

Mountain Athletes' Guide

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IRONHIKE

Endurance Productions

IronHike Endurance Series

Saturday, Oct 5 - Tuesday, June 8, 2024

[Mohawk Mountain Ski Area](#)

[46 Great Hollow Road](#)

[Cornwall, CT US 06753](#)

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Welcome

A warm welcome to all participating Mountain Athletes, friends, family, IronHike Crew, and the Mohawk Mountain team. We are honored to have you with us in our second year of the IronHike Endurance Series of trail Events, here at Mohawk Mountain Ski Area, in Cornwall, CT - USA.

This Series was merely a brainchild in February of last year. Since then, with the gracious partnership with our new family at Mohawk, lots of focus, and hard work we have built a company around the notion that doing hard, demanding, and epic endeavors has the power to heal and transform. Going further and pushing your limits is what we aim to facilitate with our endurance Event Series.

So far, in 2024 we are growing steadily. Here are some interesting numbers:

- 7 Causes
- 8 Sponsors
- 19 States represented from across the USA
- 2 Countries represented - Canada and the USA
- 22 Years Old - Youngest Mountain Athlete
- 67 Years Old - Most senior Mountain Athlete
- 20% of registrations are US Military Veterans or First responders
- 24% of Mountain Athletes are on a FlexRelay team
- 47% are registered as females
- 400% Increase in our longer multi-day Everest and Olympus Mons Individual Mountain Athlete registrations

Tenting will still be a thing, right on the Mountain by the Nutmeg lift. We expect Tent City to be a fun, rich, and community-building experience. It is included in your registration if you want to tent with us!

For some of you, you have hiked, run and pushed yourself through many challenges before joining us on this Mountain. Yet, for others, this is your first time doing something like an IronHike. We want to make this experience equally challenging and rewarding for all as we help you push past your comfort zone.



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New for this year, we added a world-class training plan from the Chaski Endurance Collective. Chaski was founded by professional endurance athlete, Tyler Andrews. Tyler is also the head coach at Chaski Endurance and some of his world records include Kilimanjaro, Aconcagua, Everest B.C., Mt Fuji, and the Inca Trail. We have also added Summit Tokens to help you track your progress, Finishers' hats, Event Tee Shirts and Tumblers, a raffle, trail food, snacks, and much more!

Thank you for coming out this year, some of you for the third time. We are truly grateful to have you with us. Our goal is to make this a safe, memorable, hard, and mostly fun event series.

See you on the Mountain.

A handwritten signature in black ink that reads "John Kolker". The signature is stylized with a large, sweeping initial "J" and a long horizontal line extending from the end of the name.

John Kolker, Founder



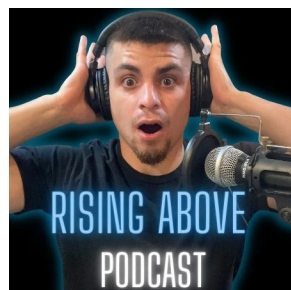
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Sponsors

Currently, we are proud to have the following sponsors:

<https://www.ironhike.com/sponsors>



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Causes

At IronHike, we are very cause-friendly. Here are the causes that are represented in this Series. Visit <https://www.ironhike.com/causes>



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Quick Guide

We strongly recommend that you read this Mountain Athlete Guide from start to finish, but here is a quick list of highlights:

- Saturday check-in for Mountain Athletes from 6 to 8 am
- You must bring your own tent (if you are tenting)
- Tenting is available at no extra cost for you, your trail buddy, or trail team, and for up to 6 non-participating spectators - (all spectators must sign a paper waiver)
- Bring a headlamp (mandatory)
- Socks!! Bring a few pairs the course can be wet even when it is not rainy
- Bring lawn chair(s)
- Bring a pop-up tent if you want
- Bring a reusable water bottle or similar
- Bring a bib-belt if you have one - (mandatory) - we have them at no charge if you do not have one
- The Trail Brief on Saturday morning is (mandatory)
- Valid ID is required for check-in for every Mountain Athlete - **NO EXCEPTIONS**
- Paper waivers will be distributed for all minors and spectators
- Quiet-on-the-Mountain hours are from 9 pm to 7 am
- Bring rain gear - we are an all-weather event
- Bring trekking poles - this is a “trekking-poles-recommended” experience
- No Alcoholic beverages
- WIFI will be available
- No pets in the tenting area unless they meet the ADA requirements for support animals and no pets at all on the course
- The Event Producer can change anything in this Mountain Athlete Guide at anytime

See you on the Mountain!



