

# Mountain Athletes' Guide

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# **IRONHIKE**

Endurance Productions

IronHike Endurance Series

Wednesday, June 4 - Sunday, June 8, 2025

[Mohawk Mountain Ski Area](#)

[46 Great Hollow Road](#)

[Cornwall, CT US 06753](#)

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# Welcome

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We are thrilled to have you join us for the third year and second full season of the IronHike Endurance Series at Mohawk Mountain Ski Area. What started as an idea in early 2023 has grown into a thriving movement, built on the belief that pushing limits can heal, transform, and inspire.

IronHike continues to grow, bringing together athletes from across the United States and beyond. Whether you're a returning competitor, a first-time challenger, or part of our incredible community of military veterans and first responders, we are honored to have you here. More sponsors, causes, and initiatives are strengthening the event and fostering connections. To support you beyond the mountain, we now offer live, free IronCoaching sessions, along with podcasts and blogs sharing the inspiring stories of mountain athletes.

This year, we are introducing a staggered-start and all-finish format to keep energy building daily. New this year, we will have a great local food truck on-site, and IronFest will celebrate your achievements with awards, recognition, and an open mic session. If you play an instrument, bring it for an impromptu jam at the base.

No matter your experience level, this event will challenge you, push past your comfort zone, and create lasting memories. We are deeply grateful to each of you and cannot wait to see what you accomplish.

See you on the mountain!



John Kolker, Founder



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# Schedule

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## *QuickView Event Schedule*

- **Olympus Mons** → Check-in: **Wed, Jun 4, 5-8 PM** | Start: **Midnight, Thu, Jun 5**  
Finish: **Noon, Sun, Jun 8**
- **Everest** → Check-in: **Thu, Jun 5, 8-11 AM** | Start: **Noon, Thu, Jun 5**  
Finish: **Noon, Sun, Jun 8**
- **Denali** → Check-in: **Fri, Jun 6, 8-11 AM** | Start: **Noon, Fri, Jun 6**  
Finish: **Noon, Sun, Jun 8**
- **Kuwohi** → Check-in: **Sat, Jun 7, 8-11 AM** | Start: **Noon, Sat, Jun 7**  
Finish: **Midnight, Sat, Jun 7**
- **Double Kuwohi** → Check-in: **Sat, Jun 7, 8-11 AM** | Start: **Noon, Sat, Jun 7**  
Finish: **Noon, Sun, Jun 8**

## *Full Schedule of Activities*

### **Wednesday, June 4th:**

- 5:00 PM - 8:00 PM - Check-in & Tent Setup for **Olympus Mons Mountain Athletes**.
- 11:30 PM - To the Bell.
- 11:40 PM - Mandatory Safety Briefing.
- Midnight - Olympus Mons IronHikers Away!

### **Thursday, June 5th:**

- 8:00 AM - 11:00 AM - Check-in & Tent Setup for **Everest Mountain Athletes**.
- 11:30 AM - To the Bell.
- 11:40 AM - Mandatory Safety Briefing.
- Noon - Everest IronHikers Away!
- 5:00 PM - 7:00 PM - Food4Friends Food Truck on site.



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### Friday, June 6th:

- 8:00 AM - 11:00 AM – Check-in & Tent Setup for Denali Mountain Athletes.
- 11:30 AM – To the Bell.
- 11:40 AM – Mandatory Safety Briefing.
- Noon – Denali IronHikers Away!
- Noon - 2:00 PM – Food4Friends Food Truck on site.
- 5:00 PM - 7:00 PM – Food4Friends Food Truck on site.

