

Hawk Mountain Race Weekend

Athlete / Event Guide

Our race weekend is almost here, and we are excited to have you competing with us at the Hawk Mountain Scout Reservation!!!

All of our events are off road, and completely contained within the 700 acre preserve. Each event will be described in detail in this guide. Distances & course difficulties vary, so use this guide to select the best events for yourself.

Youth and novice triathletes are being steered towards these events:

Piranah 300 swim, Barracuda 600, swim, Splash & Dash Mini Sprint, Kayak-Run Mini Sprint, Swim-Bike-Run Mini Sprint, and Duathlon Mini Sprint. These events also contain additional youth age groups; 6&U, 7-8, 9-10, 11-12.

Trail Runners, look for the Trail Blazer 3.0 & 6.0 events.

Mountain bikers also have two options with the Hawk Mountain 6.0 and 9.0 races.

Finally, for the multisport athlete, you can challenge yourself with these event options; Swim-Bike-Run*Lite*, Swim-Bike-Run*Extreme*, Duathlon*Lite*, Duathlon*Extreme*, Aquabike, or Kayak-Bike-Run.

Our race weekend also includes tenting & RV camping, and an host of outdoor post race activities; Zip Line, Rappelling, Hiking, Fishing, Kayaking, Movie, Athlete Dinner, Live band, and Out Door Movie night. Enjoy your entire weekend with us at the Hawk Mountain Race Weekend!



Hawk Mountain Race Weekend

TIMELINE

FRIDAY

3:00 – 5:00 pm Packet Pickup / Camping Check in

5:00 – 7:00 pm Athlete Pasta Dinner

SATURDAY

6:00 am – 10:00 am Packet Pick up / Camping Check in

8:00 am – Trail Blazer 3.0 & 6.0 Starts

8:15-8:45 am – OWS Warmup Permitted

9:00 am – Piranha 300 Swim Start, followed by Barracuda 600 Swim Start

10:45 – Paddlers enter Kayaks and stage to the left side of the lake

11:00 am – Splash & Dash Mini Sprint Start

11:05 am – Kayak-Run Mini Sprint Start

1-3PM – Zip Line Open

3-5 – Rapelling Tower Open

5-7 Athlete Pasta Dinner & Live Music

SUNDAY

6:00 am – 10:00 am Packet Pick up

7:30am – Paddlers enter Kayaks and stage to the left side of the lake.