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Schedule

Saturday

6:00 am to 7:30 am

- Mountain Athlete Check-in and Packet Pickup (mandatory)

8 am - 9 am

- Tent, pop-up, and spectator base-area setup and staging

9:00 am - Trail Safety briefing (mandatory)

9:15 am - Group Series Photo - All Mountain Athletes, Crew, Patrol, and Volunteers

9:30 - 9:48 am

- IronHike Remarks - John
- 2ndgo Remarks - Paul
- “Why” Moment - Volunteer
- 30 Second Observance - All
- Colors Summit - 2ndgo
- National Anthem - Cliff

9:50 am - All FlexRelay Starters and Individual Mountain Athletes to the Start

9:59 am - IronClock is queued for Count-up

10:00 am

- IronBell Rings
- IronClock Starts
- IronHikers Away

10:00 pm - Clingmans Dome Time Limit Reached



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Sunday

10:00 am - Double Dome Time Limit Reached

Monday

10:00 am - Denali Time Limit Reached

Tuesday

10:00 am - Everest Time Limit Reached

10:00 pm

- Olympus Mons Time Limit Reached
- All Remaining Mountain Athletes, Crew, and Spectators Depart the Mountain



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Check-in

Check-in and Packet Pickup:

- **Individual Event Participants**
 - Mountain Athletes, please present a valid ID and we will mark you as checked-in in the runsignup system
 - Once you get checked in you will receive your Event Packet
- **FlexRelay, Trail Buddy, and Trail Team Event Participants**
 - Each team member must present a valid ID to get marked as checked-in in the runsignup system
 - Note: Non-Mountain Athletes can arrive at any time during the Series. Spectators, helpers, Crew, visitors, and/or Non-Mountain Athlete individuals on-site MUST sign a paper waiver to get a wristband or a lanyard to be at the venue



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Guidelines

Mandatory:

- **Reusable, Refillable Water Vessel** - WE STRONGLY RECOMMEND that you trek with a reusable water bottle, hydration bladder, or vessel - Please NO SINGLE USE hydration bottles, cans, or cartons
- **Headlamp** - from dusk to dawn on course. Must be in the on position. No exceptions - flashlights and your cell phone flashlight are NOT acceptable - we require headlamps for your safety - Headlamps (in the on position, and white light setting) are mandatory between dusk and dawn on the course - as the course between Base and Summit is not lighted
- **Valid ID** - since everyone is under a waiver we require a valid ID at the time of check-in for all
- **Waivers** - everyone at this Series WILL BE UNDER A WAIVER. Registered Mountain Athletes, Crew, and Volunteers will be under an electronic waiver. All others at the venue will need to sign a paper waiver
- **Wristbands** - a wristband will be issued to you when your waiver is validated at check-in or after you sign your paper waiver - You must wear a wristband the whole time you are on-site, it is what grants you access to the course, and Tent City

Recommended:

- **Trekking Poles** - you may think you don't need them. You may be right. We find that most trekkers do better with. Bring them. If you don't use them, put them back in your car or your tent.
- **Bib Belts** - (mandatory), wear on top of your gear for safety and visibility
- **Lawn chair(s)**
- **Change of socks (3 pair minimum)** - we have a recommended packing list in this guide. Socks are worth mentioning here though - There may be water on this course due to the spring-fed runoff and rainy conditions
- **Food** - This year, we will provide you with dehydrated backpacker meals,, ramen, oatmeal, coffee, tea, snacks, hydration fuel, and hot water station to



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rehydrate your dry foods... BUT **trekking BURNS A LOT OF CALORIES** and we **STRONGLY** recommend that you bring a food bag of your favorite trail food and snacks to augment what we provide

- **Pockets, Pockets, Pockets** - you will be carrying “Summit Tokens” and depositing them after you make each ascent and descent (a lap, which we call a summit) - they are like wooden coins and you will need a pocket, pouch bag, compartment on your bib belt or vest to carry them and drop them off on each summit
- **Musical Instruments** - we recommend that you bring one if you are a musician (no amplifiers please). There may be the occasional spontaneous jam session in the spectator area at the Base area during non-quiet hours

Not Recommended:

- **Noise** - after 9 pm and before 7 am - we have “quiet Mountain hours” after “IronHike Midnight” which is 9 pm and last until 7 am - please be considerate of others
- **Coolers in Tent City or on Course** - YOU CAN have a cooler but keep it in the spectator area or in your car
- **Sleeping in your car** - please tent with us for your safety and to experience our great “tribe vibe”

Prohibited:

