

THE 4TH ANNUAL

HAWK



100 | 50 | 26.2 MILES

Guide for runners,
crew and volunteers

You can talk the talk.
You can walk the walk.
But can you run The Hawk?

LAWRENCE, KANSAS | SEPTEMBER 13–14, 2014

PRESENTED BY THE LAWRENCE TRAIL HAWKS



READ THIS GUIDE IF YOU WANT TO FINISH

Trail ultras and marathons are challenging, not just for the distances, but because courses can be complex. The Hawk is no exception. We will thoroughly mark the course and have signs at all places where the trails cross. Please read this guide carefully and be as familiar with the course instructions as you can. If you have questions, please call me at **(678) 522-8169** or e-mail **HawkHundredRD@gmail.com**. VOLUNTEERS and CREW, too! Most everything you need to know for a successful race is here, but it won't do you any good if you don't read it. Good luck, and I'll see you at the start—AND the finish.

—Danny Miller, RD

Free dinner for runners and volunteers at the pre-race briefing.

The Hawk provides dinner with meat and veggie lasagnas, spaghetti, vegan quinoa salad, bread, and chips at packet-pickup/pre-race briefing on Friday, September 12, from 5–7 pm. Family, friends and crew are welcome, too, but we ask that they bring a side dish to share.

Don't miss breakfast on race day!

The Hawk also provides a breakfast of pancakes, scrambled eggs, turkey bacon, oatmeal and orange juice. And of course we won't forget the coffee. Breakfast starts at 5 am. Be there or be hungry.

Sunrise: 7 am
Sunset: 7:30 pm

PACKET PICKUP & PRE-RACE BRIEFING

On Friday, September 12, packets may be picked up at the Start/Finish, which is Shelter 1, Army Corps of Engineers Overlook Park at Clinton Lake from 4–7 pm. Use this address for Google Maps directions: **Overlook Park @38.939175,-95.339651**.

The pre-race briefing will begin at 6 pm. It is strongly recommended for all 100-mile runners and would be helpful for 50-mile and marathon runners, too. The pre-race briefing includes a dinner from 5–7 pm for all runners and volunteers. Family, friends and crew are welcome, too, but we ask that they bring a side dish to share.

PARK ENTRY FEES

The Hawk starts and finishes at Shelter 1, Army Corps of Engineers Overlook Park at Clinton Lake. There is no entry fee for Overlook Park or for running on the trails, but in order 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 taken from the Department's website at <http://kdwp.state.ks.us/news/License-Permits> and may be subject to change.

RACE MORNING CHECK-IN

All 100-mile and 50-mile runners must check in at the Start/Finish by 5:45 am. Marathon runners must check in at The Start/Finish by 6:45 am.

DROP BAGS

You may have drop bags at the Lands End aid station (4.5 and 18.5 miles into each 25-mile lap), the West Park Road aid station (10.5 and 13 miles in), and the Start/Finish aid station (25 miles in). Your drop bags must be in the designated areas at The Start/Finish by 5:45 am to ensure they are delivered to the aid stations. Bags must be clearly marked with name, bib #, distance and aid station. Please keep drop bags to a reasonable size.

All drop bags and other assorted materials left at aid stations will be returned to the Start/Finish by 10 am Sunday. We will try to return anything not claimed by 2 pm, but if we don't hear from you by September 30th, items will be donated to a local charity.

CREW ACCESS

Crews can meet their runners at the Start/Finish. Crews may also meet their runners at the West Park Road aid station on the west edge of Campground 3, which is on West Park Road, the main road running the length of the State Park. It's in the Department of Parks and Wildlife section of the park, and a park fee or entry sticker is required. Runners hit this station at 10.5 and 13 miles into the 25-mile course. These are the only two crew-access aid stations for the race.

RACE START

The 100- and 50-mile races start at 6 am. The marathon starts at 7 am.

Headlamps

100- and 50-mile runners will need a headlamp at the start of the race.

Elevation profile

Visit our website at www.hawkhundred.com and click on the **Course** tab to see an elevation profile of the course.

