

Get Ready for an Epic Weekend at Weekend Warrior!

Weekend Warriors,

We're thrilled to announce that the Weekend Warrior: A Lifetime Sports Challenge is just around the corner! Get ready for an unforgettable weekend filled with fun, friendly competition, and camaraderie, celebrating with special guests Hannah Stuelke & Kylie Feuerbach! Here's everything you need to know to make the most of the event:

May 24th and 25th, rain or shine!

Participant Check-In

- Participants will check-in with WW staff prior to each of their respective events. Participants may also check-in at an earlier event than their own.
- At check-in, you will receive your Weekend Warrior swag bag, which includes a participant bib with your team number.
- ***All participants are required to wear their bibs during each event, including our golfers and bowlers!***

Friday Night: Bowling at Colonial Lanes

Join us on Friday night at Colonial Lanes in Iowa City for an exciting kickoff to the Weekend Warrior.

When: Friday, May 24th

Location: Colonial Lanes, 2253 Old Hwy 218 S, Iowa City, IA 52246

Time: 5:30pm Check-in

6:15pm Warm-up balls available

6:30pm Competition start

Food & Drink: Colonial Lanes bar is offering happy hour prices on all drinks for WW participants & guests, and Colonial Lanes kitchen will be open for service.

Don't miss out on the action! Even if you're not bowling, we've got you covered. Additional bowling lanes will be open, and free access to the miniature golf course is available to all participants, families, and spectators.

Saturday Morning: Golf at Saddleback Course

Get ready for a morning of golfing excitement at Saddleback Golf Course in Solon, Iowa!

When: Saturday, May 25th

Location: Saddleback Golf Course, 4646 180th St NE, Solon, IA 52333

Time: 7:00am Check-in

8:00am Competition start

10:00am Post-competition celebration at Big Grove Solon

Food & Drink: Participants enjoy light refreshments, including fruit, donuts, and coffee to fuel up for your round.

Competition Details:

- Golfers play the back nine holes of the course in groups of 3-4 golfers per hole. All golfers will tee off simultaneously with a shotgun start.
- Men play from the white tees, women play from the red tees.
- See the Saddleback scorecard [here](#) to familiarize yourself with the course layout.
- Remember to wear your participant bib on the course!

Once you've completed your round, head over to Big Grove Brewery in Solon for the street fest by 10:00am, or catch the start of the bike and run events at the Solon Recreation & Nature Area (SRNA).

Saturday Morning: Running and Biking Events

When: Saturday, May 25th

Parking & Check-in: Solon Middle School, 1775 Racine Ave NE, Solon, IA 52333

Start Line: Solon Recreation & Nature Area (SRNA - north of the Middle School)

Time: 9:00am Check-in at Solon Middle School

10:00am Bike race begins at SRNA, Runners to follow immediately

Competition Details:

- All race participants must wear their bibs for automatic timing purposes.
- Bikers are required to wear helmets during the competition for safety reasons.
- Bikers begin promptly at 10:00am with a staggered start from the SRNA start line. Runners will begin promptly after the last starting biker from the same SRNA start.
- Both the bike and run routes will finish at Big Grove Brewery in Solon (serving participants and spectators by 10:00am).
- Secure totes will be available at the Solon Middle School for race participants to store any personal items that will be transported to Big Grove Solon for their access at the finish line.
- Bike and run race routes can be viewed [here](#) on the Weekend Warrior website.

Big Grove Brewery Street Fest: Celebrating 5 Years of the Track Guy Foundation

Join us after the competition for a street party with awards, food, drinks, and celebration of the Track Guy Foundation's milestone at Big Grove Brewery in Solon! Enjoy a variety of activities for all ages including yard games, face painting, and the chance to shoot hoops with Iowa Women's Basketball stars **Hannah Stuelke** and **Kylie Feuerbach**!

Enter for a chance to win a basketball signed by the 2023-2024 Iowa Women's basketball team, including Caitlin Clark! Raffle tickets are \$5 each and must be present to win.

Location: Big Grove Brewery Solon (101 W Main St, Solon, IA 52333)

Time: 10:00am Food, drinks & games available for bowlers, golfers & spectators
12:00pm-2:00pm Meet & greet with Hannah Stuelke and Kylie Feuerbach
2:00pm Draw raffle winner & awards presentation
2:15pm-3:15pm Shuttle available from Big Grove Solon to Solon Middle School
3:00pm Weekend Warrior festivities conclude

Parking: Guests may park at the Solon Middle School and walk over for the festivities (0.7 miles from Big Grove Solon). Street parking is free as available.

Golfers, bowlers, families, and friends are encouraged to arrive at Big Grove from 10 AM-10:30 AM. The bikers and runners will finish at Big Grove and immediately join the party. Any race participant items stored in the secure totes from the start line will be available for pickup at Big Grove Solon.

Saturday Events Map



5k Run and 25k Bike Routes