### Saturday, June 7th:

- 7:00 AM - 9:00 AM – Food4Friends Food Truck on site.
- 8:00 AM - 11:00 AM – Check-in & Tent Setup for Kuwohi and Double Kuwohi Mountain Athletes.
- 11:15 AM – Mandatory Group Photo at the Bell for all Mountain Athletes, Crew, and family.
- 11:30 AM – To the Bell.
- 11:40 AM – Mandatory Safety Briefing.
- Noon – Kuwohi and Double Kuwohi IronHikers Away!
- Noon - 2:00 PM – Food4Friends Food Truck on site.
- 5:00 PM - 7:00 PM – Food4Friends Food Truck on site.
- Midnight – Kuwohi time limit reached.

### Sunday, June 8th:

- 7:00 AM - 3:00 PM – Food4Friends Food Truck on site.
- Noon – All events except single Kuwohi time limit reached.
- 12:15 PM – U.S. colors retrieved and the singing of the National Anthem by a military veteran participant or Crew member.
- 12:30 PM - 3:00 PM – Event closing and award ceremony.



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# Packing List

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Trekking and endurance sports are highly personal experiences, and you likely have a good idea of what works for you. However, based on past events, we strongly recommend the following:

## Footwear & Apparel

- Extra Socks – Overdo it here! Many athletes had chewed-up feet last season. Bring 2-3 extra pairs of wool socks per day.
- No Cotton Socks – Opt for moisture-wicking materials like Darn Tough brand.
- Footwear – Good trail runners, hiking boots, or sturdy running shoes with solid tread.
- Quick-Dry Clothing – Includes:
  - Short & long-sleeve shirts
  - Windbreaker
  - Neck buff
  - Shorts or hiking pants
  - Undergarments (no cotton)
  - Light gloves
  - Hat or beanie
  - Warmer jacket

## Essential Gear

- Day Pack, Running Vest, or Belt – To carry water bottle, bladder, cell phone, snacks, Summit Tokens, etc.
- Headsets, Headphones, Earbuds, AirPods, etc.
- Rain Gear – We are an All-Weather Event Series, so pack accordingly:
  - Breathable, lightweight rain jacket with a hood
  - Umbrella – The course is exposed and open, so an umbrella can be useful.



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- Trekking Poles - Any type works. Some sections of the course are steeper than others.
- Wristwatch - Helps track lap pace.
- Sunglasses & Sunblock
- Cell Phone - Encouraged for safety while on the course.
  - Go live & post on social media to share your experience.
  - Use #ironhike #ironhikemohawk or see our Instagram @ironhike\_productions for more hashtags.
  - Charging Brick or Car Charger

## Tent & Sleep System

- We do allow RVs, Campers, and hammocking. There are no hook-ups. Please see the crew when you arrive about the setup.
- Tent & Sleep System - For tenting Mountain Athletes & spectators.
- Sleep Pad & Sleeping Bag
- Preventative First Aid - Essential items for blister prevention, foot care, body glide, etc.
- A limited number of Mylar blankets will be available in case of chills during or after trekking.

## Recommended Gear

- Trekking Poles - Improves endurance and stability.
- Bib Belt - Must be worn over gear. Provided free if needed.
- Lawn Chair(s) - Useful for breaks and downtime.
- Change of Socks (Min: 3 Pairs) - Wet terrain likely. Bring extras.
- Pockets, Pockets, Pockets - Summit Tokens must be stored for each ascent/descent.



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# Mandatory

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- Reusable, Refillable Water Vessel - No single-use hydration bottles, cans, or cartons.
- Headlamp or Other Portable Affixed Trail Light - Must be on from dusk to dawn. No flashlights or phone lights. Options include chest-mounted lamps, pole-mounted lights, etc.
- Valid ID - Required for check-in. No exceptions.
- Waivers - Everyone must be under a waiver.
  - Mountain Athletes, Crew, and Volunteers: Electronic waiver.
- All individuals on-site will wear wristbands—there are three types:
  - Mountain Athlete Wristbands - Grants access to the course and event participation.
  - Crew Wristbands - For official event staff and volunteer support.
  - Spectator Wristbands - Grants access to the spectator area and venue facilities.

