

LAKE SONOMA 100 MILER

SUFFERFEST • 100 MILE AND 50 MILE RELAYS

2025 ATHLETE GUIDE



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www.LS100Miler.com

Lake Sonoma 100 Mile “Sufferfest”

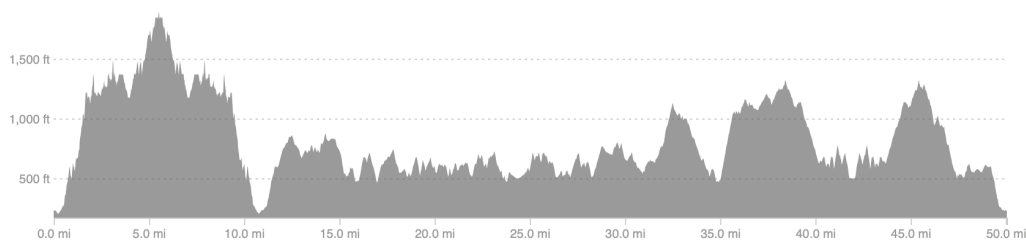
Get ready for a wild, heart-pounding adventure through some of the toughest terrain you’ll ever encounter! This course is a beast — with over 27,000 feet (8200 meters) of climb and an equal amount of descent, it’s a rollercoaster of pure, unfiltered challenge.

The first 6.0 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 51.1, 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 to 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 Miler, 100 Mile Relay & 50 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!*



4 Person 100 Mile and 50 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.

You’ll hit the exchange locations three times during the relay, each one offering its own unique challenge: first at Liberty Glen at Mile 33.8, then back to the Start/Finish at Mile 50.6, and finally again at Liberty Glen at Mile 84.4.

Let’s break it down:

- Runner 1 takes on the first leg with a hefty 33.8 miles.
- Runner 2 gets 16.8 miles to stretch their legs and catch their breath.
- Runner 3 heads back out for another 33.8 miles.
- Runner 4 finishes up with a final 16.8 mile stretch to the end.

With two legs of 33.8 miles and two of 16.8 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!