8:00 am swim start and Duathlon Run 1 Start

8:05 am Mountain Bike Race Starts

8:10 am Kayak-Bike-Run starts

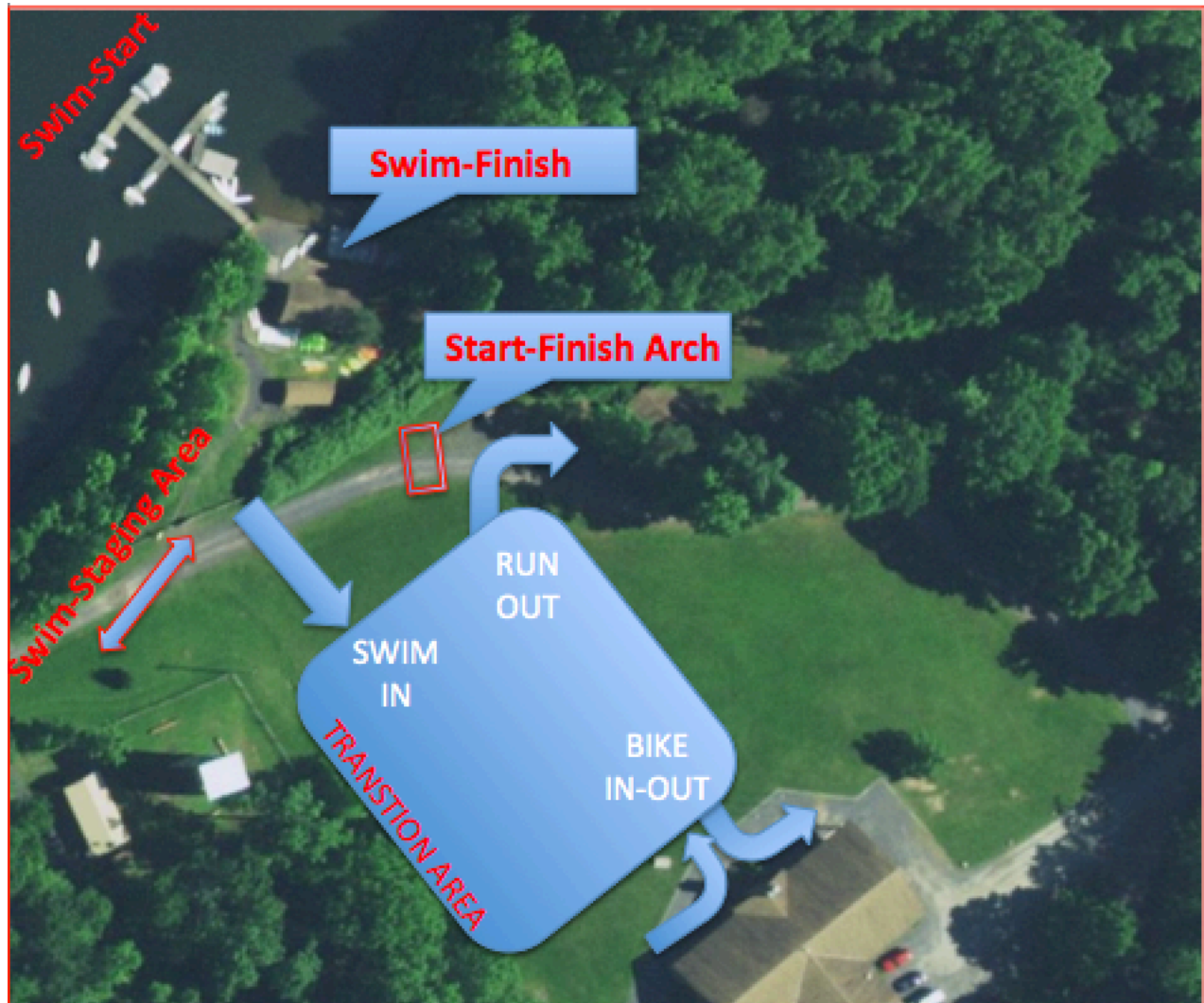
11:00 Triathlon Mini Sprint Swim Start & Du Mini Sprint Start

1-3PM – Zip Line Open

3-5 – Rapelling Tower Open



Hawk Mountain Multi Sport Transition Area



Trail Blazer 3.0 & 6.0 Run

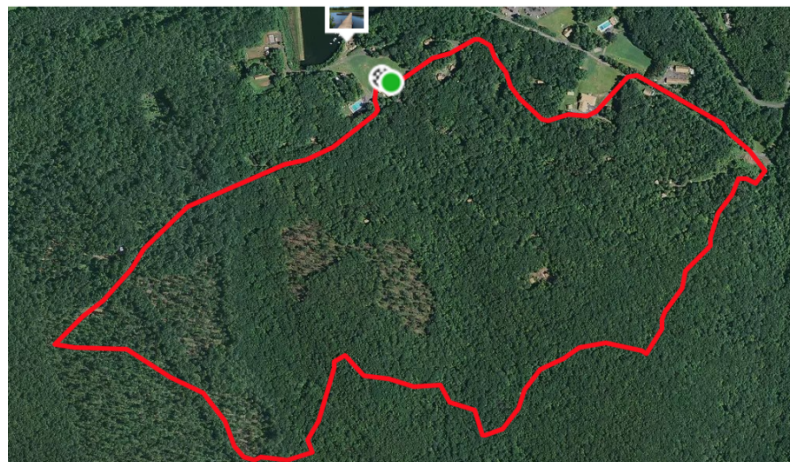
Start Format: 8:00 a.m. Saturday runners will be self seeded and begin time trail starts at the START/FINISH ARCH. Runners will start with 50 yard intervals across the timing matt, seeded fastest to slowest. If you are not comfortable with this start format, late starts will be allowed until 8:30 a.m.

