

THE HAWKEYE 200

2027 RUNNER MANUAL An(other) Ultraverse Supplements Adventure

Quick Facts

- 200 Miles (mostly non-repetitive)
- 100 Hour Cutoff
- Mostly paved trails
- Point-to-point course
- 100 runner cap
- GPX required
- Crewed and uncrewed (screwed) divisions
- Average distance between aid stations: 28.5 miles
- Live GPS tracking by Legends Tracking USA
- Bridges the gap between traditional and self-supported races (semi self-supported)
- Buckles will change each year
- One of two races required for the Midwest Rail Trail Double (+Cowboy 200)
- \$1000 cheaper than other mostly non-repetitive 200's

Know Before You Register – Don't Complain Later

- There are LONG stretches between aid stations – NO CREW allowed between aid.
- There are no race-provided unmanned water stations between aid stations.
- The course distance is estimated using mapping software, GPX tracks, and real-world activities. Every device measures differently. It is YOUR responsibility to reach aid stations before cutoff regardless of recorded mileage. To hammer this point home, we don't care what your damn watch says. 😊
- We will make no exceptions to the refund and deferral policy.
- We take cheating very seriously. If your crew meets you somewhere they are not supposed to (unless DNFing), you will be disqualified on the first offense.
- We check multiple times for required gear; make sure you carry it at all times.
- You are expected to read and familiarize yourself with this manual.
- You will be required to navigate by using our GPX files on your phone and/or watch. Important intersections, turns, and diversions will be marked. Long stretches on the same trail will not. If you get lost, it's entirely your own fault. Keep in mind that it is common for markings to be tampered with during a race of this duration.
- ALL INFORMATION IN THIS MANUAL IS SUBJECT TO CHANGE BASED ON PERMITS AND FACILITY AVAILABILITY. Changes will not affect our refund or deferral policy.

Our Vision for the Hawkeye

- Showcase the beautiful trail systems, landscapes, and communities of Iowa
- Bridge the gap between supported and self-supported races
- Ultraverse Supplements races first and foremost aim to highlight what we believe is the best and most supportive community there is – the ultra-running community. We do this by keeping caps low and doing our best to create an environment that is supportive, inclusive, and that provides runners with the opportunity to get to know their fellow runners, the volunteers, and the RD's.
- We believe this race is unique in its ability to allow runners to run on trails, while also creating opportunities to use services along the way. The ability to swing into a restaurant and grab a bite, or perhaps a local bar for a beer, with friends you came with, or even new friends you've met on the trail, should lead to a memorable event.
- As with all our races, we aim to not only create a race, but a unique and challenging experience that you will take with you well beyond the finish line.

Refund & Deferral Policy

NO REFUNDS

NO BIB TRANSFERS

3+ Months: 100% Credit

2+ Months: 75% Credit

1+ Month: 50% Credit

2+ Weeks: 25% Credit

Less Than 2 Weeks: No Credit

Deferral Instructions

Please understand that there are no exceptions to these timelines. Please, don't ask us to make one (we won't).

Races should be deferred/withdrawn from BY THE RUNNER, rather than by messaging/emailing us.

You will earn credit for ANY Ultraverse race, rather than being limited to the race in which you cancelled/deferred.

The credit will be attached to your Ultrasignup account and will automatically apply the next time you register for an Ultraverse Supplements event. Note - sending an email to us does not initiate the cancellation of your registration. You must do this yourself for the

credit to apply. You can do this by signing into Ultrasignup and then going to your registrations and clicking “edit” and then “withdraw.”

Your credit appears in your registration history under "outstanding credits and coupons".

Check out all [Ultraverse Races](#)

Course Overview

The race begins in Marshalltown and finishes in Jefferson, utilizing a mix of Iowa’s premier trail systems, including paved (mostly), crushed limestone, dirt, and grass surfaces. The route follows the Linn Creek Rec Trail, Iowa HWY 330 Trail, Heart of Iowa Nature Trail, High Trestle Trail, 9-Mile Connector Trail, and the Raccoon River Valley Trail.

Where trail systems are not yet connected or remain incomplete, runners will encounter a handful of short dirt-road diversions. These sections account for approximately 10 miles total across the 200-mile course and are the only portions where vehicle traffic may be present outside of standard road crossings and in-town travel.

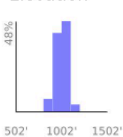
See below for a **very dramatic** CalTopo elevation profile. Gain is 4793ft (FYI, GAIA shows -2600ft). Either way, it ain’t much!