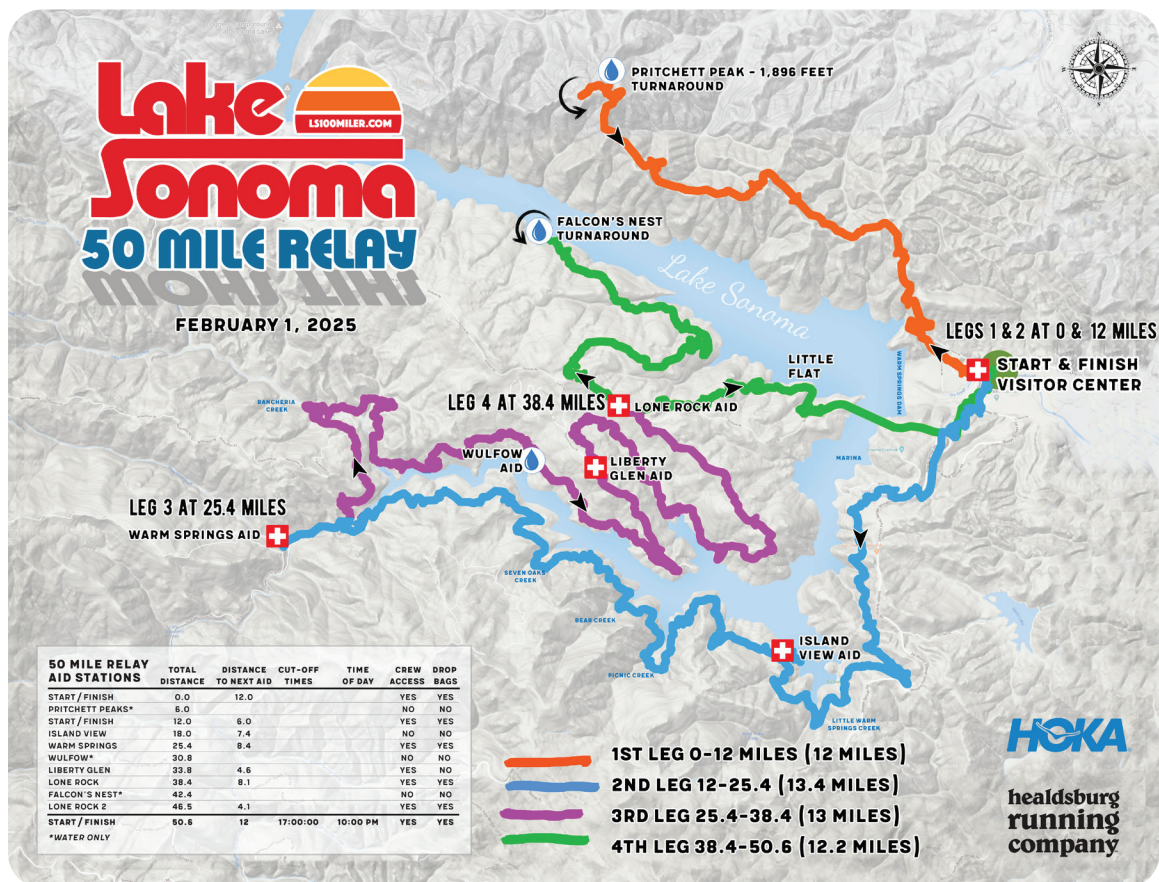
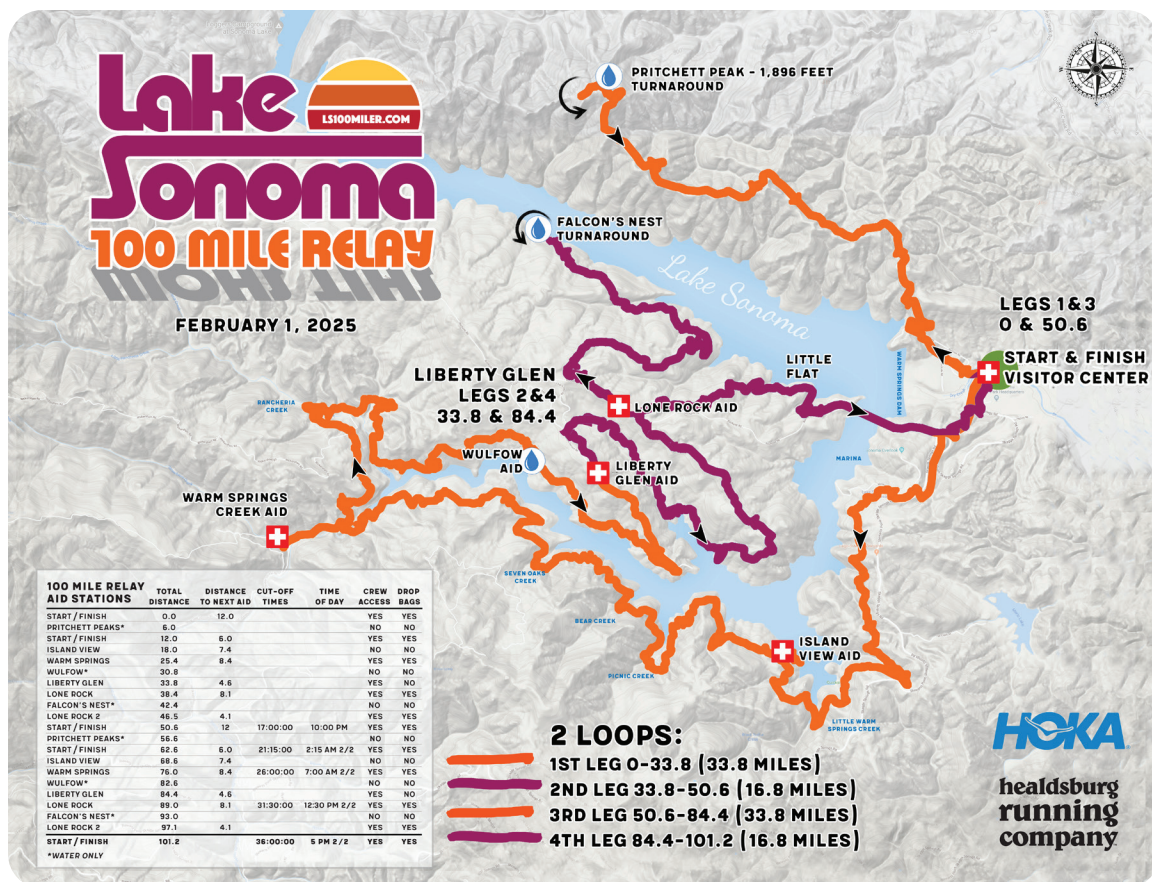
Relay Runner Exchange