- **NO Non-Mountain Athletes on Course** - ONLY registered participants, Crew, staff, and volunteers are permitted on the course and will be under the coordination of the Event Producer and the Mohawk Mountain team
- **Speakers** - listen to your music on your headphones - we even encourage headsets/earbuds, etc. on the course - listen to your music - but be sure to be social too and support others in your tribe on their journey
- **Alcohol** - **We are a dry Event Series at Mohawk.** No alcoholic beverages are permitted anywhere on the venue grounds, please. There is a nice selection of bars, taverns, and restaurants that serve alcoholic beverages nearby Celebrate there with your finisher medal proudly around your neck
- **Smoking - of any substance** - We are a smoke-free environment
- **Pets** - please only service animals that meet the ADA guidelines found here <https://www.ada.gov/resources/service-animals-2010-requirements/>
- **Open Fires** - No grills, barbeques, pit fires, and the like. The Event Crew will maintain a small fire pit for your enjoyment in the Base area - No one other



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than the Event Crew is allowed to tend to the fire pit. We will have hot water in the coffee area available for rehydrating backpacking meals, etc - backpacker stoves are prohibited except for by Event Crew in the HQ area



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Course



You will be trekking (running or hiking) up the Mohawk ski slope. The course will be well marked and is about as steep as a flight of stairs that goes on for over half of a mile.

- Trail Name:** Mohawk
- Elevation Gain per Lap:** 595'
- Ascent Miles per Lap:** 0.625
- Descent Miles per Lap:** 0.625
- Total Miles per Lap:** 1.250

You will Summit and descend over and over again against the clock. We will have an Event clock visible from the turnaround point at the Base.

You will not be timed or tracked in any way electronically as these are not races.



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Course Rules

Please observe the following course rules at all times:

1. The EVENT PRODUCER can change these rules at any time as is appropriate to ensure the safe and orderly flow of the events in the series
2. ONLY registered Mountain Athletes, Crew, Volunteers, and Mohawk Staff are permitted on the course
3. All personnel on the course must be properly wristbanded
4. Mountain Athletes must run, power-hike, hike, or walk (defined as Trekking) from the Base turnaround point to the Summit sign up the course using caution when passing other Mountain Athletes in either direction
5. A lap (also referred to as “a Summit”) consists of one trek to the Summit sign and one descent to the turnaround point
6. At the completion of a lap, Mountain Athletes will deposit a single Summit Token in the container provided at the Bell
7. Mountain Athletes will NOT exit the course at any point EXCEPT for at the turnaround point at Base
8. All Laps in a relay will be trekked one after the other in a linear series Multiple team members can hike together on any given lap but the lap only counts as one lap for the event completion, regardless of how many Mountain Athletes trekked that lap
9. Mountain Athletes will trek with headlamps in the on position from dusk to dawn with the lamp on white light and with no exceptions
10. All breaks longer than a few minutes by Mountain Athletes must be taken off the course after exiting at the Base turnaround point
11. Mountain Athletes will adhere to safety first, common sense, and courteousness as they traverse the course
12. The EVENT PRODUCER can remove any Mountain Athlete from the course for safety reasons, failure to follow the course rules or any guidelines described in this guide, or for any other reason deemed necessary and appropriate
13. Only foot traffic on the course
14. No littering - trek it in, trek it out
15. Do not touch or damage signage, clocks, flags, or any other markers on the course



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16. When night trekking do not shine white light directly into the eyes of your fellow Mountain Athletes
17. When returning to the course, enter at the Base turnaround
18. Refrain from using the woods as a latrine, toilet, or bathroom - bathrooms are provided at the Base please use them
19. Have fun
20. Don't quit before taking a long break and seeking encouragement from your tribe over some snacks and hydration
21. You got this.



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Services

We provide the following facilities and support at Mohawk Mountain Ski Area for IronHike Mountain Athletes:

- The well-marked, well-maintained, and monitored course up the Mohawk Ski Trail
- Base area for spectators, rest, resupply, coffee, snacks, backpacker meals, etc. with picnic tables
- Indoor restrooms at the Perch (also where IronHike Headquarters is located)
- The water supply will be at the turnaround point at the Summit Support Station and a potable outdoor spigot. The spigot is on the outside of the lodge and right off the course behind the Base area.
- Free Parking
- Tent City - group tenting just off the course and a Base area is provided (you must bring your own tent)
- Safety and Medical Patrol is provided
- Full Crew of IronHike and Mohawk personnel to support your needs
- Lighting at Base and at the Summit for night trekking (you still need to wear a headlamp for the course after dusk and before dawn)
- Food - Backpacker meals, ramen, snacks, hydration mix, oatmeal, hot water station, water and coffee throughout the series



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Packing List

We realize that trekking and endurance sport is a very personal experience and that you probably already have a notion of what you should bring or wear, but we wanted to share some of our recommendations here:

We recommend:

