



MOHAWK HUDSON RIVER MARATHON AND HALF MARATHON

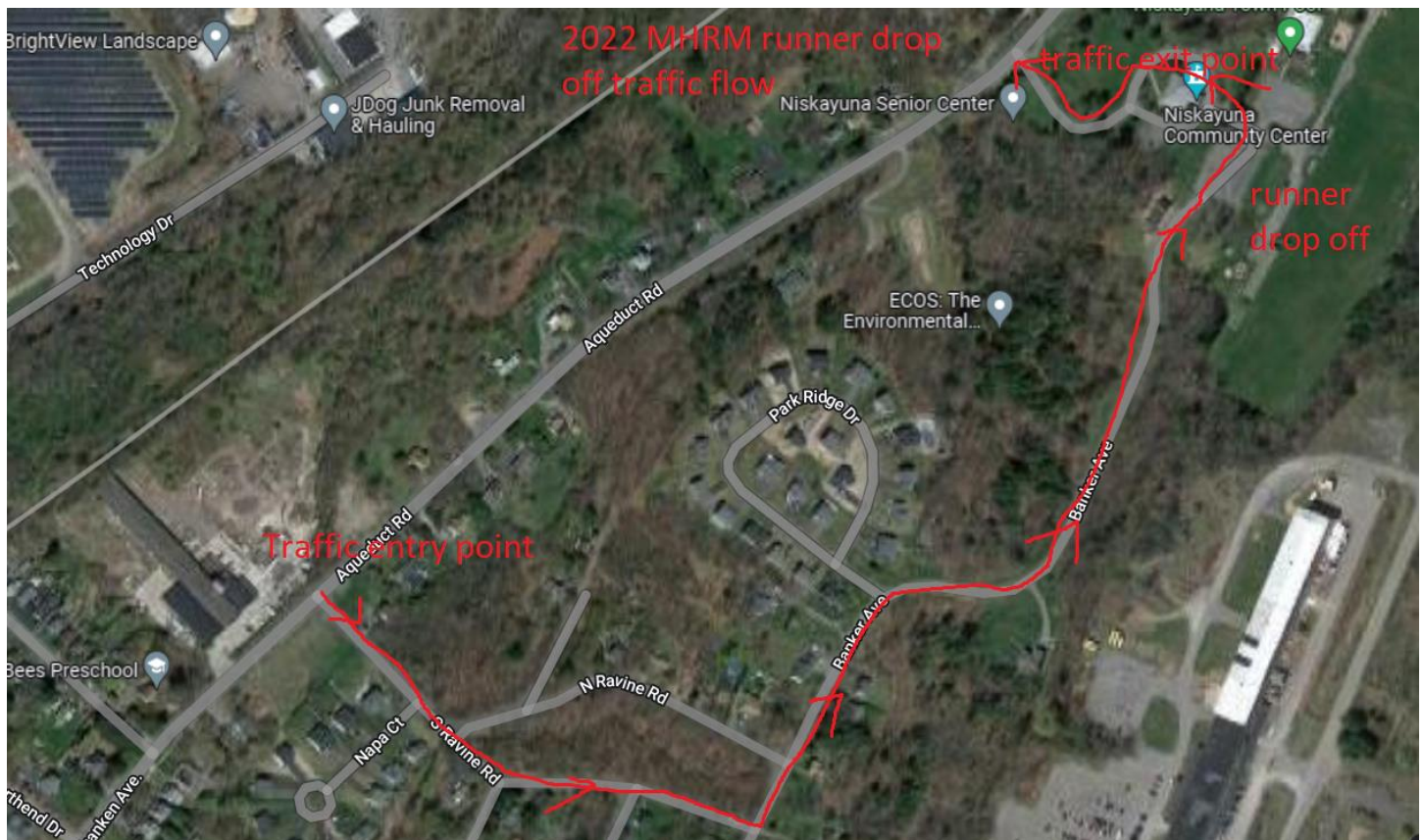
MARATHON ATHLETE INFORMATION

*The Hudson Mohawk Road Runners Club welcomes you to the Mohawk Hudson River 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.

Race Start Line: The race will start on Banker Avenue in Niskayuna near the Community Center 2682 Aqueduct Rd Niskayuna NY 12309.

NO Parking at Race Start: *There will be no parking at the start. You may ride the bus or be dropped off.* All traffic will enter from Aqueduct Road onto S Ravine Rd onto Banker Ave into Community Center lots for drop off.