Each team will share a single bib attached to a bib belt (the first runner of the team will pick up the bib and bib belt and runner check-in), as each runner finishes their section of the race, they will hand off the bib belt with bib to the next runner in line.

- The 100 Mile Relay exchange points are at Liberty Glen and the Start/Finish
- The 50 Mile Relay exchange points are at the Start/Finish, Warm Springs and Lone Rock

Relay Teams are responsible for getting runners to the exchange points on time to pass their bib belt to the next runner on their team. 50 Mile relay runners who are starting from Warm Springs will have a much longer drive than other runners on their team so should plan appropriately and err on the side of being too early rather than just on time.





2025 LAKE SONOMA 100 MILER AND RELAYS WEEKEND

THURSDAY JANUARY 30, 2025

6 pm Shake-Out Run in Healdsburg at Coyote Sonoma

Packet/Bib Pickup 4–6 pm

Healdsburg Running Company
333 Center Street, Healdsburg, CA

FRIDAY JANUARY 31, 2025

Packet/Bib Pickup Noon—6 pm

Healdsburg Running Company

SATURDAY FEBRUARY 1, 2025 - RACE DAY

4:00 am — All Runners Begin Arriving and Bib Pickup

Late Arrival Bib Pickup Only

4:30 am — Coffee Cart Opens

4:30 am — Drop Bags Must Be In

5:00 am — 100 miler and Both Relays Start

SUNDAY FEBRUARY 2, 2025

- Race Finish at 36 hours (5 pm Sunday February 2nd)
- Sweep at 40 hours



Directions to the Start

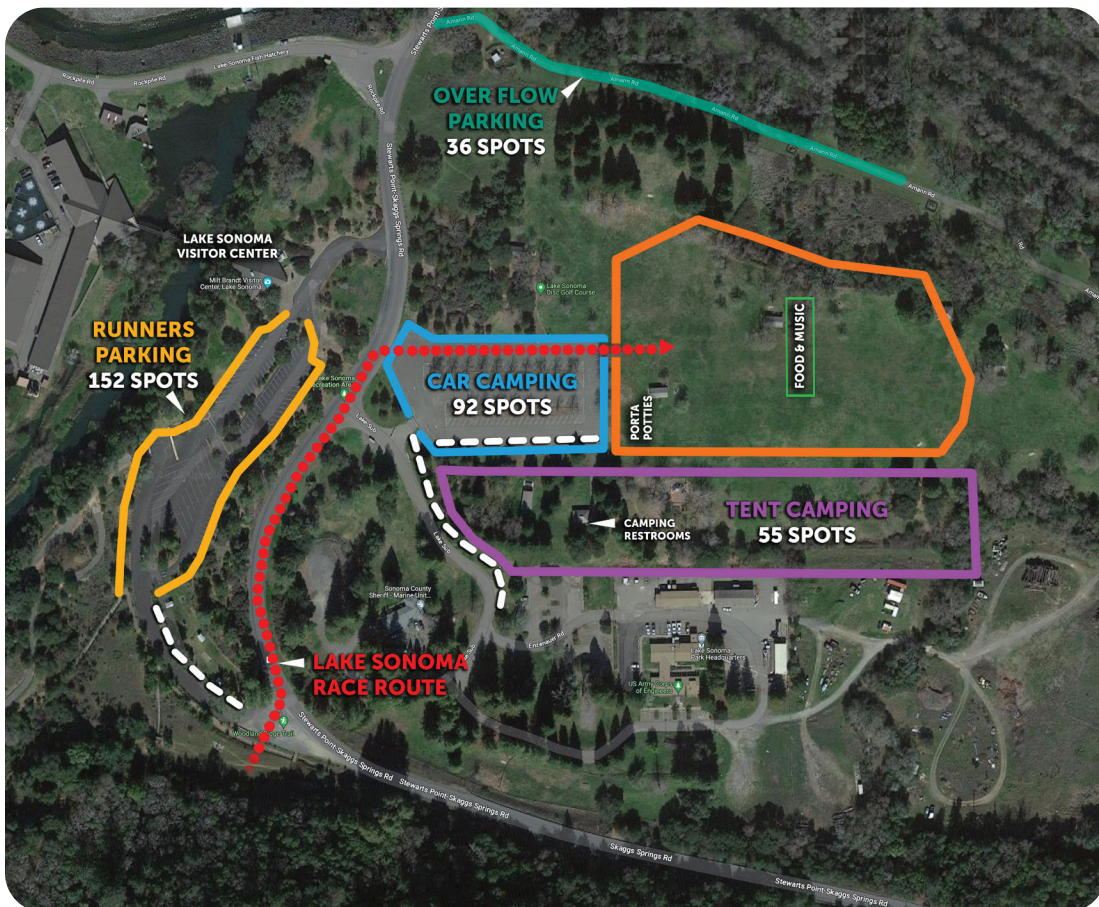
3227 Skaggs Springs Road, Geyserville, CA
GPS coordinates are 38.717912, -122.999639.

Put either into your phone, Google maps will take you there, no problem. The races will start at 5:00am sharp. Civil twilight starts at 6:48 am, so you will need a headlamp at the start of your race. Runners will have 36 hours to complete the race. No early starts, no exceptions.



Camping

Free Camping: We're excited to offer free vehicle and tent camping this year near the race start and finish. There are 250 spots available on a first-come, first-served basis. To help us keep track of campers, please contact: sam@healdsburgrunningcompany.com.





Aid Stations

