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For Immediate Release

Lawrence Trail Hawks to host 50-mile and marathon trail races

The Lawrence Trail Hawks will host the first-ever “Hawk 50-Mile and Marathon Trail Runs,” Saturday, May 22 on Clinton Lake’s North Shore Trails.

Entry forms and on-line entry are available at www.Lawrencetrailhawks.com. The Lawrence Trail Hawks are Lawrence’s original trail- and ultra-running club.

The race features t-shirts for all entrants, awards for all finishers, and a hamburger/hotdog barbecue for runners, families and friends, beginning about 11 a.m.

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The 50-mile race begins at 7 a.m. at Shelter 2, by the Corps of Engineers trailhead and parking lot for the Clinton Lake North Shore trail system.

The marathon begins in the same place, at 8 a.m. Both races also finish by the shelter. The course will be open until 8 p.m., giving 50-milers 13 hours to finish.

No park entry fee is required to visit the Corps of Engineers section of the Clinton Lake park. A daily park entry fee of \$4.20 is required for visitors who drive into the State Park area to meet their runners at aid stations set up on the State Park's sections of the trails.

The marked course includes difficult rocky, root-bound trails; smooth, flat, easy trails, scenic lake views; long stretches through old-growth forest; and traverses of Sanders' Mound, a hill overlooking Clinton Lake.

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Call Gary Henry, 785-766-0293 or e-mail Gary at unews@ultrastory.com for more information on this story.