Hawkeye 200 Full Route

range 840' to 1158' gain 4793' loss 4603' exaggeration 1325.6x

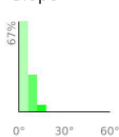


Elevation



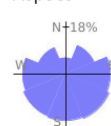
Min 843'
Avg 1000'
Max 1161'
Delta 318'

Slope

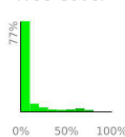


Min 0°
Avg 5°
Max 31°

Aspect



Tree Cover



Land Cover

Crops 60%
Developed 25%
Forest 7%
Grassland 5%
Wetland 3%

Aid Stations

Aid stations are intentionally spaced far apart. This race rewards preparedness and self-reliance.

Rhodes – Mile 24
Slater – Miles 54.5 and 76.5
Perry – Miles 99.7 and 125.4
Waukee – Adel 155.4
Yale – Mile 181.6
Jefferson – Finish

That's seven full aid stations, with six (all but Rhodes) **planned** on being indoors and sleep stations. This is an average of 24.9 miles between aid. This is how we want it, and it will not get shorter. "semi-self-supported" It should make for an amazing and fun challenge!

Aid stations will have a variety of typical runners' food. All aid stations will also have a variety of hot food items. We will also have plant-based options. Examples of staple aid station foods include:

– Water, Coke, Ginger Ale, [Proxima C](#) Endurance Fuel, Tortillas (filled with a choice of PB, jelly, hummus), bread (same options as Tortillas), chips, candy, Oreos, pickles, and fruit.

Hot Foods – burgers, brats, instant potatoes, ramen, soup, broth, quesadillas, breakfast burritos (eggs, sausage, bacon). An exact menu will be released closer to the event.

Aid station food and drinks are for runners and **active** pacers only. Not crew. Crew, please utilize one of the businesses in the nearby towns along the trails. Support the local businesses that are supporting us!

See Runner Resources section for Aid Station Chart.

SERVICES ALONG THE TRAIL

You may exit and re-enter the route at any time to hit up a service along the trail. You must re-enter the trail in the same manner you exited it, you cannot take shortcuts. All diversions are "bonus" miles. We will see your exact route on our GPS.

Crew should NEVER meet you at a service or anywhere besides manned aid stations that allow crew. Doing so is being crewed in an uncrewed area, it is cheating, and you will be DQ'd the FIRST time. If a volunteer sees it, if another runner snaps a pic, or if we see it, you're done.

Open hours below are according to what was online when we made the RM, we can't guarantee their accuracy, and it's best you never count on a single place. A service being unexpectedly closed does not create a "loophole" for aid. It's up to you to pack extra, just in case.

You can find the services Google Doc [here](#)

You can also find a nice service information handout that can be printed on a single page at the end of this RM in the “Runner Resources” section.

If you see something that should be added or are aware of a service that is no longer there or has changed their hours, please reach out to us at info@ultraversesupplements.com rather than messaging us. If we can confirm it, then we will change the doc.

Drop Bags

We will allow “normal” drop bags at all aid stations. We encourage crewed runners to use their crew rather than drop bags. Size requirements may come later.

Label drop bags with:

1. **Runner name**
2. **Town or Town(s) your bag will be traveling to.**
3. **Bib #.**

Each drop bag MUST have these 3 components, or it will not be moved/accepted.

Drop bags can be dropped off at packet pickup or on race morning.

Uncrewed runners are allowed one carry-on-sized bag for transportation to the finish line. Label these the same way, except replace the town with “finish.” There will be separate piles in which to place each bag at packet pickup and on race morning (start location). You are responsible for placing your drop bag in the correct location to be transported. We are not responsible for misplaced bags.

Aid Station Rules

- All runners should check in and out at all aid stations.
- Aid stations will not have medical personnel on site, nor are they guaranteed to have “foot people.” We do typically have tape, blister lancets, and first aid kits. If you see yourself needing something more, make sure to pack it.
- Aid stations that are also sleep stations will have cots and blankets set up for active runners. It is highly recommended that you bring earplugs as you will be sleeping in the same building/location as the aid station itself.
- No pets **in** aid stations, except for Miles...he’s the boss. Pets must be supervised and on a leash at all times **outside** the aid stations. Crew must also pick up after pets.
- Children must be supervised and well-behaved at all times. They must also be picked up after...leashes are optional 😊

Required Gear

All required gear must always be on you. We will have checks. It is highly recommended you bring all “recommended” items as well. Not having the appropriate gear does not give you a “pass” for meeting crew outside of aid.

- Charged cell phone
- GPS tracker
- Running pack (you must wear GPS tracker on shoulder)
- Headlamp
- Waterproof rain jacket or poncho
- Ability to carry 2 liters of water

*Required gear may change before race day. We will let you know if it does.

