



The Hawk

Guide for Runners, Crew and Volunteers



September 9-10, 2023 Presented by the Lawrence Trail Hawks

| | |
|---|-----------|
| Before the Race | 2 |
| Welcome to the 2023 running of the Hawk! | 2 |
| Packet Pickup & Race Briefing | 2 |
| Course Description | 3 |
| 100, 75, & 50-mile races | 3 |
| Marathon | 3 |
| Big Loop | 3 |
| When the trails cross | 3 |
| Alternate course | 3 |
| Mileage Chart | 3 |
| Course Markers | 4 |
| Trail Blazes | 4 |
| Trail Considerations | 4 |
| Aid Stations | 5 |
| Lands End One | 5 |
| West Park Road | 5 |
| Lands End Two | 5 |
| Start/Finish HQ | 5 |
| Check in and out | 5 |
| Pacers | 5 |
| Crew Access | 5 |
| Please be kind to our Volunteers | 5 |
| Overlook Park-Shelter 2 | 6 |
| Drop Bags | 6 |
| Cutoffs | 6 |
| Overall Cutoff | 6 |
| Aid station cutoffs | 6 |
| Changing Races | 6 |
| Changing distances <i>before</i> the race | 6 |
| Changing distance <i>during</i> the race | 6 |
| Leaving the race | 6 |
| Deferrals | 6 |
| If you can't start | 7 |
| Weather | 7 |
| Sunrise/Sunset | 7 |
| Awards | 7x |
| Finisher's Awards | 7 |
| Directions | 7 |
| From 1-70 | 7 |
| From the South | 7 |
| Park Entry Fees | 8 |
| Volunteers | 8 |
| Main Aid Station | 8 |
| Lands End Aid Station | 8 |
| West Park Road Aid Station | 8 |
| Saying "Thank you!" | 8 |
| Race Photos | 8 |
| Follow the Hawk! | 8 |
| The Hawk Race Sponsors | 9 |
| Course Map | 10 |
| Elevation Profiles | 10 |



Before the Race

Welcome to the 2023 running of the Hawk!

We are so pleased and humbled you have chosen to join us for some time on the North Shore Trails at Clinton Lake in Lawrence, Kansas. **The Hawk** holds a special place in our hearts because it was both of our first 100-mile race. We have run and paced at **the Hawk** for the same reasons we hope you have decided to join us: lovely, runnable, yet challenging single-track trails, and volunteers and aid stations who are committed to supporting our runners.

This year, we have added the 75-mile distance and have adjusted our placement awards. We are excited to offer this new distance and for those that have chosen to take on the challenge!

The guide is intended to help runners, crews and volunteers understand the course and have a successful race. If you have any questions not answered in this guide, please email us through Ultrasignup.

The Clinton Lake trails are very special for the Lawrence Trail Hawks. Please enjoy your race day, appreciate and honor all the sacrifices that have brought you to the starting line, and celebrate your amazing accomplishments on the course. We will see you at the finish line!

Good running!

Jordan & Cara, Race Directors



Packet Pickup & Race Briefing

Both will take place Saturday, September 9th at Race Headquarters

| Distance | Packet Pickup | Race Briefing | Race Start Time |
|---------------|---------------|---------------|-----------------|
| 100 & 75-mile | 5-5:45 am | 5:45am | 6:00 am |
| 50-mile | 5-6:45 am | 6:45am | 7:00 am |
| Marathon | 5-7:45 am | 7:45am | 8:00 am |

Course Description

See Course Map, page 10, and interactive map link.

100, 75, & 50-mile races

Begin at Start/Finish HQ and run about an eighth of a mile to the trail head. Turn left onto the blue blazed trail and follow it a few hundred yards to the Sanders Mound trail. Go left and do a “quick” 1.1 mile out-and-back to the top of Sanders Mound. Return to the blue-blazed trail and head left for the Lands End aid station.

From Lands End (4.5 mi), take the scenic shoreline red-blazed trail, about 1 mile, reconnecting with the blue-blazed trail at red’s end.

The blue-blazed trail crosses West Park Road into the Cactus Ridge section and turns into the white blazed trail about 3.5 miles out from Lands End.