Course: Runners follow the Pink Trail, a 2.89 Mile loop. The course offers some sections, flat and fast over crushed stone trail, as well as some modestly technical double wide stretches deep within the trees. Two water stations will be on the course.

Finish / Laps: The 3.0 is a one loop course race. The 6.0 is a two loop course. Runners complete each loop by passing through the START/FINISH ARCH, looping around, and completing the same course again.



PINK TRAIL - 2.89M



Piranha 300 / Barracuda 600

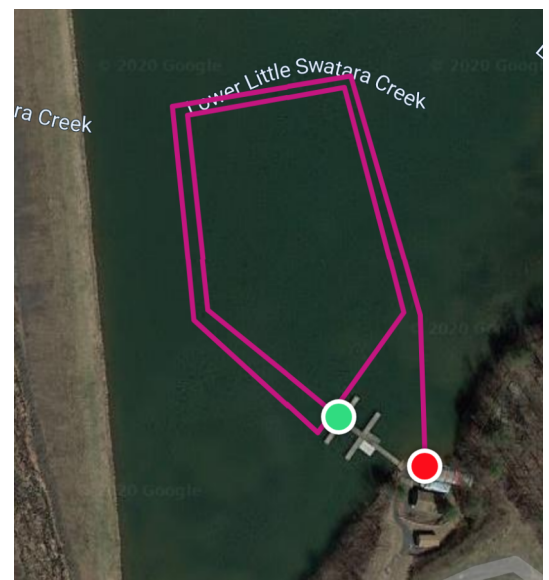
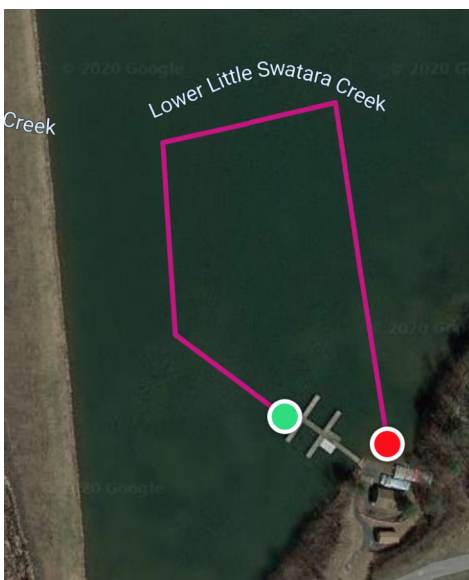
Open Water Swims

Start Format: At 9AM Saturday swimmers will be seeded in the large field space south of the triathlon transition area. The 300 yard swim will be seeded first, fastest to slowest, then the 600 yard swim fastest to slowest. Swimmers will be directed to the dock where they will cross a final start mat before beginning their swim. While lined up prior to your swim start, swimmers must maintain social distancing. Cones will be placed at 10 ft intervals leading to the lake. Please maintain one person per cone distance while advancing to the swim start. Members from the same family household may stay together as a group.

Wet Suits: The swim will be wet suit legal.

Laps / Finish: The 300 Yard swim is a one loop course. The 600 yard swim is a 2 loop course. Keep all turn buoys to your right, as you complete the clockwise swim course. Your finish time will be recorded as you cross over a swim finish timing mat.

Late Starts: If you are uncomfortable with this start format, or if you are participating in the 8a.m. run, we will accept late starts until 9:30 a.m.



Splash & Dash Mini Sprint

Kayak –Run Mini Sprint

Swim Start Format: At 11AM Saturday swimmers will be seeded in the large field space south of the triathlon transition area. The 200 yard swim will be seeded fastest to slowest. Swimmers will be directed to the dock where they will cross a final start mat before beginning their swim. While lined up prior to your swim start, swimmers must maintain social distancing. Cones will be placed at 10 ft intervals leading to the lake. Please maintain one person per cone distance while advancing to the swim start. Members from the same family household may stay together as a group.

Wet Suits: The swim will be wet suit legal.

Kayak Start Format: Paddlers will board their Kayaks between 10:45 & 11, and will be staged to the far left side of the lake prior to the swim start. When the last swimmers is near completion of the 200 yard swim, Paddlers will start in a single wave start for a 600 yard one loop paddle.

