

Benefits

Yes, dues are a pricey \$10 per year.

But you'll easily get that back in savings with 10 percent discounts at all Garry Gribble Running Sports locations, Francis Sporting Goods in Lawrence, and Great Plains Running Company in Topeka.

And Garry Gribble offers even deeper discounts several times a year during Trail Hawk group run shopping days!



Mary Ann "Squeaky Hawk" McIntyre (L) and Debbie "Wheat Hawk" Webster grin at the sight of Garry Gribble Running Sports merchandise discounted for Hawks a whopping 20 percent Dec. 5, during a Trail Hawks Group Run Shopping Day. After shopping for an hour or so, the Hawks ran the Kansas River trails, then went out for breakfast.

You also get big discounts on entry fees to Trail Hawks events. You get Trail Hawks gear at cost or below.

But best of all, you get membership in Lawrence's original trail and ultra running group, which means you'll never lack for friends to run with in the woods.

On your first group run as a dues-paying member, you'll be christened with the cool "Hawk name" that all members have.

The Trail Hawks are proud to be more concerned with "kindness to life and land" (our motto) and taking care of each other than with competitiveness.

We are competitive with ourselves, however. In the Trail Hawk ranks you'll find an incredible level of expertise on training, gear, nutrition and trail running, from 5k to 100 mile races.

Not a joiner? You're welcome to run with us any time, anyway. You're also invited to join the Lawrence Trail Hawks Yahoo e-mail group. That's one of the best ways to keep current on our runs and activities.

Visit www.Lawrencetrailhawks.com to get in the loop. 

Lawrence Trail Hawks



Kristi "Black Mamba Hawk" Mayo leads the pack at the Sanders Saunter 10K Trail Run, Nov. 22, 2009.



Night runners -- (L to R) Debbie "Wheat Hawk" Webster, Julie "Sunday Hawk" Toft, Jim "Family Hawk" Beiter, Levi "Smilin' Hawk" Bowles, Lunar Prep training run, June 27, 2009.



Thursday night Gal Gallop-- (L to R) Sarah "Scoop Hawk" Henning, Christine "Mountain Hawk" Metz, Renee "Renanimal Hawk" Babin, Mary Ann "Squeaky Hawk" McIntyre, July 30, 2009.



Shoreline Shuffle 5K Trail Run Clinton Lake North Shore Trails, Sept. 19, 2009.

www.LawrenceTrailHawks.com

Lawrence Trail Hawks

The Lawrence Trail Hawks, founded by Lawrence area trail and ultra runners, run on, promote and care for the Lawrence trails, including the Kansas River Trails (sometimes known as the Sand Rat trails), and the Clinton Lake North Shore Trails.

We're an official 501(c)3 non-profit organization under the Road Runners Club of America's group exemption. We're also a registered State of Kansas Not For Profit Corporation, and had our first group run April 16, 2009.

We work with the Department of Parks and Wildlife, the Kansas Trails Council and Lawrence Mountain Bike Club to help keep the trails groomed and free of trash. We stage events, and help with other groups' events that meet our goals of promoting and caring for the trails.

We take care of the trails, our fellow Trail Hawk members, and all others who have interest in the trails similar to our own. We might not do as much as we'd like, but we do what we can.

Please visit our website at www.Lawrencetrailhawks.com for news and information about the Lawrence Trail Hawks, including our membership application form. Thanks for your interest in the Lawrence Trail Hawks! Hope to see you on the trails soon!



Gary Henry

Lawrence Trail Hawks trash pick-up Clinton Lake North Shore Trails April 18, 2009



Gary Henry

Monday Night Beginners' Run, Nov. 30, 2009, Kansas River Trails. (Front, L to R) Justin "GNT Hawk" Henning, Renee "Renanimal Hawk" Babin, Laurie "Pixie Hawk" Euler. (Back L to R) James "Skull Hawk" Barker, Nick "Colo Hawk" Lang, Jim "Family Hawk" Beiter.

