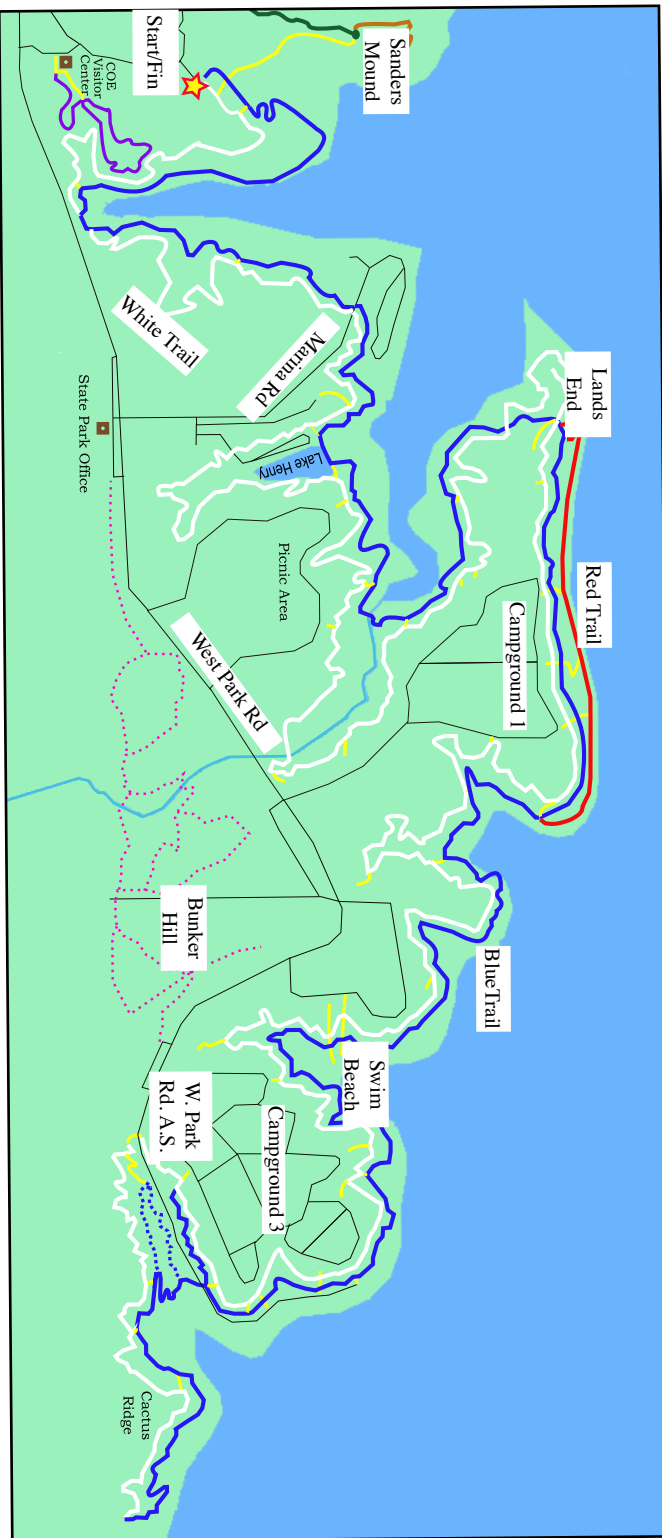


Clinton Lake North Shore Trails



Guide for runners and crew

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

26.2 and 50 miles
As the Hawk flies

www.Lawrencetrailhawks.com



Packet pickup

Packet pickup is scheduled for Friday, May 21, 2-7 p.m. at Garry Gribbles Running Sports in Lawrence.

**839 Massachusetts Street
Lawrence, KS 66044-2657
(785) 856-0434**

www.garrygribbles.com

You can also get your packet race morning, starting at 6 a.m., at Race HQ, which will be set up in Shelter 2 at the race.

Race morning check-in

All runners must check in at the registration table before starting, so we know who is in the race.

Drop bags

You can have drop bags at the Start/Finish aid station, and close to the far end of the course, at 11 miles, at the West Park Road aid station. Marathoners can have drop bags, but be advised -- drop bags won't be returned to the start-finish from West Park Road until after final cut-off for the 50-mile race at 8 pm. Runners and crew are welcome to drive out to the aid station to claim drop bags.

Park entry fees

The Hawk starts and finishes at Clinton Lake Overlook Park, administered by the Army Corps of Engineers. There's no entry fee for Overlook Park. Most of the course is on trails in the Kansas Dept. of Parks and Wildlife. There's no fee for running on the trails, but in order to enter the state park by vehicle, you must buy either a day pass for \$4.20, or an annual entry permit for \$24.70. These prices are taken from the Department's website at <http://kdwp.state.ks.us/news/License-Permits> and may be subject to change.