# Prohibited

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- No Non-Mountain Athletes on Course - Only registered participants, Crew, and staff are permitted.
- Speakers - Music allowed via headphones or earbuds only.
- Alcohol - No alcohol permitted on venue grounds. Nearby restaurants and bars are available for post-event celebrations.
- Smoking (of any substance) - IronHike is a smoke-free environment.
- Open Fires - No grills, barbecues, or personal fire pits. A small fire pit will be maintained at Base by the Event Crew.



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# Services

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- Course - A well-marked, well-maintained, and monitored trek up the Mohawk Ski Trail.
- Base Area - A designated space for spectators, rest, resupply, coffee, snacks, and food truck.
- Restrooms - One portable latrine at Base and one at Summit.
- Water Supply - Available at the Summit Support Station and a potable outdoor spigot behind the Base area, outside the lodge.
- Outdoor Shower - May be available upon request for athlete use.
- Parking - Free parking for all athletes and attendees.
- Tent City - Group tenting available just off the course and at Base (athletes must bring their own tent).
- Safety & Medical Patrol - On-site personnel ensuring athlete safety and response support.
- Event Crew - A full team of IronHike and Mohawk personnel is available for assistance throughout the event.
- Lighting - Provided at Base and Summit for night trekking (headlamps are still required on the course after dusk and before dawn).
- Water & Nutrition - Includes water, electrolyte drink mix, energy gels, and Tosi snacks.



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# Food

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- We will provide endurance fuel Gels and electrolyte drink mix from Skratch Labs, and snacks, provided by Tosi.
- There will be a food truck on site with hot meals available for purchase from Food4Friends, starting Thursday.
- We recommend that you also bring your favorites.
- Coolers are allowed and should be stored at base, in your pop-up or in your car.

## *Food4Friends Food Truck Schedule*

Hot meals are available on-site during the following hours:

- Thu, Jun 5 → 5:00–7:00 PM
- Fri, Jun 6 → 12:00–2:00 PM, 5:00–7:00 PM
- Sat, Jun 7 → 7:00–9:00 AM, 12:00–2:00 PM, 5:00–7:00 PM
- Sun, Jun 8 → 7:00 AM–3:00 PM

## *Food4Friends Proposed Menu*

### *Breakfast Options*

- Fresh melon with prosciutto and hot honey
- Bacon or sausage, egg, and cheese on a roll
- Fresh bagels with lox, dill, and cream cheese

### *Lunch/Dinner Options*

- Arugula, beet, and goat cheese salad
- Pasta and fresh veggie salad
- Andouille sausage with grilled peppers and onions on a roll
- Grilled chicken panini with fresh basil, tomato, fresh mozzarella, and balsamic drizzle



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- Prosciutto, fresh mozzarella, and hot honey panini
- Meatball sliders on brioche
- Veggie or chicken pot stickers with green onion and soy glaze
- Cold soba noodle salad

### *Desserts*

- Belgian waffle with fresh strawberries and cream
- Limoncello Italian ice
- Hand-scooped specialty ice cream

### *Drinks*

- Real sugar lemonade
- Organic strawberry iced tea
- Hot or iced coffee
- Flat and sparkling waters



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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 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

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Please observe the following course rules at all times:

## General

1. The Event Producer may change these rules at any time to ensure the safe and orderly flow of the event series.
2. ONLY registered Mountain Athletes, Crew, Volunteers, and Mohawk Staff are permitted on the course.
3. All personnel on the course must wear the proper wristband for identification.
4. Foot traffic only—no bikes, scooters, or other vehicles.
5. No pets on the course—animals are not allowed on the trekking route at any time.

## Trekking & Lap Completion

6. Mountain Athletes must run, power-hike, hike, or walk (defined as Trekking) from the Base turnaround to the Summit sign, using caution when passing others.
7. A lap (a “Summit”) consists of one trek up to the Summit sign and one descent back to the turnaround point.
8. After each lap, Mountain Athletes must deposit one Summit Token in the bucket at the Bell.
9. Mountain Athletes must NOT exit the course at any point except at the Base turnaround.