Weekly Runs

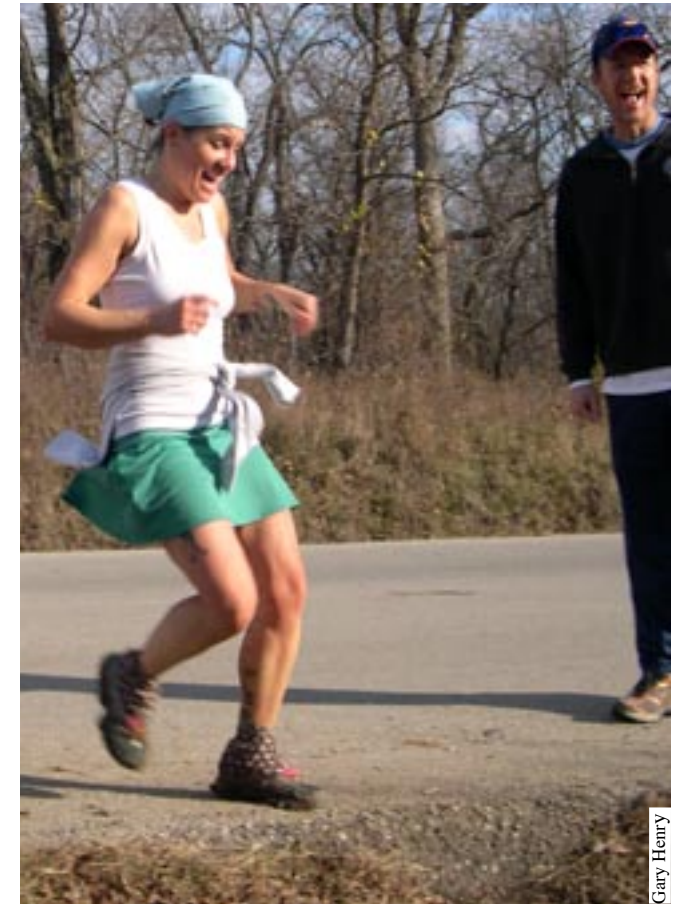
You are cordially invited to join the Lawrence Trail Hawks on any of their free weekly runs. Schedules, descriptions and contact info are all available on the "Runs" page at www.Lawrencetrailhawks.com.

The **Beginners' Run** is a laid-back trot beginning at 6:30 Monday nights. In spring and summer, we meet to run a few miles on the North Shore trails at Clinton Lake, but transfer to the easier Kansas River Trails in Fall and Winter

Wednesday night is our **Short to Middy Run** on the North Shore trails. We go between 4.5 and 12 miles.

Join the gals Thursday nights for the women-only "**Gal Gallop**." It's a beginner-friendly, supportive, stress-relieving amble through the woods. No guys allowed, which is one reason it's so stress-relieving! Like the Beginners' Run, the Gal Gallop hits the Kansas River Trails in cool weather, the North Shore Trails in warm.

Saturday mornings are when we get together for our **Long Run** -- 10, 20, 30, even 40 miles sometimes. We don't go to fast, but we go pretty far. Join us for some of, all of, or plus the mileage.



Gary Henry

Coleen "Lil Big Hawk" Voeks prepares to hit the trail while safety observer Darin "Lincoln Hawk" Schneidewind shouts encouragement during the Sanders' Saunter 10K Trail Run, Nov. 22, 2009.

The Trail Hawks enjoy showing off Lawrence's beautiful North Shore trail system at Clinton Lake with trail races, including the Shoreline Shuffle 5K and the Sanders' Saunter 10K.

Ultramarathons are on tap too, with the Hawk Fifty, a 50-mile trail run, and the Hawk 100, Lawrence's first-ever hundred-mile trail race, planned for Spring 2011.

As much as we love the Clinton Trails, the Hawks fly afield as well -- Coleen's Fat Ass 50 miler night run takes place in January on the beautiful Prairie Center nature trails in Olathe. No entry fee, but donations go to worthy causes, including the Prairie Center.