Hydration

We're planning on having water, Mt. Dew, Coke, and HEED at each aid station, so please plan accordingly if you'd prefer something else.

Sanders Mound

On the first loop, we will have volunteers posted at the top of Sanders Mound and at the turn to it. On subsequent loops, 100- and 50-mile runners will need to collect a trinket from the top of Sanders Mound and take it to the Lands End aid station to prove they reached the top.

Furry friends

We love dogs, and if you let us know ahead of time we'll even get your pup a race bib. However, as a courtesy to other runners, your dog must remain on a leash for the duration of the race.

Headphones

To make the race more enjoyable for everyone, we respectfully ask that you not wear headphones on the first loop.

AID STATIONS

The Hawk is a fully-staffed race. Aid stations will feature water, sports drinks, and typical aid station snacks. Runners will hit aid stations in this order as they traverse the 25-mile course (marathoners add 1.2 miles to each distance):

- **Lands End 1:** 4.5 miles
 - no crew access, drop bags
- **West Park Road:** 10.5 and 13 miles
 - crew access, drop bags
- **Lands End 2:** 18.5 miles
 - no crew access, drop bags
- **Start/Finish:** 25 miles
 - crew access, drop bags

HYDRATION

All runners are required to have a bottle or hydration pack to start the race. Staying hydrated is critical to having a safe, successful race.

COURSE MARKERS

The course is marked with flags and ribbons. There are also right-turn, left-turn, straight ahead, and wrong way signs. The course is designed so that you can follow it using the Park Department's blazes on the trees, except on the out-and-backs to Bunker Hill/Goodwin Loop and Sanders' Mound. The trail will be marked with reflectors during the night portion of the 100-mile race. You must have a headlamp or flashlight in order to see these.

TRAIL BLAZES

In addition to signs, flags and ribbons, runners should also watch for the white, blue and red blazes on the trails. The westerly, out-bound portion of the course is marked with **blue blazes**. A one-mile detour along the Clinton Lake shoreline will be marked with **red blazes**. When the course turns back east toward Lands End, it will be marked with **white blazes**.



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.

In addition to the white, blue and red blazes on the westerly, easterly and shoreline trails, you may see trails marked with both white and blue or red and blue blazes. These are "connector trails." **DO NOT FOLLOW.** They will be marked with wrong-way signs and/or ribbons, but in case the signs get knocked over or vandalized, please know you should follow only SINGLE white, blue or red blazes as shown in the photos.

COURSE DESCRIPTION

Overview: For the 100- and 50-mile races you'll begin at the Start/Finish and run about an eighth of a mile to the trail head for the blue-blazed trail. Make a left turn onto the blue-blazed trail and follow it a couple hundred yards to the Sanders Mound trail. You'll take a left and do a "quick" 1.1 mile out-and-back to the top of Sanders Mound. From there you'll get back on the blue-blazed trail and head for the Lands End aid station.

From Lands End you'll take the red-blazed shoreline trail until it meets back up with the blue-blazed trail. The blue-blazed trail will turn into the white-blazed trail 3.5 miles from Lands End at a point known as Cactus Ridge.

The white-blazed trail will take you to the West Park Road aid station. From there, leave the trails and follow the signs, flags and ribbons along West Park Road, staying on the grass, to Bunker Hill. This is the Goodwin Loop. Complete the 2.5-mile Goodwin Loop, which includes a traverse of Bunker Hill, and return to the West Park Road aid station. You'll then continue on the white-blazed trail back to the Lands End aid station.

Leaving Lands End you will continue on the white-blazed trail back to the Start/Finish aid station. This completes one loop of the course.

Say thanks to your pacers and crew!

Hawk hoodies will be available to purchase for \$30. T-shirts will be \$10. Visit the Start/Finish if you want to pick one up.

Weather

The average high temp in mid-September is 80°F, and overnight temps usually get down around 60°F. September tends to be a bit drier in Kansas, but rain is always possible.

NO LITTERING!

We take littering very seriously and reserve the right to disqualify anyone who does so.

