Mile 81.7. It’s a bit of a puzzle, because the distances vary for each runner, and here’s where it gets wild — the course isn’t just about running from point A to point B. Depending on who’s up next, runners will either tackle different sections of the course or run the same section in reverse, making each leg unpredictable and full of surprises.

Let’s break it down:

- Runner 1 takes on the first leg with a hefty 31.6 miles.
- Runner 2 gets 18.5 miles to stretch their legs and catch their breath.
- Runner 3 heads back out for another 31.6 miles, and
- Runner 4 finishes up with a final 18.5-mile stretch to the end.

With two legs of 31.6 miles and two of 18.5 miles, the real fun comes in figuring out which runner is the best fit for each stretch. You might be tempted to send your strongest runner on the longest leg, but what if they burn out? Or maybe your speedy runner has an advantage on the shorter segments? The strategy is as dynamic as the course itself, and you’ve got to think fast.

At each exchange, it’s a mad dash to get your runner to the next section, while trying to keep your wits about you as you juggle the chaos of this relay. There’s no perfect formula — just grit, grind, and good old-fashioned race-day madness. So, gather your team, roll up your sleeves, and embrace the “Shit Show” — because in this relay, anything can happen, and that’s what makes it so damn exciting!



“Little Baby” Backyard Kids Run

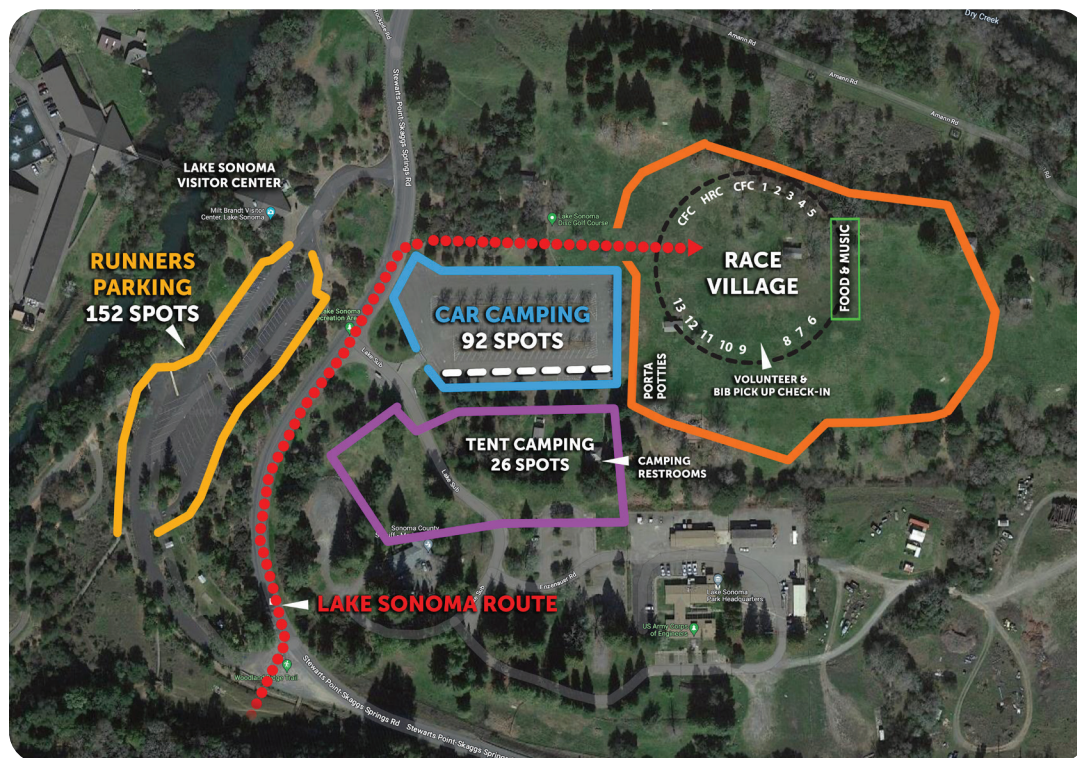
Welcome to the Little Baby Backyard Run, where the fun never stops, and everyone is invited to join in the excitement — no matter your pace or experience level! This is all about having a blast, staying active, and soaking up the high-energy atmosphere with friends, family, and fellow runners.

Here’s the deal: you’ll be running a 2-mile loop every 30 minutes for 6 hours or until you hit that glorious marathon distance (26.2 miles). And don’t worry, it’s designed to be *fun* — not a grueling challenge. It’s right next to the 100-Mile Sufferfest start/finish area, so you’ll be part of the action, surrounded by live music, delicious food, drinks, and a vibe that’ll keep your energy high all day long.