Run Course: Swimmers will exit the lake and run into the transition area to put on shoes & clothing. Runners will exit the transition area using the 'run-out' exit. Runners will follow the GREEN TRAIL for a 1 loop course, returning and finishing at the START/FINISH ARCH.

Late Starts: If you are uncomfortable with this start format we will accept late starts until 11:30 a.m.



200 YARD SWIM



GREEN TRAIL



Mountain Bike 6.0 & 9.0

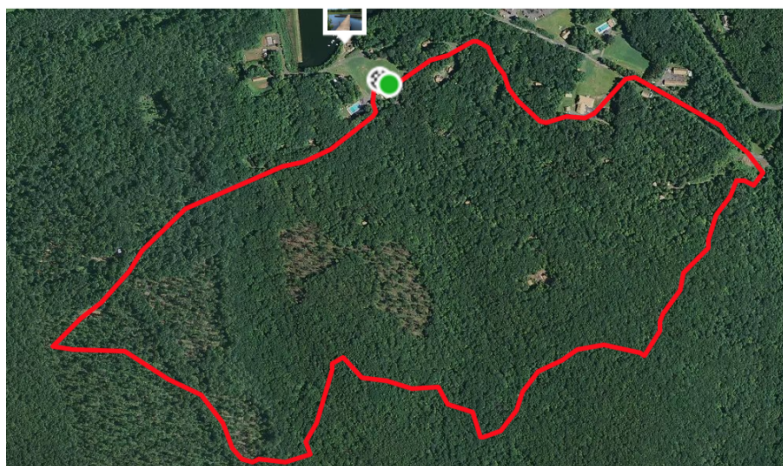
Start Format: 8:05 a.m. Sunday riders will be self seeded and begin time trail starts at the START/FINISH ARCH. Riders will start with 50 yard intervals across the timing matt, seeded fastest to slowest. If you are not comfortable with this start format, late starts will be allowed until 8:30 a.m. Duathlete runners will start from the same location at 8:00 a.m.

Course: Riders follow the Pink Trail, a 2.89 Mile loop. The course offers some sections, flat and fast over crushed stone trail, as well as some modestly technical double wide stretches deep within the trees. Two water stations will be on the course.

Finish / Laps: The 6.0 is a two loop course race. The 9.0 is a three loop course. Bikers complete each loop by passing through over a **Bike Split Mat** near the Bike IN-Out transition exit. Bikers finish their race after completing the 2 or 3 loop course on the **Bike Split Mat**. Please return your timing chip to our Second Wind timer at the conclusion of your race



PINK TRAIL - 2.89M



Triathlon Lite or Extreme & Kayak-Bike-Run

Swim Start Format: At 8AM Sunday swimmers will be seeded in the large field space south of the triathlon transition area. The 300 yard swim will be seeded fastest to slowest. Swimmers will be directed to the dock where they will cross a final start mat before beginning their swim. While lined up prior to your swim start, swimmers must maintain social distancing. Cones will be placed at 10 ft intervals leading to the lake. Please maintain one person per cone distance while advancing to the swim start. Members from the same family household may stay together as a group.

Wet Suits: The swim will be wet suit legal.

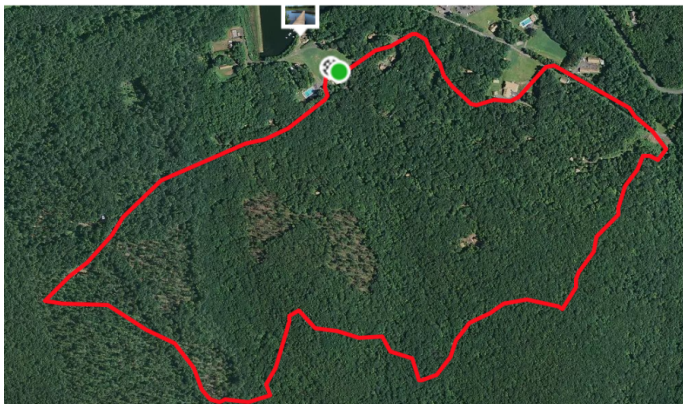
Kayak Start Format: Paddlers will board their Kayaks between 7:15 & 7:50, and will be staged to the far left side of the lake prior to the swim start. When the last swimmers is near completion of the 300 yard swim, Paddlers will start in a single wave start for a 600 yard one loop paddle. Experienced paddlers may volunteer to assist with swim safety.

