



## **HANNAFORD HALF MARATHON ATHLETE INFORMATION**

*The Hudson Mohawk Road Runners Club welcomes you to the Hannaford Half Marathon.  
Below is important information about race weekend.*

**Race Start Time:** The race will begin at 8am and the course will remain open for six hours.

**To Pick Up Your Bib:** A picture ID must be shown to pick up race packets – no exceptions. You may pick up another athlete’s bib, but must show your ID and provide written permission and a copy of a picture ID from the athlete.

**Gear Check:** Gear can be checked in our baggage truck at the start for delivery to the finish. A clear plastic bag will be provided with your race packet. Gear must be in the race-provided clear plastic bag or it will not be accepted.

**For your safety:** Please complete the emergency information on the back of your bib. In case of an emergency it will be used.

**Athlete Tracker:** Your friends and family can track your progress on race day at <https://www.areep.com/mhrm>

**Age Group Awards:** Again this year, age group award winners (top 3 men and women in five-year increments) can pick up age-group awards immediately after finishing at the results/awards tent. Please check the results kiosk in the finish area before you leave! Awards will not be mailed.

**Change\*\*\*Packet Pick –Up -** will be at HMRRC club house 36 Green Mountain Drive Cohoes NY. Pick up will be on Friday from 4pm - 7pm and Saturday from 1pm - 5pm. There will be a last chance pickup at the start area of the race beginning at 6:30am.

There will be Mohawk Hudson River Marathon clothing for sale at packet pick up on Friday and Saturday and at the finish line.

## SCHEDULE OF EVENTS

DATE/TIME	ACTIVITY	LOCATION
<b>Friday, October 8, 2021</b> <b>4PM-7PM</b>	- Packet Pick up and Expo - Sneaker Recycling - Food Drive: bring a can or cash	HMRRRC Club House 36 Green Mountain Drive Cohoes, New York 12047
<b>Saturday, October 9, 2021</b> <b>1PM – 5PM</b>	- Packet Pick up and Expo - Sneaker Recycling - Food Drive: bring a can or cash	HMRRRC Club House 36 Green Mountain Drive Cohoes, New York 12047
<b>Sunday, October 10, 2021</b> <b>6:30AM – 7:45AM</b>	- Packet Pick up	Near the start line at Colonie Mohawk River Park
<b>6:15AM – 7:00AM</b>	Buses leave for start	Broadway and State Street, Albany, New York
<b>7:50AM</b>	Instructions to Athletes	Colonie Mohawk River Park, Schermerhorn Road, Cohoes
<b>8:00AM</b>	Start of Race	Colonie Mohawk River Park, Schermerhorn Road, Cohoes
<b>10:00AM</b>	Awards Ceremony – Top 3 Men and Women	Albany Riverfront Park at Corning Preserve, Albany, NY
<b>12:00PM</b>	Return bus leaves for the start at Colonie Mohawk River Park, Schermerhorn Road, Cohoes	Albany Riverfront Park at Corning Preserve, Albany, NY
<b>2:00PM</b>	Course Closes	

### ***BUSES TO THE START \*\*\*\*CHANGE\*\*\* masks or face covering must be worn on the bus.***

Buses leave for the start between 6:15 AM and 7:00 AM from Broadway and State Street in downtown Albany, about two blocks from the Hilton Albany. ***The last bus will leave at 7:00 AM. There is no late bus.*** Do NOT get on the buses until directed to do so by race volunteers.

**PARKING:** Parking is available at the Riverfront Garage, Columbia Street (between Broadway and Water Streets), which is located near the bus staging area and the finish line. **The fee is \$5.00 cash/ credit card and it is paid upon exit.** Garage directions are at [www.mohawkhudsonmarathon.com](http://www.mohawkhudsonmarathon.com) under General Info/Parking. Do NOT park or attempt to be dropped off on Broadway in Albany between State and Columbia Streets, as this is where the buses will be staged. Drop offs can be made at the Hilton Albany or on State Street at North Pearl Street.

**Driving to the start: Parking at the Colonie Mohawk River Park is extremely limited** so plan to arrive early. There will be an athlete drop off area at the entrance to the park. NO parking is allowed on Schermerhorn Road. Those parked illegally will be ticketed and towed by the Colonie Police.

### ***AT THE START***

**GEAR CHECK:** A baggage truck will be at the Colonie Mohawk River Park to deliver checked gear to the finish area. **Gear must be placed in the race-provided clear plastic bag or it will not be accepted.** Your race bib will include a tear off baggage tag with your bib number. Use this tag to attach to the handle of your bag. Put your name, address and telephone number on the tag (please use a ballpoint pen). We recommend that you put your contact information inside your bag as well. Do not put breakable/valuable items in your bag. HMRRRC and its sponsors are not responsible for damage or loss.

**BIBS and TIMING CHIPS:** Your race bib **must** be worn on the front of your outer-most layer of clothing and clearly visible at all times during the race. ***Please fill out the emergency contact/medical information on the back of the bib.*** The

race will be timed by ARE Event Productions using the ChronoTrack B-Tag. This is a small and flat chip that comes affixed to the back of your bib. To ensure accurate timing, do not alter, flatten, bend, or crease your bib.

**START LINE:** Line up at the start according to estimated finish time – faster athletes toward the front.

## **ON THE COURSE**

- A police motorcycle escort will lead the race. There will be course marshals at intersections and medical aid volunteers on bicycles who will patrol the course. Report emergencies to the course bikers, course marshals, or water stop captains.
- **Roads are NOT closed to vehicular traffic and the bike path IS open for public use.** Please obey instructions of course officials. Run on the *left* side of the road facing traffic, unless instructed otherwise by the police.
- Mile markers are at every mile.
- Turns are marked in yellow paint on the pavement.
- The course passes over a railroad crossing between mile 4 and 5. Should a train arrive at the crossing during the race, athletes will be stopped at the crossing by race officials. ***Please obey the instructions of rail and race officials. Failure to obey instructions will lead at disqualification.*** If you are stopped at the crossing, your time will be recorded by a timing mat at the crossing and your finish time will be adjusted in our race results.
- Drink fluids early and often. There are 7 aid stations supplied with water and Gatorade located approximately every 2 miles. GU gel packs are available at the water station after mile 4.
- The course closes 6 hours after the start of the race (2PM).

## **MEDICAL ASSISTANCE**

- **There are medically-trained bicyclists patrolling the bike path and there are four first aid stations near the water stops at approximately miles 2, 5, 8 and 10.** They can all provide basic first aid and triage the level of medical care needed.
- If emergency medical assistance is needed on the course, please notify a race bicyclist, a course marshal or water stop captain. An ambulance will be called for medical emergencies.
- Athletes who are not able to complete the race distance should notify a race bicyclist or water-stop captain. ***Once you have notified a race official do not leave that location.*** A sag vehicle is available to transport athletes to the finish area; however, it may take up to 45 minutes to be picked up.

## **AT THE FINISH**

- A fully-staffed Medical Tent is located after the finish line.
- A Finisher's Medal is presented to each participant completing the course. A Finishers Certificate will be available at [www.mohawkhudsonmarathon.com](http://www.mohawkhudsonmarathon.com) after **official** results are posted.
- The bus returning to the Start at the Colonie Mohawk River Park will leave at Noon.

HAVE A GREAT RACE!!!



Thank you to our sponsors and partners!