The white-blazed trail along Cactus Ridge takes you back across West Park Road to the West Park Road aid station. From the aid station, runners leave the trails and follow the signs, flags and ribbons along West Park Road, staying on the grass, to the Bunker Hill/Goodwin Loop. Complete the grassy 2.5-mile loop, which includes two ascents of Bunker Hill, and return to the West Park Road aid station.

From the aid station, follow the white-blazed trail to the Lands End aid station, about 5.5 miles.

Leaving Lands End, continue on the white-blazed trail back to the Start/Finish aid station, about 6.5 miles distant. This completes one 25-mile lap of the course.

Hundred-milers complete the course four times, 75-milers three times, and 50-milers twice.

Mileage Chart

| Aid Station | Lap 1 | Lap 2 | Lap 3 | Lap 4 | Finish! |
|------------------|-------|-------|-------|-------|---------|
| Start/Finish HQ | 0.0 | 25 | 50 | 75 | 100! |
| Lands End 1 | 4.5 | 29.5 | 54.5 | 79.5 | |
| West Park Road 1 | 10.5 | 35.5 | 60.5 | 85.5 | |
| West Park Road 2 | 13 | 38 | 63 | 88 | |
| Lands End 2 | 18.5 | 43.5 | 68.5 | 93.5 | |

Mileages are approximate/rounded to the nearest half mile. Marathoners add 1.2 miles to each distance in Lap 1

Marathon

Marathoners start at 8 am and follow the same course, but run an additional 1.2-mile route, part of the nature trail behind the Corps of Engineers visitor center, at the beginning of the race.

Big Loop

Returning to the Start/Finish aid station, runners will have completed 25 miles (26.2 for marathoners) -- what we call the “Big Loop.”

Hundred-milers repeat the Big Loop three more times, 75-milers two more, and 50-milers one more time.

When the trails cross

The white-blazed trail and the blue-blazed trail cross at several points on the course. The crossings will be heavily marked and signed, but it is your responsibility to read and heed the markers, signs, and white, and blue blazes to stay on the course.

Alternate course

Park officials require **the Hawk** to have a backup, non-trail or alternate course ready in case conditions are such that holding the event on the original course would cause damage to the trails.

The alternate course travels the paved roads in, through and around the state park area. It includes a 3.75-mile off-road section. If the backup course becomes necessary, we’ll get the news out as soon as possible.

Course Markers

The course is marked with flags, ribbons and right turn, left turn, straight ahead, and wrong way signs. The course is designed so that it can be followed using the Park Department's blazes on the trees, except on the Sanders Mound out-and-back, and on the Bunker Hill/Goodwin Loop, neither of which are marked with trail-system blazes.



Gary Henry photo

Trail Blazes

Along with signs, flags and ribbons, watch for the blue, white and red blazes on the trails. The west heading, out-bound portion of the course is marked with blue blazes. Starting on Cactus Ridge, when the course turns back east toward Lands End, the trail is marked with white blazes. Red blazes mark the 1.1 mile shoreline trail.

Trails marked with both white and blue or red and blue blazes are "connector trails." **Do not follow**. They'll be signed and flagged, but in case the signs get knocked over or vandalized, please know you should follow only **single** white or blue blazes.



Gary "Story Hawk" Henry points out the single blue and white blazes that mark the trails. Blue is from trailhead to Cactus Ridge; white is from Cactus Ridge to trailhead.



Trail Considerations

Lights & Hydration

Runners in the 100, 75, and 50-mile events will need headlamps or flashlights for the first hour or so of the race. You'll also need a light if your race lasts longer than the typical 12-and-a-half hours (6:30 pm) of daylight available in Kansas in mid-September.

Runners **must** have a bottle or hydration pack to start the race. Proper hydration is critical for a safe, successful race. Aid stations will offer Tailwind, water, sodas, and clean ice. Plan accordingly if you prefer other hydration products. We will have a few un-manned water drops on the course but cups will not be provided.

Furry Friends

We love dogs! If you let us know ahead of time, we can even get your pup a race bib. However, for courtesy to other runners, and safety, dogs must be leashed to participate in the race.

Help us keep it clean

Hawk runners are famous for the care they take not to litter during the race. Please do your best to continue this honorable tradition.

Headphones

To keep the race safe and enjoyable, we request marathoners not wear headphones, and that runners in the 100, 75, and 50-mile races not wear headphones on the first loop.