Marathon: Runners will follow the same course as the 50- and 100-mile runners, but they will run an additional 1.2 miles at the beginning of the race.

Big Loop: At 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 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, blue and red blazes to stay on course.

Mileage chart

| 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.

CUTOFFS

The 100- and 50-mile races will have a 32-hour cutoff, ending at 2 pm on Sunday, September 14th. The marathon has a 31-hour cutoff, ending at the same time as the 100- and 50-mile races. There are no aid station cutoffs.

AWARDS

All 100-mile finishers will receive a belt buckle, 50-mile finishers will receive a handmade finisher’s mug, and marathon finishers will receive an award. The top three male and female finishers in each race will receive a special award.

PACERS

Pacers are not allowed for the marathon or 50-mile races. Pacers are only allowed and are recommended for the 100-mile race, although no “muling” is allowed. Pacers can think for you, navigate for you, keep you awake, make sure you eat and drink, and do all the other wonderful things pacers do—but they can’t carry your gear for you. Carrying your own load is part of being a finisher in the Hawk.

Pacers must check in at the Start/Finish before joining their runners so we know who is on the course. Pacers should attend the pre-race briefing if at all possible. Pacers may join their runners starting at 6 pm (12 hours into the race and about an hour before sunset) or any time thereafter. Pacers may join their runners from either of the two crew access stations after checking in at the Start/Finish.

LEAVING THE RACE

Seeing you finish is the reason we’re putting on this race. If for some reason that’s not possible, you **MUST** report to the Start/Finish, which will be staffed throughout the race. You can also call the Race Director, Danny Miller, at (678) 522-8169. 100-milers may drop to the 50 during the race, but will not be eligible for finisher’s awards.

DIRECTIONS TO THE RACE

Your best bet is to use Google Maps to chart your route. Use this coordinate for the destination. It puts you right at the Start/Finish: **Overlook Park @38.939175,-95.339651.**

If you’re traveling to the race on I-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 on N 1402 Rd into the park. Follow the road to the parking lot at the Start/Finish, Shelter 1.

If you’re 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.

PLEASE HELP KEEP THE TRAILS CLEAN



Runners in all the Lawrence Trail Hawks races have been notable for not littering. Please help us continue the great tradition of running a clean race, and don’t leave trash on our beautiful trails.

QUESTIONS ABOUT ANYTHING

Call Danny Miller, Race Director, at (678) 522-8169, or e-mail HawkHundredRD@gmail.com.



THE PEOPLE WHO MAKE THIS RACE POSSIBLE

All of the Hawk RDs and aid station captains are experienced ultrarunners who know this course well. Don't hesitate to ask them for help, advice, encouragement, or hugs. And of course, we owe a big thanks to the volunteers. We couldn't do this without them!



Danny Miller

Danny is the Hawk's race director. He has finished several 100-mile races, including Western States.



Coleen Voeks

Coleen, who has finished more than 10 100-mile races, is the Hawk's co-RD. Coleen is a running coach in the KC area.



Tony Clark & Kyle Amos

Tony and Kyle are the Start/Finish aid station captains. They are the RDs for the Heartland 100. Both are accomplished 100-mile runners, with Tony finishing the 135-mile Badwater ultramarathon twice.



Carl Cleveland

Carl, the Land's End aid station captain, finished the 135-mile Badwater ultramarathon this summer. Not by running, but rather—as you can see—by floating.



Debbie & Jim Megerson

Debbie & Jim are the West Park Road aid station captains. Debbie finished the inaugural, self-supported Hawk 100 four years ago. If you're feeling down during the race, just ask Debbie for a hug. But don't hang around her aid station too long—it's tough love out at West Park Road.



The Lawrence Trail Hawks

The Hawk is put on by the Lawrence Trail Hawks, a group of trail and ultrarunners from the Lawrence area that helps care for the Lawrence trails. Many of the volunteers at the Hawk are Trail Hawks members. Visit lawrencetrailhawks.com to join forces with this amazing group of runners.



2014 HAWK COURSE MAP

TRAIL GUIDE

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

AID STATIONS

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