Whether you’re a seasoned runner or a first-timer, the Little Baby run is perfect for *everyone*. It’s all about keeping it light, having fun, and celebrating each lap like it’s the best thing you’ve ever done. Plus, if you’re part of the 100-Mile “Sufferfest” or the Relay “Shit Show” and you’ve got a crew, family, or friends supporting you, they can get in on the action too! It’s the perfect way to stay moving while cheering you on between aid stations.

So, whether you’re sprinting, jogging, or walking — this loop is all about having a great time, making memories, and being part of the excitement. You don’t need to be a marathoner to enjoy it — just come ready to have fun and maybe even surprise yourself with how much you can do! Ready to take it for a spin? *Let’s make those 2-mile loops the best part of the day!*

The “Little Baby” Backyard takes place at the Start/Finish Area



Weekend Schedule

Thursday January 30, 2025

- 6 pm Shake-Out Run in Healdsburg at Coyote Sonoma
- Featuring 'The Path Ahead — a Western States Film' by Mike Fleischner
- Aid Station Hydration, Nutrition and Food Set Up for All

Packet and Bib Pickup Noon—5 pm

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

Friday January 31, 2025

- 9 am shake-out run at Lake Sonoma for crew, friends, family and runners
- Shoe Demos, Breakfast Treats and Giveaways
- 6 pm Dinner at the Start-Finish With Chef Maria Clemente
- Little Dirt Disco Session With DJ Marcos Friday Night
- 7 pm Race and Course Preview with Skip, Sam and the Firefighters

Packet and Bib Pickup Noon—5 pm

Healdsburg Running Company
333 Center Street, Healdsburg, CA
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Race Day: Saturday February 1, 2025

4:00 am — 100 Mile Runners Begin Arriving and Bib Pickup
4:30 am — Coffee Cart Opens
4:30 am — Drop Bags Must Be In
5:00 am — 100 miler Start
7:00 am — 100 mile Shit Show Relay Start

Sunday February 2, 2025

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

Directions to the Start

3227 Skaggs Springs Road, Geyserville. GPS coordinates are 38.717912, -122.999639.

Put either into your phone, Google maps will take you there, no problem. The race will start at 7:00 am sharp. Civil twilight starts at 6:48 am, so you won't need a headlamp at the start of your race (but you might want one to get from your car to the porta-potty). Runners will have 36 hours to complete the race. No early starts, no exceptions.

Aid Stations

Aid stations will have the usual cornucopia of ultra foods, including GU electrolyte drink, and other GU Energy products. We will do our best to accommodate runners with dietary restrictions (vegetarian, vegan, gluten free, etc.) but if you have specific needs, it's best if you utilize crew/drop bags to make sure you get what you need.

100 MILE AID STATIONS	TOTAL DISTANCE	DISTANCE TO NEXT AID	CUT-OFF TIMES	CREW ACCESSIBLE
START / FINISH	0.0	11.0		YES
START / FINISH	11.0	6.0		YES
ISLAND VIEW	17.0	7.4		NO
WARM SPRINGS	24.4	7.2		YES
MADRONE POINT	31.6	6.3		NO
LONE ROCK	37.9	8.1		YES
LONE ROCK 2	46.0	4.1		YES
START / FINISH	50.1	5.5	17:00	YES
PRITCHETT*	55.6	5.5		NO
START / FINISH	61.1	6.0	21:15	YES
ISLAND VIEW	67.1	7.4		NO
WARM SPRINGS	74.5	7.2	26:00	YES
MADRONE POINT	81.7	6.3		NO
LONE ROCK	88.0	8.1	31:30	YES
LONE ROCK 2	96.1	4.1		YES
START / FINISH	100.2		36:00	YES
<i>*WATER ONLY, UNSTAFFED</i>				

Drop Bags

The race will transport drop bags to Warm Springs aid station (mile 36.8 and 87.1). Runners may also leave drop bags at the start/finish.

Weather

Temperatures typically are ideal for running, with an average high of 60 °F (16 °C) and an average low of 40 °F (4 °C).

Rain is a possibility — there is rainfall on about one-third of the days in the winter. The trails at Lake Sonoma hold up pretty well in wet weather, but if it's raining there will definitely be some mud.

It will be daylight from 6:48 am to 6:01 pm, so the nighttime is very long compared with races in the summertime.

Keep a close eye on the forecast and come prepared for whatever Mother Nature might throw at us.

Crew Driving Instructions

Crews are allowed at the Start/Finish, Lone Rock, Warm Springs and South Lake aid stations.

Note: *It is a good idea to get gas the day before the race as there are no gas stations near the course.*

From the start to Lone Rock. Return to Stewart Point-Skaggs Springs Road and follow it for 1.7 miles, then stay straight ahead onto Rockpile Road. Follow Rockpile Road across the bridge a total of 2.5 more miles, the aid station is on your right.