On subsequent laps, please keep one earbud out or adjust the volume so you can hear other people approaching. Along with your fellow runners, hikers, bikers and runners not in the race will be on the course. Hearing and responding, even if you don't see them, is important for safety and courtesy.

Aid Stations



Mile 90 photo

Hawk aid stations are fully staffed, and serve Tailwind Nutrition, Water, Coke, and Ginger Ale. We offer Honey Stinger gels, chews, and waffles. Typical food includes but is not limited to oranges, bananas, watermelon, Pringles, pretzels, Oreos, Nutter Butters, M&Ms, peanut M&Ms, ginger chews, boiled potatoes, peanut butter wraps, Nutella wraps, and turkey wraps. We provide soups and other warm food during the overnight hours.

You'll encounter aid stations in this order as you run the 25-mile course (marathoners add 1.2 miles to each distance):

Lands End One

4.5 miles

drop bags, no crew access

West Park Road

10.5 and 13 miles

drop bags, crew access

Lands End Two

18.5 miles

drop bags, no crew access

Start/Finish HQ

25 miles

drop bags, crew access

Check in and out

HAM Radio volunteer operators at every aid station help us track runners on the course, but they can only do this if you make sure to **check in and out** with the volunteers on each aid station visit.

Pacers

Pacers are allowed for the 100 and 75-mile races only. You can use as many pacers as you like, but only one at a time. "Muling" is not allowed. Pacers can think and navigate for you, keep you awake, make sure you eat and drink, and do all the wonderful things pacers do; but they cannot carry your gear for you. Carrying your own gear is part of finishing at **the Hawk**.

Pacers must check in at the Start/Finish and get a bib before joining their runners so we know who is on the course. If possible, pacers can attend the pre-race briefing. They can join their runners starting at mile 50 or any time thereafter at either the Start/Finish or West Park Road aid station. Pacers may register, free of charge pre-race, online at ultrasignup.com or on race day.

Crew Access

Crews can meet their runners at the Start/Finish and West Park Road aid station at Campground Coneflower. Lands End is a non-crew access aid station for the race.

West Park Road (aka 1415 Road), the main road running the length of the State Park, is in the Department of Parks and Wildlife section of the park, and a park fee or entry sticker is required to reach the aid station. Runners hit this station at 10.5 and 13 miles into the 25-mile course. Start/Finish HQ and West Park Road are the only two crew-access aid stations for the race.

To learn your runner's approximate location on the course during the race, check in at Start/Finish HQ.

Between the chip timing mats and HAM radio operators, we can identify where runners are throughout the race. We will also have a "live link" posted so you can track your runner on race day.

We appreciate the dedication and commitment crews have for their runners; we are all invested in their success. Please respect that other runners' crews and race volunteers share this commitment by staying out of aid station volunteer spaces and not inhibiting other runners', crew's or volunteers' access to aid stations.

Please be kind to our Volunteers

Hawk volunteers are the "Heart of the race." Please show appreciation by being thankful and telling them how awesome they are!

Overlook Park-Shelter 2

We have an additional shelter, Shelter 2, reserved across from the Start/Finish HQ. Crews can set up around this shelter area and use the amenities. This is a community area for everyone-please be respectful of the park rules and other crew members!

Drop Bags

All three aid stations accept drop bags. Drop bags should be left on the designated tarps located by the road at Start/Finish 15 min before your race start time, to ensure they get to the aid stations. Mark bags clearly with name, bib#, race distance and aid station. Please keep drop bags to a reasonable size.

Drop bags and other materials left at aid stations will be returned to the Start/Finish HQ by 12 pm/noon Sunday. Any items not claimed will be donated.

Cutoffs

Overall Cutoff

The 100 and 75-mile races have a 32-hour cutoff, the 50 has a 31-hour cutoff, and the marathon has a 30-hour cutoff. To be eligible for a finisher's award, you must cross the finish line by 2 pm on Sunday.

Aid station cutoffs

Runners must be out of the aid stations by the following cut-off times. Volunteers will break down the aid stations at those times and depart. Runners continuing past the cutoffs, and not arriving at the Start/Finish HQ on or before the 2 pm cutoff, will not be eligible for the finisher awards.

West Park Road aid station

Runners on their last lap must leave the West Park Road aid station by 10 am, Sunday, after completing the Bunker Hill/Goodwin loop.

