

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; 8-9, 10-11, 12-14.

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; Hiking, Fishing, Kayaking.. Enjoy your entire weekend with us at the Hawk Mountain Race Weekend!



Hawk Mountain Race Weekend

TIMELINE

FRIDAY

5:00 – 7:00 pm Packet Pickup / Camping Check in

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

2-3 pm – USAT Level 1 Coach presenting a free clinic for beginner athletes

4-4:45 pm – Pre Course Talk with Race Director Rob Gould

3-5 pm – Athlete Pre-Packet Pickup / Camping Check in

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 (Triathlon Light, Extreme, & Aqua-Bike, 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



Hawk Mountain Multi Sport Transition Area



Trail Blazer 3.0 & 6.0 Run

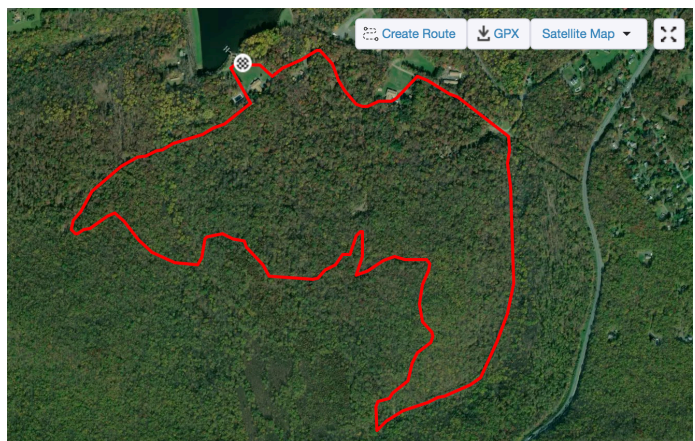
Start Format: We will hold an 8:00 a.m. gun start for Saturday runners. All runners will start and finish under the START/FINISH ARCH.

Course: Runners follow the Pink Trail, a 3.6 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 – 3.6M Run
3.4M Bike



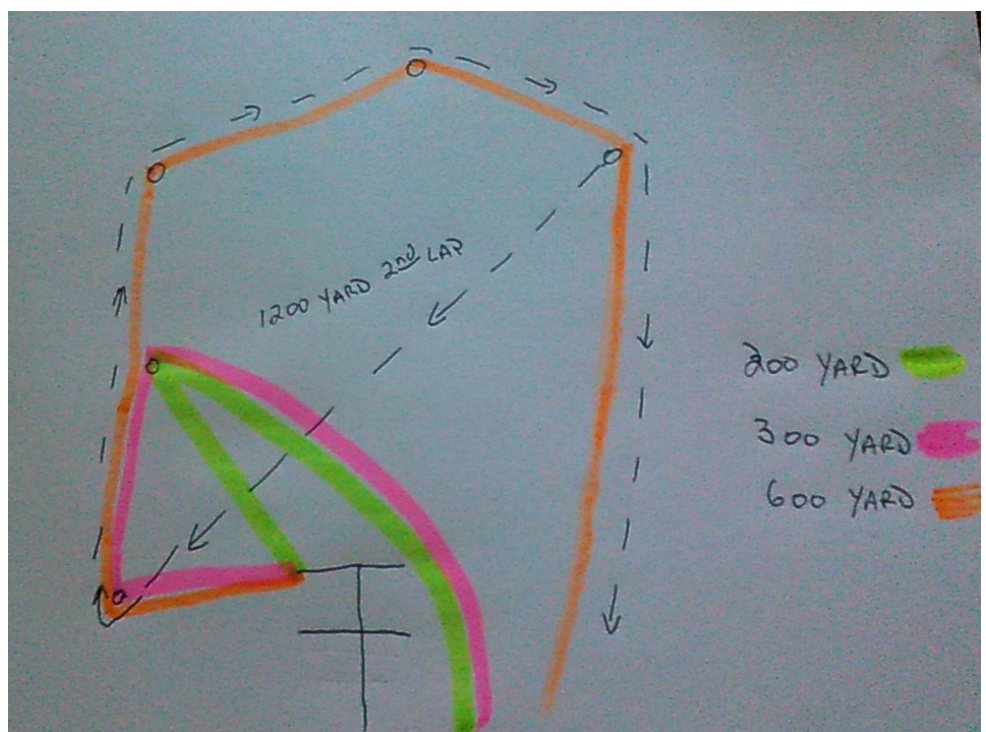
300 yd / 600 yd / 1200yr

Open Water Swims

Start Format: At 9AM Saturday swimmers will be at the lake near the boat dock. The 300 yard swim will be seeded first, fastest to slowest and will have a 9a.m. start. After the last 300 yard swimmers has finished we will start the 600 and 1200 yd swimmers, approx 9:05am. Swimmers will be directed to the dock where they will cross a final start mat before beginning their swim.