Recommended Gear: A warm jacket, a space blanket, extra calories, additional battery banks, and a backup light.

Crew Rules – Make Your Crew Read this Section

- Crew is only allowed to assist runners at aid stations allowing crew. No exceptions. Crew cannot give anything to or take anything from runners anywhere except at manned aid stations. Crew cannot assist the runners in any way outside of these designated areas. Additionally, runners cannot enter crew vehicles anywhere outside of full/manned aid stations.
- Limit crew to one vehicle/runner **at aid stations**
- Runners ARE allowed to sleep in crew vehicles **at aid stations**.
- NO RV's, travel trailers, or campers at aid stations. Crew vehicles must fit in a standard parking space.
- Crew must follow all local laws/regulations
- Crew should show up to an aid station no sooner than 30 minutes prior to their runner. In other words, you should not be there if your runner is more than 3-miles away according to our GPS. If you do, you may be asked to leave. Aid stations are in towns and are NOT free car camping areas for crew. We need to do our best to not disturb the residents in these communities. If your crew needs a place to crash there are plenty of lodging options. Crew that violate these rules will incur a time penalty and up to disqualification for their runner.
- If a runner is spotted by us, volunteers, or other runners/crew receiving any sort of aid anywhere besides manned aid stations, they will be disqualified. If the crew

insists on going to towns that runners are passing through (to cheer ONLY) they should keep their distance from all runners, so it is obvious that no assistance is being given. Assistance is ANYTHING besides cheering on a runner – providing a chair, giving food/drink, taking trash, holding items for runners, providing any sort of aid whatsoever...it is the responsibility of the runner that their crew stay away from them while on course.

- Crew can enter an indoor aid station facility while their runner is there and should leave when their runner leaves (or lays down to sleep). This helps to keep from overcrowding the aid station and keeping it a bit quieter for those trying to sleep.
- Please, keep quiet in town during nighttime hours. The last thing we want to do is upset the locals. Thank you!

Remember, the crew and pacers are the responsibility of the runner. Crew and pacer actions can disqualify the runner.

Pacer Rules

- Pacers are allowed for the CREWED division only
- Pacers will be allowed starting at Perry (99.7 miles). Yes, you read that correctly, almost 100-miles. They can switch out at Perry after a runner does the out-and-back (125.4), and at Waukee (147.4) and Yale (181.6).
- Pacers will not be checked for required gear – but it is recommended they carry it.
- Pacers can only start at manned aid stations allowing pacers. Doing so ANYWHERE else will disqualify the runner on the first offense. Pacers can only be picked up or dropped off at the aid stations listed as Pacer pickup/drop-off. They must be able to go that entire distance with their runner.
- Pacers will be mostly treated like runners when pacing – we are happy to make pacers hot food, etc. However, sleep station cots, and bedding are reserved for runners only.
- Pacers cannot carry ANYTHING for their runner (NO MULING).
- Pacers must be on foot.
- Only one pacer is allowed at a time.
- Pacers (and crew) will wait until runners get **all the way to the aid station** to help them. No meeting on course early to start grabbing bottles, etc.
- Any action of the pacers that does not align with the above rules can disqualify their runner. The runner is responsible for the action of their pacers.

Additional Rules

- Headphones are allowed. We would prefer if you could still hear what's going on around you though.
- Trekking poles are allowed, but likely unnecessary. Many services may require you to leave them outside.

- Runners must obey all pedestrian traffic laws
- Littering = DQ.

When Nature Calls

The services chart also shows restrooms and water stations along the trail. No additional restrooms will be available between these services. In the instance that you must use the restroom in nature, you must bury all toilet paper and poop. Not doing so is littering and will lead to DQ. Please be a good ultra-running steward and help keep these trails as wonderful as they were when we found them.

For a good, lightweight, and cheap option for burying poop/TP check out this [ultralight trowel](#).

DNF Information

In a race of this distance, anyone is vulnerable, and things don't always go as planned! A DNF is a possibility even for the most seasoned ultra-runner. DNF'ing in a super-long point-to-point race such as this is much more complicated (from a transportation and drop-bag standpoint) than it is a typical race on an out-and-back or multiple-loop course. Please understand a few things about DNF's at this race:

- If you are uncrewed and you DNF we will get you to the finish line...eventually. But you are on OUR time. You will likely not move until the aid station you DNF at is closed, and then you might just move to the next aid station. It might be over 24 hours! If that's not fast enough for you we understand, but finding your own way is UP TO YOU. Additionally, your drop bags will move to the finish at the rate they are scheduled to move.
- Volunteers assigned to other duties will not be utilized to transport runners, don't ask them.
- Crewed runners who DNF who also have drop bags are responsible for retrieving those bags from the aid stations according to the aid station chart (if they want to leave before their bags arrive at the finish). The chart will tell you what time each aid closes and where the drop bags will move. We recommend that crewed runners utilize their crew rather than drop bags.
- Remember to turn in your GPS tracker and notify us when dropping. You will be charged for the tracker if you fail to do so.