Lands End Aid Station

The cut off for Lands End aid station is Sunday, 12 pm/noon. This is mile 93.5 for the 100-mile runners, 68.5 for the 75-mile runners, and 43.5 for the 50-mile runners.

Changing Races

Changing distances *before* the race

Once Ultrasignup has been closed, runners cannot change distances before race day on their own. Please contact us through the Ultrasignup email to let us know if you know you will be running a different distance before the race starts. If you change distances and start with the correct race, you will be eligible for placement awards.

Changing distance *during* the race

Once a runner leaves Start/Finish HQ, they have committed themselves to the next distance finish. Once a 100-mile runner has left the start-finish embarking on a fourth loop, anything short of completing a full loop in the allotted time will be listed as a DNF.

100-milers may drop to the 75 or 50-mile and will be listed as finishing the corresponding race and will not be eligible for placement awards. Hundred, 75, and 50-milers may **not** drop to the marathon once they have started their race since the marathon has minor course differences.

Runners in the 50 and 75-mile races may upgrade in-race to the 100-mile race but will not be eligible for placement awards. Legend has it, Jordan has both “un-quit” an event **and** “leveled up” mid-event at Lawrence Trail Hawk races in the past.

Leaving the race

Seeing you finish is the reason we put on this race. If that's not possible, please report to the aid station captain at the nearest aid station. **You must check in** at the Start/Finish HQ to confirm you have left the race.

If you leave the race without telling us, volunteers, and eventually official search-and-rescue personnel will set out to find you, assuming you are disabled somewhere on the course and need help.

Deferrals

At this time, requests for deferral to 2024 will not be allowed. Any runners who have requested deferrals should have received an email confirmation. Deferral codes for ultrasignup.com will be provided in advance of the 2024 event registration opening and must be used within the first 45 days of the next year's race registration.

If you can't start

If you can't attend, and haven't deferred, ***please let the race directors know!*** At least seven days before the race is preferable, but certainly, get in touch as soon as you know you can't make it. That way, we can remove your name from the starters list. You can also remove yourself from the race on ultrasignup.com. If you don't show up, and don't let us know in advance that you can't make it, you'll be in the race results as DNS (Did Not Start).

Weather

The average high temperature in mid-September is 80°F, with overnight temperatures dipping to around 60°F. These are average temperatures and can be cooler or warmer. September tends to be dry in Kansas, but rain is always possible. Bugs, ticks, chiggers, we have them, so ***spray down.***

Sunrise/Sunset

September sunrise generally occurs around 6:56 am. Sunset is on average around 7:40 pm.

Awards

We are continually evaluating our award system and are making a few adjustments this year. For each race, there will be:

- Overall Winner
- First Runner-Up - Male, Female, Non-binary
- Second Runner-Up - Male, Female, Non-binary
- Masters (Age 45+)- Male, Female
- Last Mule in the Barn

The awards will be distributed in that order.

Finisher's Awards

100 mile

- Custom belt buckles for sub 24- & sub 32-hour finish
- Race distance decal
- **Hawk** 100-mile jacket

75 mile

- Race distance decal
- Custom cooler with distance

50 mile

- Finisher's mug handmade by local artist & runner Matty Mullins
- Race distance decal

Marathon

- Marathon medal handmade by local artist & runner, Matty Mullins
- Race distance decal



Directions

Your best bet is to use Google Maps to chart your route. Use this coordinate, [@38.939175,-95.339651](https://www.google.com/maps/@38.939175,-95.339651). It puts you right at the pin drop for our Start/Finish HQ.

From 1-70

If you are traveling to the race on 1-70, get off at Exit 197 toward Lecompton/Lawrence and head south for about four miles on Highway K-10/South Lawrence Trafficway. You'll see a sign for Clinton Lake. Take the Clinton Pkwy exit. At the bottom of the ramp turn right onto Clinton Parkway. Go right at the stop sign onto E 900 Rd., then take the first left.

From the South

If you are traveling from the south on Hwy 59, exit on the left onto K-10/ South Lawrence Trafficway right before you enter Lawrence. Take the Clinton Pkwy exit and turn left onto Clinton Parkway. Go right at the stop sign onto E 900 Rd, then take the first left on N 1402 Rd into the park. Follow the road to the parking lot at the Start/Finish, Shelter 1.