Wet Suits: The swim may be wet suit legal, and will follow [the USAT wet suit rules.](#)

Laps / Finish: The 300 Yard swim is a one loop course. The 600 yard swim is a larger one loop course. The 1200 yd swim is a 2 loop version of the 600 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.



Splash & Dash Mini Sprint

Kayak –Run Mini Sprint

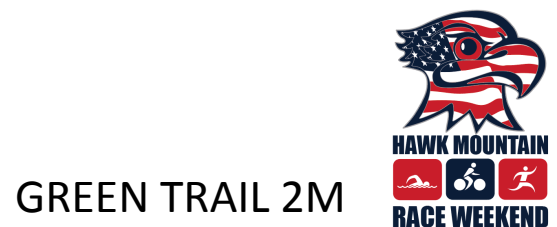
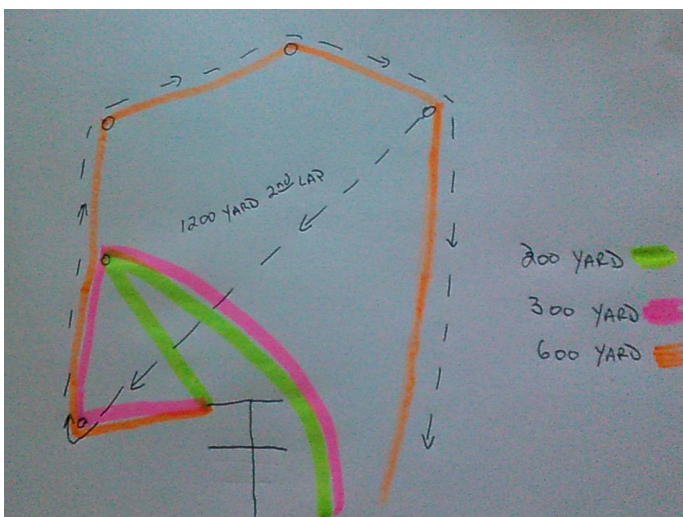
Swim Start Format: At 11AM Saturday swimmers will be seeded at the lake near the dock. The 200 yard swim will be seeded fastest to slowest. Swimmers will be directed to the dock where they will cross a final start mat before beginning their swim.

Wet Suits: The swim may be wet suit legal, and will follow [the USAT wet suit rules](#).

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 swimmer is near completion of the 200 yard swim, Paddlers will start in a single wave start for a 1 loop, 600 yard 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.

200 YARD SWIM



Mountain Bike 6.0 & 9.0

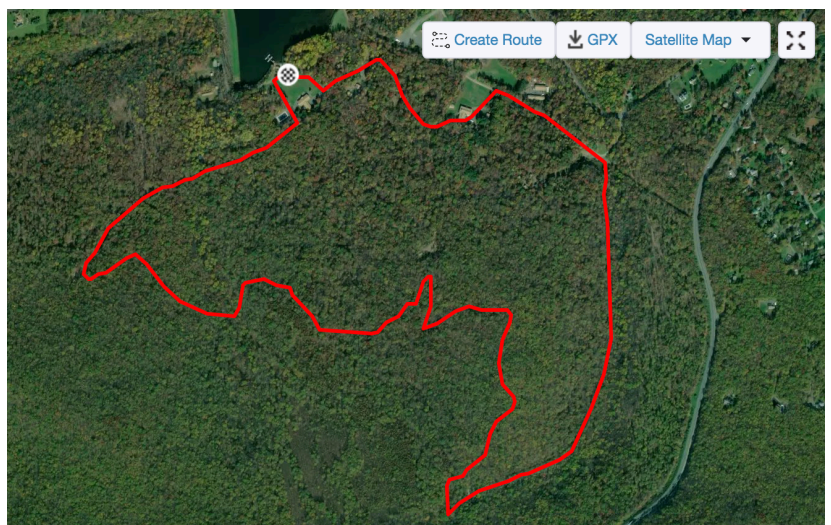
Start Format: 8:05 a.m. Sunday riders will be self seeded and begin time trail starts at the START/FINISH ARCH. Riders will start with 50 yard intervals across the timing mat, seeded fastest to slowest. Duathlon runners will start from the same location at 8:00 a.m.

Course: Riders follow the Pink Trail, a 3.4 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 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 – 3.4M



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 start mat before beginning their swim.