## FlexRelay Rules

10. Each Mountain Athlete may deposit only one Summit Token per lap. Tokens must be carried through the full summit and descent before being deposited in the Bell Bucket—whether completing the lap alone, with a teammate, or as a full team, in any order.



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11. Teams may trek one after the other OR with some or all teammates together, but only one token per athlete per lap will count toward event completion.

## **Safety & Conduct**

12. Longer breaks (more than a few minutes) must be taken OFF the course at Base after exiting at the turnaround point.
13. Prioritize safety, use common sense, and be courteous while trekking.
14. The Event Producer may remove any Mountain Athlete from the course for safety concerns, rule violations, or other necessary reasons.

## **Course Etiquette**

15. No littering—trek it in, trek it out.
16. Do NOT touch or damage signage, clocks, flags, or course markers.
17. Avoid shining white light into other athletes' eyes when trekking at night.
18. Re-enter the course ONLY at the Base turnaround.
19. Use the portable latrines at Base and Summit—do NOT use the woods as a latrine.

## **IronHike Spirit**

20. Have fun.
21. Don't quit before taking a long break, grabbing some snacks, and seeking encouragement from your tribe.
22. You got this.



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# Sponsors

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IronHike Endurance Productions is proud to partner with organizations that share our commitment to endurance, community, and athlete safety. These sponsors provide essential support, ensuring that every participant has the fuel, protection, and encouragement needed to push their limits.

## Food4Friends - Nourishing Athletes with Wholesome Meals

Food4Friends brings fresh, high-quality meals to IronHike endurance events, ensuring athletes have access to delicious, energizing food when they need it most. Their commitment to community and locally sourced ingredients aligns perfectly with IronHike's mission to support endurance athletes through thoughtful nutrition and quality sustenance. Whether refueling after an intense trek or grabbing a pre-hike breakfast, Food4Friends keeps our athletes powered for the journey ahead.

 Visit Instagram <https://www.instagram.com/givebackbus/>

 Visit Facebook: <https://www.facebook.com/p/Food4Friends-61559387814290>

## BRECK iD - Life-Saving Wearable ID

BRECK iD provides essential identification for athletes, ensuring safety in the event of an emergency. Their mission to promote adventure with peace of mind aligns perfectly with IronHike's commitment to athlete security and endurance challenges. Whether you're tackling a grueling endurance event or exploring remote trails, BRECK iD ensures that first responders have the critical information they need.  Visit <https://www.breckid.com>

## Skratch Labs - Title Sponsor of IronHike Olympus Mons Ultra

Skratch Labs is the title sponsor of IronHike's most extreme endurance event, IronHike Olympus Mons Ultra - powered by Skratch Labs®. This grueling challenge spans 152.5 miles with 72,590 feet of elevation gain and loss, pushing athletes beyond the limits of traditional ultra-endurance events. Skratch Labs



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provides hydration and fuel products designed to help athletes perform better without compromising gut health. Their commitment to clean, real-food ingredients aligns with IronHike's focus on endurance and well-being. [Visit https://www.skratchlabs.com](https://www.skratchlabs.com) Learn more about IronHike Olympus Mons Ultra at <https://www.ironhike.com/olympus-mons-ultra>

### **Divi Tree - Exclusive Coffee Sponsor**

Divi Tree is more than just a café—it's a creative hub where IronHike was imagined, planned, and brought to life. Their support as our exclusive coffee sponsor reflects IronHike's emphasis on community and shared experiences. [Visit https://www.divitree.com](https://www.divitree.com)

### **Tosi Snacks - Nutrient-Dense Fuel for Athletes**

Tosi Snacks offers clean, simple, and nutrient-packed snacks that sustain athletes through intense endurance events. Their focus on high-quality ingredients supports IronHike's dedication to sustainable and effective nutrition. Tosi's crunchy, protein-packed bars provide long-lasting energy for endurance athletes pushing their limits. [Visit https://www.tosibar.com](https://www.tosibar.com)