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.

Rail Road crossing: The course crosses over a railroad crossing between mile 17 and 18. The crossing is equipped with a timing mat. If a train arrives at the crossing during the race, athletes will be stopped at the crossing by race officials, your time will be recorded at the timing mat, and your finish time will be adjusted accordingly in the race results. PLEASE NOTE that the Boston Athletic Association (BAA) has advised us that they will not accept adjusted times for Boston Marathon qualification purposes. The time reported to the BAA will therefore be the time you spent on the course with no adjustment for any train delay.

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

Age Group Awards: Age group award winners (top 3 men and women in five-year increments) can pick up 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.

Packet Pick –Up - will be at HMRRRC 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.

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

SCHEDULE OF EVENTS

| DATE/TIME | ACTIVITY | LOCATION |
|--|--|--|
| Friday, October 7, 2022 4PM-7PM | -Packet Pick up and Expo -Sneaker Recycling | HMRRRC Club House 36 Green Mountain Drive Cohoes, New York 12047 |
| Saturday October 8, 2022 1PM – 5PM | - Food Drive: bring a can or cash | |
| Sunday October 9, 2022 6:30am – 7:45am | | Niskayuna Community Center 2682 Aqueduct Rd Niskayuna NY 12309 |
| Sunday, October 9, 2022 6:15 AM – 7:00 AM | Buses leave for start | Broadway and State Street, Albany, New York |
| 7:50 AM | Instructions to Runners | Start Line, Near Niskayuna Community Center on Banker Avenue, Niskayuna NY |
| 8:00 AM | Start of Race | Start Line, Near Niskayuna Community Center on Banker Avenue, Niskayuna NY |
| Noon | Awards Ceremony – Top 3 Men and Women | Albany Riverfront Park at Corning Preserve, Albany, NY |
| 2:00 PM | Course Closes | |

BUSES TO THE START- Buses leave for the start between 6:15 AM and 7:00 AM from Broadway and State Street in downtown 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 AT THE FINISH: Parking is available for the day at the Riverfront Garage, Columbia Street (between Broadway and Water Streets in Albany), which is located near the bus staging area and the finish area. **The fee is \$5.00 cash or credit card and it is paid upon exit.** Garage directions are at 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.

AT THE START

GEAR CHECK: A baggage truck will be at Niskayuna Community Center grounds to deliver checked bags to the finish area. You may use the only the clear plastic bag provided with your race packet. **Gear must be 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. Include your name and contact information on the tag (please use ballpoint pen). Include contact information inside your bag as well. Do not put breakable/valuable items in your bag. HMRRC 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: Runners should line up at the start according to estimated finish time – faster times toward the front. *MHRM Pace Team* will be available to lead runners with a finish goal of 3:40, 3:45, 3:55, 4:00, 4:05, 4:10 4:20, 4:30, 4:40, 5:00, 5:15, 5:30 and 6:00.

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/course marshals.
- Mile markers are at every mile and 5 kilometer intervals. There is a timing mat at 4-mile point, the half marathon point, 17.6 mile (train crossing), the 20-mile point and 23.1-mile point.
- Turns are marked in yellow chalk on the pavement.
- The course passes over a railroad crossing between mile 17 and 18. 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 follow these instructions will result in 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 accordingly. We will use the adjusted time for our race awards but must report unadjusted time to the BAA for Boston Marathon qualification purposes.
- Drink fluids early and often. There are 12 aid stations supplied with water and located about every 2 miles starting at mile 4.
- The course closes 6 hours after the start of the race (2PM). *Participants who finish after the course closes will not receive a finisher medal or appear in the race results.*

MEDICAL ASSISTANCE

- **Medically-trained bicyclists will patrol the bike path. There are four first aid stations at the water stops at approximately miles 15, 18, 21 and 23.** All can provide basic first aid and triage 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 cannot 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 for the sag wagon to arrive.

AT THE FINISH

- A fully-staffed Medical Tent is located after the finish line.
- Massages are available from 10 am to 2 pm compliments of the Center for Natural Wellness School of Massage Therapy.
- A Finisher’s Medal will be presented to each participant who completes the course within the 6-hour time limit. A Finisher’s Certificate will be available to all those who completed the course within the 6-hour time limit at www.mohawkhudsonmarathon.com after **official** results are posted.

HAVE A GREAT RACE!!!



Thank you to our sponsors and partners!