Park Entry Fees

The **Hawk** starts and finishes at Shelter 1, Army Corp of Engineers Overlook Park at Clinton Lake. There is no park entry fee for Overlook Park or for running on the trails. To enter the state park by vehicle to meet runners at the West Park Road aid station, you must buy either a day pass for \$5 or an annual entry permit for \$25. These prices are listed on the department's website (subject to change) ksoutdoors.com/license-permits.

Volunteers

Without volunteers, this event isn't possible.

They come early; they leave late; they haul heavy things; they spend hours bending over placing flags on trails; they make delicious food; they cheer, sing, dance and clap; they handle yucky feet; they brew strong coffee.

Please treat our volunteers with respect and kindness. Simple appreciation for their service and efforts is a small price to pay.

Passion for trail running and dedication to the running community are hallmarks of our aid station crews.

Main Aid Station

Kansas City Dirt Community

A trail-running group from the Kansas City metro area, bring some impressive experience and lots of positive energy to the Main aid station, located at the Start/Finish line. Be sure to soak up all the excitement and energy this community will offer at the Main Aid Station.

Lands End Aid Station

Lawrence Trail Hawks

The Lawrence Trail Hawks, under Megan Moriarty's leadership, provide the aid station crew at Lands End. Megan, the volunteers, and her carrot soup expertly keep runners moving!

West Park Road Aid Station

Jim & Debbie Megerson and the Tool Time Crew

Jim & Debbie have been an integral part of the **Hawk** race from the start, offering just the right amount of "tough love" and tenderness to keep runners moving at the course's farthest aid station. Debbie's hugs are practically world-famous, and Jim keeps all aspects of the West Park Road aid station moving along, and runners on the trails. After Jim & Debbie leave, the Tool Time crew with Chad DiCaprio will step in to give runners the tune-up needed to finish up the loop and will concoct some delicious new treat in the middle of the night.

Saying "Thank you!"

They were there for you through darkest night and toughest terrain. They weren't there for a good time—they were there for a long time!

Show your crew and/or pacers just how much you appreciate all they did to help you buckle with a T-shirt (\$15), hoodie (\$35), or trucker hat (\$15). Hoodies and shirts are available in assorted sizes starting race morning, and all are available throughout the event.

Get yours early—first come, first served, and **Hawk** apparel, like the runners, goes fast.

Race Photos

The **Hawk** is proud to contract with Mile 90, the area's premier race photographers, to photo-document your race. Look for their photos after the race at mile90.com.



Follow the Hawk!

Got questions, comments, or smart-alecky remarks to share? You are cordially invited to join the **Hawk** family on Facebook facebook.com/groups/Hawkhundred.

For course elevation profile and more fabulous fun facts about the **Hawk**, visit Hawkhundred.com. See you there!

The Hawk Race Sponsors



honeystinger.com



timerguys.com



squirrelsnutbutter.com



tailwindnutrition.com



ORANGE MUD

orangemud.com

THE WK

100 | 75 | 50 | 26.2 MILE RACES

Course Map

Elevation Profiles

elevatemyrace.com/Hawk_marathon

elevatemyrace.com/Hawk_100-50

TRAIL GUIDE

- BLUE TRAIL
- WHITE TRAIL
- RED TRAIL
- SANDERS MOUND
- BUNKER HILL/GOODWIN LOOP
- MARATHON START

AID STATIONS

- 1** START/FINISH (RACE HQ)
- 2** LANDS END
- 3** WEST PARK ROAD

| AID STATION | LOOP 1 | LOOP 2 | LOOP 3 | LOOP 4 | FINISH |
|----------------|--------|--------|--------|--------|--------|
| START/FINISH | 0 | 25 | 50 | 75 | 100 |
| LANDS END 1 | 4.5 | 29.5 | 54.5 | 79.5 | — |
| WEST PARK RD 1 | 10.5 | 35.5 | 60.5 | 85.5 | — |
| WEST PARK RD 2 | 13 | 38 | 63 | 88 | — |
| LANDS END 2 | 18.5 | 43.5 | 68.5 | 93.5 | — |

ALL MILEAGES APPROXIMATE/ROUNDED TO NEAREST HALF MILE.
MARATHONERS ADD 1.2 MILES TO EACH DISTANCE IN LOOP 1.



Gary "Story Hawk" Henry points out a typical blue blaze on the westerly portion of the course.



A typical white blaze on the easterly portion of the course.