### **Pinnacle Foods - Wholesome, Small-Batch Meals**

Pinnacle Foods provides fresh, preservative-free meals designed to fuel athletes through rigorous challenges. Their emphasis on quality nutrition complements IronHike's goal of sustaining endurance athletes with real, nourishing food. Pinnacle's meals are crafted with care, ensuring that every bite supports recovery and peak performance. [Visit https://www.pinnaclefoods.com](https://www.pinnaclefoods.com)

### **Join the IronHike Sponsorship Family**

IronHike offers multiple sponsorship opportunities, including in-kind partnerships, event naming rights, and co-branding options. If your organization shares our passion for endurance, transformation, and community-building, we invite you to grow with us.

[Visit https://www.ironhike.com/sponsors](https://www.ironhike.com/sponsors)



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# Causes

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At IronHike, endurance is more than just a physical challenge—it's a way to uplift communities, support meaningful causes, and inspire change. Our Mountain Athletes dedicate their treks to causes that matter, raising awareness and funds while pushing their limits.

## 2NDGO - Paul Laedke

Paul Laedke, a dedicated IronHike athlete, supports 2NDGO, an initiative focused on providing second chances and opportunities for individuals facing adversity. His endurance trek embodies resilience and transformation. [🔗 Learn more:](#)  
<https://www.ironhike.com/cause-2ndgo>

## Team TWINspirational - Christine Hussey

Christine Hussey hikes for Team TWINspirational, a cause dedicated to empowering individuals through shared experiences and personal growth. Her Everest-level challenge symbolizes perseverance and unity. [🔗 Learn more:](#)  
<https://www.ironhike.com/cause-twinspirational>

## St. Jude Children's Hospital - Dr. Scott Festa

Dr. Scott Festa takes on the Olympus Mons challenge, hiking 152 miles with 72,000 feet of elevation to raise funds for St. Jude Children's Research Hospital. His journey is a testament to endurance and generosity. [🔗 Learn more:](#)  
<https://www.ironhike.com/cause-st-jude>

## Do Good Pantry - Paul Sealy

Paul Sealy's trek supports Do Good Pantry, an initiative focused on providing food and resources to those in need. His Clingmans Dome challenge reflects the spirit of giving and community support. [🔗 Learn more:](#)  
<https://www.ironhike.com/cause-do-good-pantry>



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## Dylan's Wings of Change - Ian Hockley

Ian Hockley hikes in support of Dylan's Wings of Change, a foundation dedicated to fostering inclusion and emotional intelligence in young people. His IronHike journey amplifies the foundation's mission. [🔗 Learn more: https://www.ironhike.com/cause-dylans-wings](https://www.ironhike.com/cause-dylans-wings)

## Angelman Syndrome Foundation (ASF) - Brian Mischke

Brian Mischke's Clingmans Dome trek raises awareness for Angelman Syndrome, a rare neurogenetic disorder. His endurance challenge brings visibility and support to affected families. [🔗 Learn more: https://www.ironhike.com/cause-angelman](https://www.ironhike.com/cause-angelman)

## One Life to Love - Mary Rower

Mary Rower hikes for One Life to Love, an organization dedicated to providing care and education for children in need. Her IronHike journey embodies compassion and advocacy. [🔗 Learn more: https://www.ironhike.com/cause-one-life-to-love](https://www.ironhike.com/cause-one-life-to-love)

## Join the Movement

Want to trek for a cause? IronHike welcomes athletes who wish to make a difference. During registration, you can select a cause, and we'll help you build a dedicated page to share your journey.

[🔗 Explore all causes and get involved: https://www.ironhike.com/causes](https://www.ironhike.com/causes)



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# Resources

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- 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

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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/](https://www.instagram.com/ironhike_productions/)



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