- **Extra Socks** - overdo it here - so many chewed-up feet last season - 2 or 3 extra pairs of wool socks per day
 - No cotton socks
 - We like the darn tough brand
- **Day Pack, Running Vest, or Running belt** - to carry your water bottle, bladder, cell phone, snacks, Summit Tokens, etc
- **Headsets, Headphone, earbuds, AirPods, etc**
- **Footwear** - Good trail runners, hiking boots, or sturdy running shoes with good tread
- **RAIN GEAR - we are an All-Weather Event Series**
 - As breathable as possible
 - Lightweight with hood
 - We also like umbrellas since the course is very exposed and open
- **Trekking Poles** - any kind will do - the course is steeper in parts than others
- **Wristwatch** - to keep your lap pace
- **Sunglasses**
- **Sunblock**
- **Cell Phone**
 - Phones are encouraged on the course for your safety
 - We encourage you to go live and post to social media as much as you can while on our course to share the experience with others - please use hashtags #ironhike and #ironhikemohawk or see our Instagram account to see the full list of our favorite hashtags
@ironhike_productions
https://www.instagram.com/ironhike_productions/



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- Bring a charging brick or car charger as we will not be providing a charging station at this Series
- **Quick dry clothes**
 - Short sleeve and long sleeve shirt
 - Windbreaker
 - Neck buff
 - Shorts or hiking pants
 - Undergarments (avoid cotton here too)
 - Light gloves
 - Hat
 - Beanie
 - Warmer Jacket
 - Weather is unpredictable at this time of year at this elevation
 - You may end up sleeping in it if it gets colder and you are tenting
- **Food Bag** - bring some of your favorite trail food and stash it in your tent, your car, or in your cooler in the spectator area. No loose food piled up or stashed along the trail/course, please - In addition to what we will provide:
 - There is a nearby convenience store, but the hours may not work for you if you arrive on Saturday morning or if you want to get supplies later at night on your multi-day trek
 - In addition to what we supply and to fuel your effort, we recommend that you bring the following type of food (cold that requires no cooking):
 - Gels (Energy and Electrolyte)
 - Protein bars
 - High-protein snacks like tuna packs
 - High-calorie low weight snacks like sunflower seeds
 - Some salty snacks like nuts or crackers
 - Some sugary snacks like gummies
 - Your favorite easy-to-transport foods like hard-boiled eggs, fruit, prepackaged sandwiches, etc.
 - Drink mix for your water bottle or hydration bladder - in case you do not like ours
- **Tent and Sleep System** - for tenting Mountain Athletes and tenting spectators
 - Sleep pad
 - Sleeping bag



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- **Preventative First Aid** - for blisters, foot care, body glide, etc.- we will have a limited number of mylar blankets in case you get the chills during or after your trek



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Resources

Here are some nearby resources:

- **Nearest Convenience store** - [CITGO Cornwall Bridge, 607 Cornwall Bridge Rd, Cornwall Bridge, CT 06754](#) - Open daily from 6 am to 10 pm - closes at 9 pm on Sundays
- **Nearest Market** - [Village Market and Gas - 59 Torrington Rd, Goshen, CT 06756](#) - Open daily 6 am to 8 pm
- **Nearest Walmart** - [970 Torrington St, Torrington, CT 06790](#) - Open daily from 6 am to 11 pm
- **Nearest Hospital** - [Charlotte Hungerford Hospital - 540 Litchfield St, Torrington, CT 06790](#)
- **Nearest Airport** - [Bradley International Airport](#) - 1 hr 4 min (44.5 miles)
- **Major City Drive Times**
 - Hartford, CT - 1 Hour
 - Springfield, MA - 1 Hour 16 Minutes
 - New York City, NY - 2 Hours 20 Minutes
 - Boston, MA - 2 Hours 35 Minutes
- **Nearest Dollar General** - [67 S Main St, Torrington, CT 06790](#) - Open daily from 8 am to 9 pm
- **Nearest Pizza Delivery** - Goshen Pizza - 860-491-2121- [59 Torrington Rd, Goshen, CT 06756](#) - Open daily 11 am to 10 pm 12 to 9 pm on Sundays
- **Nearest Grocery Store** - [Stop & Shop - 211 High St, Torrington, CT 06790](#) - Open daily from 7 am to 10 pm - Closes at 9 pm on Sundays



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Questions

If you still have questions, reach out to us through any of the following:

Site

<https://www.ironhike.com/>

Facebook Corporate Page

<https://www.facebook.com/ironhikeproductions>

Facebook Group

<https://www.facebook.com/groups/ironhikeatmohawkmountain>

Instagram Account

https://www.instagram.com/ironhike_productions/



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