Aid stations

The Hawk features four fully staffed aid stations, with food, water and sports drink. Food will be typical ultra fare, including sandwiches, fruit, candies, chips and other treats. Sports drink is Hammer Nutrition's HEED, supplied by race sponsors Kansas Ultrarunners Society and Great Plains Running Company.

Aid stations and approximate distances into the course are:

Lands End - 6.2 miles

West Park Road - 11 miles

Swim Beach - 14.5 miles

Lands End - 18 miles

Start/Finish - 23 miles

Unmanned aid stations aren't currently planned. Unmanned water stations WILL be placed on the course in the event of unexpectedly high temperatures. If used, They will be placed between the start/finish and Lands End; and between Lands End and West Park Road. Unmanned aid stations, if used, will not have cups, in the interest of litter prevention. You will need a bottle or hydration pack to use.

IMPORTANT FOR ALL RUNNERS:

You MUST check in and out at each aid station, and make sure the volunteers get your number logged. This is so we can keep an idea of who is where on the course, in case of weather or other emergencies.

Hydration

Runners are required to have a bottle or hydration pack to start the race. Staying hydrated is critical to having a safe, successful race. Drink often. Don't wait till you're thirsty.

Cookout

The Hawk features a cookout for the runners, with hamburgers, hotdogs and vegetarian chow. Runners' crews and families are also welcome.

Crew access

Crews can meet their runners at the Start/Finish aid station, located at the trail head near Race Headquarters at Shelter 2. The West Park Road aid station on the west edge of Campground 3 also has crew access. The Swim Beach aid station also has crew access, although crews will have to park in the Swim Beach parking lot and hike about a quarter-mile, including descending a lengthy concrete stairway to reach the aid station. Both of these aid stations are accessible from West Park Road which is the main road running the length of the State Park. No crewing is permitted at the Lands End aid station.

Course description

The Hawk takes place on the Clinton Lake North Shore trail system, a 21-mile loop, with a one-mile out-and-back (Bunker Hill) at 11 miles, and another one-mile-out-and-back (Sanders Mound) at 22 miles.

Start

Runners begin by Race HQ (Shelter 2) and run across a grassy lawn, then enter the trails. The course will be marked with pink flags and ribbons, augmented by signs, and traffic directors where trails cross. In addition to these navigation aids, runners can also use the trail system blazes as confidence markers.

Outbound

Runners follow the white-blazed trail Westerly to begin, and for much of the race. The white blazes will take runners through Lands End, to the West Park Road aid station. There, runners leave the trail system for a one-mile out-and-back to Bunker Hill, a long, grassy ridge. Returning to the aid station, runners rejoin the white-blazed trail and follow it to its terminus on Cactus Ridge.

Inbound

Where the white-blazed trail quits, the blue-blazed trail begins and takes

runners East, back toward the start/finish. About 1.5 miles past the Swim Beach aid station, runners leave the blue-blazed trail for the red-blazed Shoreline Trail. The red-blazed trail takes runners a little more than a mile along Clinton Lake's rocky shore, to the Lands End aid station, where runners rejoin the blue-blazed trail. Runners continue on the blue-blazed trail until, just before reaching the Start/Finish aid station, they make a sharp right turn, dropping South for a one-mile out-and-back to Sanders Mound, a hill overlooking Clinton Lake. Returning from the mound, runners rejoin the blue-blazed trail for a few hundred yards, taking them into the Start/Finish aid station. At this point, runners have completed 23.2 miles of the course.

Little loop

The blue-blazed trail terminates here, and the white-blazed trail begins. Runners continue Westerly on the white blazed trail -- just as they did at the start -- for 2.1 miles until they reach Marina Road. Here, they hop over to the blue-blazed trail, which is only a few feet away. They head East, back toward the Start/Finish, this time skipping the Sanders Mound out-and-back. At the Start/Finish aid station, Marathoners leave the trail and run back across the grassy lawn to the finish line.

50-milers

The 50-milers continue Westerly on the white-blazed trail a third time. They repeat the first big loop, complete with out-and-backs to Bunker Hill and Sanders Mound. On returning to the Start/Finish aid station, the 50-milers leave the trails for the run across the grassy stretch to the finish line.

Leaving the race

Seeing you finish is the whole reason we're putting on this race. If for some reason it's not possible for you, PLEASE report to the nearest aid station captain. DO NOT leave the race without telling a race official.