Bike Course: Riders follow the Pink Trail, a 2.89 Mile loop. The course offers some sections, flat and fast over crushed stone trail, as well as some modestly technical double wide stretches deep within the trees. Two water stations will be on the course. The **TRIATHLON LITE** is a two loop course race. The **EXTREME** is a three loop course. Bikers complete each loop by passing through over a **Bike Split Mat** near the Bike IN-Out transition exit.

Run Course: Runners will exit the transition area using the 'run-out' exit. Runners will follow the GREEN TRAIL for a 2 loop course, returning and finishing at the START/FINISH ARCH. To begin your second loop runners will cross under the START/FINISH ARCH, and return on the course for loop #2.

Late Starts: If you are uncomfortable with this start format we will accept late starts until 8:30 a.m.

PINK TRAIL



GREEN TRAIL



Duathlon Lite & Duathlon Extreme

Du Start Format/Run1: 8:00 a.m. Saturday runners will be self seeded and begin time trail starts at the START/FINISH ARCH. Runners will start with 50 yard intervals across the timing matt, seeded fastest to slowest. The first run for the Duathlon is a single loop of the GREEN TRAIL.

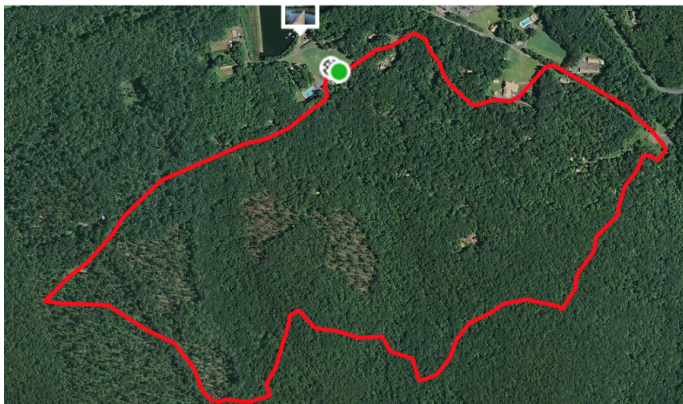
Duathletes return to the transition area and, cross through the START/FINISH ARCH, and enter the transition area using the SWIM-IN Entrance.

Bike Course: Riders follow the Pink Trail, a 2.89 Mile loop. The course offers some sections, flat and fast over crushed stone trail, as well as some modestly technical double wide stretches deep within the trees. Two water stations will be on the course. The **DUATHLON LITE** is a two loop course race. The **EXTREME** is a three loop course. Bikers complete each loop by passing through over a **Bike Split Mat** near the Bike IN-Out transition exit.

Run Course: Runners will exit the transition area using the 'run-out' exit. Runners will follow the GREEN TRAIL for a 2 loop course, returning and finishing at the START/FINISH ARCH. To begin your second loop runners will cross under the START/FINISH ARCH, and return on the course for loop #2.

Late Starts: If you are uncomfortable with this start format we will accept late starts until 8:30 a.m.

PINK TRAIL



GREEN TRAIL



AQUA-BIKE

Swim Start Format: At 8AM Sunday swimmers will be seeded in the large field space south of the triathlon transition area. The 300 yard swim will be seeded fastest to slowest. Swimmers will be directed to the dock where they will cross a final start mat before beginning their swim. While lined up prior to your swim start, swimmers must maintain social distancing. Cones will be placed at 10 ft intervals leading to the lake. Please maintain one person per cone distance while advancing to the swim start. Members from the same family household may stay together as a group.