Severe Weather

Severe thunderstorms and tornados are possible in Iowa during June. All runners will be required to carry a cell phone and provide us with the number. From there, we can alert you

of severe weather on the course. That said, it is your responsibility to watch the weather and seek shelter should severe weather occur. We do not guarantee notification.

We intend to add shelters that are open to the public (prior to race day) to this manual as well as lightning protocol.

Swag & Awards

All runners receive a race shirt and a sick BOCO Hawkeye bag.

Finishers receive a beautiful finisher buckle that changes every year and is worthy of a 200-mile adventure!

Additional swag can be purchased in the [Ultrasignup Store](#).

Shuttle

We plan on having a shuttle that runs from Jefferson to Marshalltown and drops uncrewed runners off at a host hotel. This way you **end** where your car is when you finish. Those details will be ironed out later. The shuttle is a very expensive option for us so it will be an extra fee – likely between \$75-125 depending on cost. If a shuttle is not possible (unlikely) then runners will be responsible for getting to the start on their own. There will be **one** shuttle that will leave from **one** place in Jefferson and drop runners off at **one** place in Marshalltown.

All shuttle tickets are non-refundable, non-transferable, and are not counted towards deferral credit.

Section Descriptions

Section #1

Marshalltown to Rhodes

Distance – 24 miles

The race will start at Riverview Park in Marshalltown. From here runners will jump onto the Linn Creek Trail and follow it through Marshalltown. There is a Kwik Star right off the trail right before you leave town for any food/drink items you might need before making the trip to Rhodes. Just outside of town you will get onto the Iowa 330 Trail, which runs along (SURPRISE) HWY 330! You'll follow this until you are just a few miles from Rhodes, where

you will hit your first “non-trail” section, transitioning to dirt roads. You’ll hop on the Heart of Iowa Nature Trail (dirt) about ½ mile from the planned first aid station in Rhodes.

Section #2 Highlight

Rhodes to Slater

Distance - 30.5 miles

The planned aid station in Rhodes is at the city park (still pending approval), this is also planned to be the only fully outdoor aid station. From there, you'll jump on the Heart of Iowa Nature Trail (starts grass, then switches to asphalt). There will also be a 4-mile "non-trail section" out of Collins, then back onto Heart of Iowa Nature trail.

Stay on the HOI Nature trail until just west of Huxley and run on a paved/dirt road for about 2-miles, then get back on the trail, which you stay on until the next aid station in Slater.

Services along section #2:

Collins has restrooms and water at TH.

There is a Dollar General in Maxwell, which closes at 10 PM (38.1 miles in).

Huxley has water and restrooms on the trail, plus several other services depending on what time you go through town.

THE MIDWEST RAIL TRAIL DOUBLE

Those who finish The Hawkeye 200 and The Cowboy 200 in the same calendar year will receive a Midwest Rail Trail Double finisher buckle and a custom MWRTD 3-buckle display stand (design TBD) to display all three buckles. The Hawkeye and Cowboy buckles change annually, so you only have one opportunity to earn that specific set of yearly awards.

Registering for both 200-mile events automatically puts you in the MWRTD, you don't need to do anything else.

You still need to get in prior to any sellouts, and Cowboy sells out fast. Get in right when it opens to guarantee your spot.

MILITARY DISCOUNT

Please reach out for 10% off for all veterans and active-duty military. We appreciate you!
Coupons cannot be applied after the fact - you must reach out prior to registration for your coupon code. Military discounts are always **combinable** with any other deals. We truly appreciate your service.

SPONSORS WANTED

Sponsors help keep our race registration low. Please reach out to info@ultraversesupplements.com for more information if interested. We have a variety of levels to consider, each with their own perks.

PROXIMA C

The only carb/electrolyte beverages we use will be Proxima C Endurance Fuel and Proxima C Ultra. Prox Ultra will be available (hopefully) by 8/1/26. Proxima Ultra is available now and can be purchased on our [website](#)

You can learn more about Proxima on our website or by checking our deep dives on [YouTube](#).

MORE SECTIONS COMING SOON (ish)....

Race Schedule

GPX sections with downloads for Gaia/Caltopo

Hotels and Lodging (hopefully sponsor hotels with discounts)

The following are the Runner Resources mentioned above.

[Trail Resources](#)

[Aid Station Chart](#)