

Worker's 100K (55mi) '19			
Leg	Type	Notes	Total
	Left	Turn left onto Mark West Springs Rd	0.1
0.5	Straight	Continue onto River Rd	0.6
1.7	Right	Turn right onto Laughlin Rd	2.3
1.1	Left	Turn left to stay on Laughlin Rd	3.4
1.4	Right	Turn right onto Slusser Rd	4.8
0.8	Left	Turn left onto Mark West Station Rd	5.6
2.2	Right	Turn right Trenton-Healdsburg Rd	7.8
0.1	Left	Turn left onto Eastside Rd	8.0
1.2	Right	Turn right onto Wohler Rd	9.2
		[Rest Stop]	
0.8	Food	Wohler Bridge	10.0
0.2	Right	Turn right onto Westside Rd	10.2
8.6	Left	Slight left onto W Dry Creek Rd	18.8
8.8	Right	Turn right onto Yoakim Bridge Rd	27.6
0.6	Right	Turn right onto Dry Creek Rd	28.3
0.3	Left	Turn left onto Canyon Rd	28.5
2.2	Right	Turn right onto CA-128 E	30.8
		[Rest Stop]	
0.9	Left	Turn left onto CA-128 E	31.7
0.9	Right	Turn right onto CA-128	32.6
3.7	Left	Turn left onto Geysers Rd	36.2
0.6	Right	Turn right onto Red Winery Rd	36.9
2.4	Right	Turn right onto Pine Flat Rd	39.2
0.4	Left	Turn left onto CA-128 E	39.6
3.3	Right	Turn right onto Chalk Hill Rd	42.9
8	Left	Turn left onto Faught Rd	51.0
2.4	Right	Turn right onto Airport Blvd E	53.4
0.2	Left	Turn left onto Old Redwood Hwy	53.6
1.4	Right	Turn right into LBC	55.0
		Sonoma Emergency 707-565-2121	