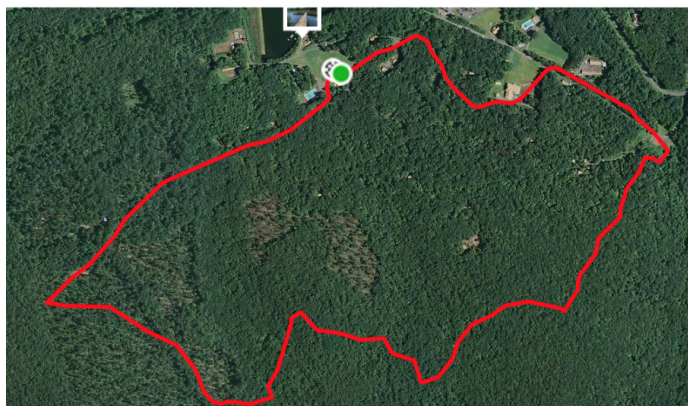
Wet Suits: The swim will be wet suit legal.

Bike Course: Riders follow the Pink Trail, a 2.89 Mile loop. The course offers some sections, flat and fast over crushed stone trail, as well as some modestly technical double wide stretches deep within the trees. Two water stations will be on the course. The **AQUA-BIKE** is a two loop bike course race. Bikers complete each loop by passing through over a **Bike Split Mat** near the Bike IN-Out transition exit.

Aqua-Bike Finish: The Aqua-Bike Finishes when the hit the Bike Split Mat at the conclusion of their second Loop. Please return your timing chip to our Second Wind timer at the conclusion of your race.

Late Starts: If you are uncomfortable with this start format we will accept late starts until 8:30 a.m.

PINK TRAIL



Swim-Bike-Run Mini Sprint & Duathlon Mini Sprint

Swim Start Format: At 11AM Sunday swimmers will be seeded in the large field space south of the triathlon transition area. The 200 yard swim will be seeded fastest to slowest. Swimmers will be directed to the dock where they will cross a final start mat before beginning their swim. While lined up prior to your swim start, swimmers must maintain social distancing. Cones will be placed at 10 ft intervals leading to the lake. Please maintain one person per cone distance while advancing to the swim start. Members from the same family household may stay together as a group.

Wet Suits: The swim will be wet suit legal.

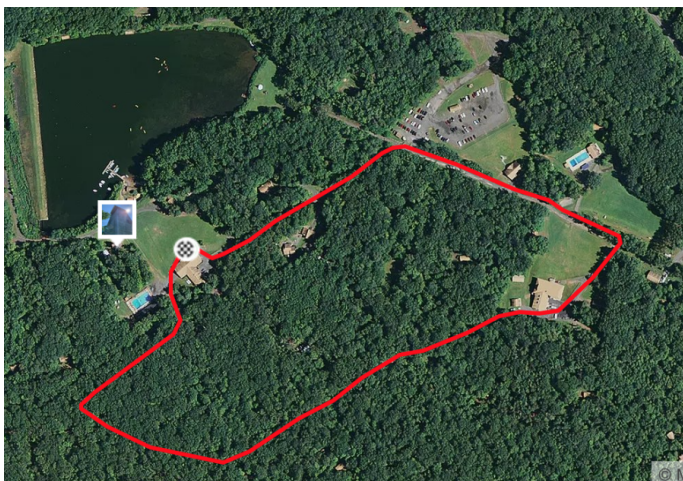
Du Start Format/Run1: 11:00 a.m. Saturday runners will be self seeded and begin time trail starts at the START/FINISH ARCH. Runners will start with 50 yard intervals across the timing matt, seeded fastest to slowest. The first run for the Duathlon Mini Sprint will be approx 1 Mile, following the GREEN TRAIL to the end of the dam and returning. Duathletes return to the transition area and, cross through the START/FINISH ARCH, and enter the transition area using the SWIM-IN Entrance.

Bike Course: Riders follow the Yellow Trail, a 1 Mile loop. This is a 3 loop course. Bikers complete each loop by passing through over a **Bike Split Mat** near the Bike IN-Out transition exit.

Run Course: Runners will exit the transition area using the 'run-out' exit. Runners will follow the GREEN TRAIL for a 1 loop course, returning and finishing at the START/FINISH ARCH. To begin your second loop runners will cross under the START/FINISH ARCH, and return on the course for loop #2.

Late Starts: If you are uncomfortable with this start format we will accept late starts until 11:15 a.m.

YELLOW TRAIL



GREEN TRAIL