Aid stations will have the usual cornucopia of ultra foods, including GU electrolyte drink, and other GU Energy products, Skratch Labs and Good Nutrition. 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.

Bathrooms

There will be portable restrooms located at the Start/Finish, South Lake Trailhead (the Ranch at Lake Sonoma), Warm Springs aid, Liberty Glen aid, and Lone Rock aid. If you are unable to make it to a bathroom in time, please Leave No Trace on the trails, pack it in, pack it out (bring a plastic ziplock bag for used toilet paper).

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.

Mandatory Gear

You are required to bring a HEADLAMP and as many batteries or extra headlamps necessary for the duration your race. GLOVES and a JACKET (rain jacket or windbreaker) are required overnight, as well as an EMERGENCY THERMAL BLANKET. There is no excuse for not having these items in your pack and on you at all times during the nighttime. It will get cold at night no matter the temperature during the day, especially near Warm Springs. For extra gear and layers, be smart and take advantage of the drop bag locations.

Drop Bags

The race will transport drop bags to Start/Finish, Warm Springs and Lone Rock aid stations.

Crew Driving Instructions

Crews are allowed at the Start/Finish, Warm Springs Liberty Glen and Lone Rock 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.

Liberty Glen is the same as Lone Rock, but keep driving about .7 miles on Rockpile Road, take a left into the Liberty Glen area and follow the road down for about a mile or so. You will see a guard gate house continue and you will see parking lot E on your left.

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.)

Note: *Please be careful driving to Warm Springs aid station, there is a washout near the end of the road that requires your full attention to get around safely.*

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 or after dark, 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 Liberty Glen. 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 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!*

THANK YOU TO OUR SPONSORS!