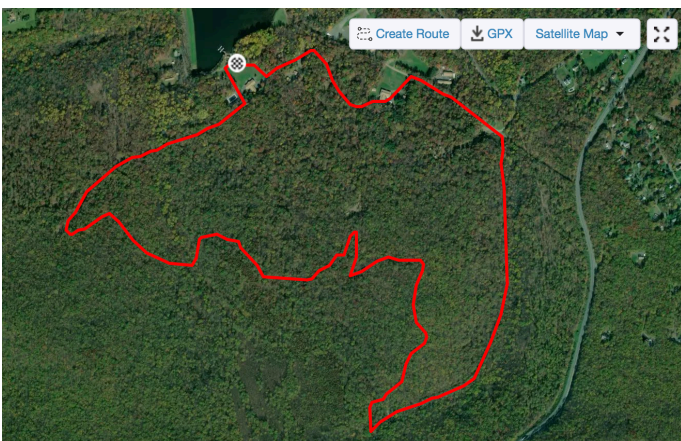
Wet Suits: The swim may be wet suit legal, and will follow [the USAT wet suit rules](#).

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 swimmer is near completion of the 300 yard swim, Paddlers will start in a single wave start for a 1 Loop, 600 paddle. Experienced paddlers may volunteer to assist with swim safety.

Bike Course: Riders follow the Pink Trail, a 3.4 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 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.

PINK TRAIL 3.4M



GREEN TRAIL 2M



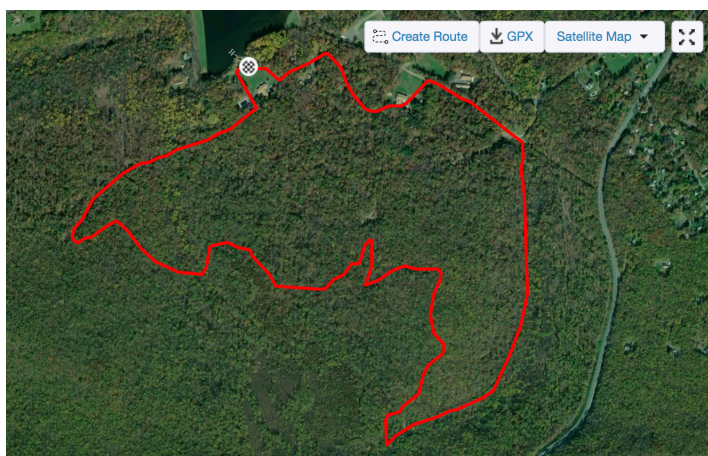
Duathlon Lite & Duathlon Extreme

Du Start Format/Run1: 8:00 a.m. Sunday runners will be self seeded and begin time trail starts at the START/FINISH ARCH. 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 2.4 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 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.

PINK TRAIL 3.4M



GREEN TRAIL 2M



AQUA-BIKE

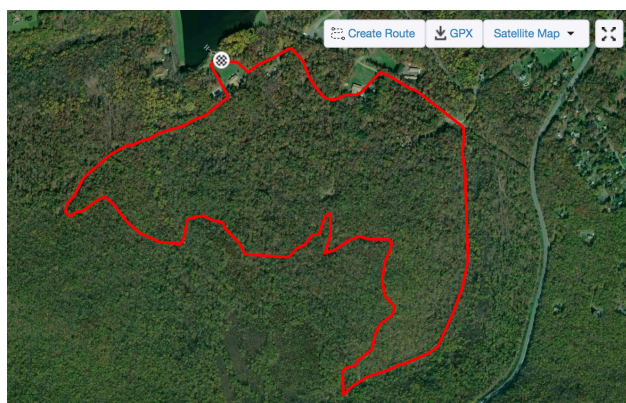
Swim Start Format: At 8AM Sunday swimmers will be seeded in the large field space south of the triathlon transition area. The 300 yard swim will be seeded fastest to slowest. Swimmers will be directed to the dock where they will cross a start mat before beginning their swim.

Wet Suits: The swim may be wet suit legal, and will follow [the USAT wet suit rules.](#)

Bike Course: Riders follow the Pink Trail, a 3.4 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 they 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.

PINK TRAIL 3.4M



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.

Wet Suits: The swim may be wet suit legal, and will follow [the USAT wet suit rules](#).

Du Start Format/Run1: 11:00 a.m. Sunday runners will be self seeded and begin time trail starts at the START/FINISH ARCH. 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 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 full 1 loop course, returning and finishing at the START/FINISH ARCH.

YELLOW TRAIL 1M

GREEN TRAIL 2M