From the start to Warm Springs: Return to Stewart Point-Skaggs Springs Road and follow it for 13 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.)

Travel

The race is located 12 miles northwest of Healdsburg, California, in the heart of Sonoma County wine country. Healdsburg is 63 miles north of the Golden Gate Bridge on U.S. Highway 101.

The nearest airport is Charles M. Schulz—Sonoma County Airport (STS), about 10 minutes south of Healdsburg. There are nonstop flights from STS to Portland, San Diego, Santa Ana, LAX, Burbank, Ontario, Seattle-Tacoma, Burbank, Dallas-Fort Worth, Phoenix, Palm Springs, and Las Vegas.

San Francisco International (SFO) and Oakland International (OAK) are both about 90 minutes to 2 hours away, depending on traffic.

Lodging

The Healdsburg Visitors Bureau has a useful website which will show you availability and pricing for most places nearby. Here's a list of a few, click on each to go to that hotel's website:

Less Expensive

Super 8, Cloverdale
Cloverdale Wine Country Inn & Suites
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
WorldMark, Windsor
Holiday Inn Express, Windsor
Hampton Inn, Windsor
Geyserville Inn, Geyserville
Camellia Inn, Healdsburg
Wildhaven Sonoma Glamping

More 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 by Wyndham, Santa Rosa
AC Hotel by Marriot, Santa Rosa
Wilson Artisan Lodging
Hyatt Regency Sonoma Wine Country

Rules and Policies

The Basics

- NO LITTERING. Zero. Zip. Nada. We don't mess around when it comes to the trail. Carry it in, carry it out.
- BE NICE. Simple, right? Be kind to everyone — your fellow runners, volunteers, and trail users. Good vibes only.
- HAVE FUN! This isn't just a race, it's an experience. Soak it up, enjoy every step, and let loose!

Pacers

The real MVPs of the race — pacers! After Mile 50, you can bring in your pacer to help you crush those final miles. You can swap out pacers at any crew-accessible aid station, but remember — one pacer at a time. All pacers must wear a bib (it's like a badge of honor) and sign a waiver.

Let's be real, pacing is about keeping the energy up and making sure your runner gets to the finish line.

Trekking poles

Yes, trekking poles are allowed. And yes, they're going to feel like a godsend in those first 30 miles, especially on that stretch to Madrone Point. But by the time you're deep into those last 20 miles, you'll probably wish you left them behind. Narrow trails, thick vegetation — the poles are going to get in your way. Use 'em while they work, then ditch 'em when they don't.

Policies That Matter

We keep it fair, inclusive, and badass. Our policies are crystal clear and made for every runner out there. Here's what you need to know:

Anti-doping Policy

We've got zero tolerance for anything that's going to give you an unfair advantage. If you're caught doping — you're out. You'll be banned from the Lake Sonoma 100 Miler for life. Period. No exceptions.

So play fair, race hard, and earn that finish line the right way.

Transgender and Non-binary Entrant Policy

We're all about inclusivity. Transgender entrants who've been undergoing medically supervised hormone treatment for at least one year can race in their gender category. Non-binary runners? We see you, we recognize you, and you're welcome here. For awards and results, we'll ask for your natal gender. No judgment. Just respect.

Results Challenges

Got a beef with results? You can challenge them only if you're in the top five or you're an age group winner. But keep it respectful. Any hate or discriminatory behavior? Not tolerated. Let's keep it clean, professional, and classy.

Refunds (THERE ARE NONE) & Cancellations

Let's get this straight: No deferrals (unless you're pregnant). No credits. No transfers. We're serious about this.

- Want to drop down in distance? You can do that up until January 15, 2025.
- Pregnancy deferrals? If you're expecting, we've got your back — you can defer to any future race.

NO REFUNDS**** This race is about affordability, *not* excuses. Don't sign up if you're gonna worry about it later. If you're in, you're in — no backing out. Let's go!

Pregnancy Deferral

If a woman becomes pregnant after registering for the race, we are happy to allow her to defer her entry to any future Lake Sonoma 100 Miler.

Race Cancellation & Travel Insurance

Life happens. If we have to cancel the race for any reason outside of our control, we'll reschedule it. No refunds, but you'll be automatically registered for the new date.

And hey, we recommend travel insurance for all you adventurers. Protect your financial interests in case you can't make it. Better safe than sorry!

So there you have it. The rules are simple: race hard, respect the trail, and enjoy the ride. The Lake Sonoma 100 Miler isn't just a race — it's a badass adventure that brings out the best in you, your crew, and everyone around you. *Let's do this!*

