

The Course

Starts at Colonie Town Park in Latham and finishes on Mohawk-Hudson Bike-Hike Trail in downtown Albany. First five miles are on bike path, moving onto the streets of Cohoes and Watervliet, before picking up the bike path along the Hudson for the last four miles. Overall course runs west to east and then south with a net drop in elevation. No uphill. This will be your PR course!

Awards Commemorative awards to the top three men and women overall. Ceremony begins at 12pm. Race is part of USATF-Adirondack Grand Prix Series.

Walker Awards Top three men and women open and masters.

Age Group Runner Awards Thirteen categories of age group awards for men and women, age 13 to 70-plus. There is a \$5 fee to mail awards (must request by Oct. 19).

Team Awards All members must register individually. There are divisions for USATF and Corporate Challenge teams. Corporate Challenge categories: Four Men, Four Women or Two Men/Two Women. Team application (available at www.hmrrc.com) must be received by Sept. 27.

Timing & Results Chip-timed event with net time reported (\$25 fee charged for lost chips). Complete results available at www.hmrrc.com.

Technical T-Shirt Guaranteed to first 650 registered participants (size not guaranteed).

Race Photography Provided by Ken Shelton Photography (www.kenshelton.com).

Directions & Maps Race start is at Colonie Town Park, 71 Schermerhorn Road in Latham, located off of NY Route 9, approximately 2.5 miles north of intersection with NY Route 2. Look for the green "Town of Colonie Town Park" signs. For detailed directions to packet pickup, race start and course map, visit www.hmrrc.com.

Lodging Crowne Plaza Albany-City Center, 40 Lodge Street: (518) 462-6611, www.cpalbany.com. Special room rate of \$99, reserved by 9/20 or until capacity is reached.

Pasta Dinner A complete pasta dinner is available at the Crowne Plaza Albany on Saturday, Oct. 10, serving between 6:30-8:30pm. Further details: www.hmrrc.com.

Buses Buses will leave from the Crowne Plaza Albany at 7am sharp (\$5 fee). You must purchase tickets by Oct. 1. Only 30 tickets available on Oct. 10. Questions: info.usmc.half@gmail.com or (518) 273-5552.

Attractions, Events & Hotels Albany County Convention & Visitors Bureau: www.albany.org, (800) 258-3582 or (518) 434-1217.

Volunteers Many volunteers are needed to support a race of this type. Friends, family members or organizations are encouraged to volunteer. Even 30 minutes of someone's time can help a great deal. Please e-mail cdracewalkers@aol.com or check the volunteer box on application.

Mohawk-Hudson River Marathon The 27th annual Mohawk-Hudson River Marathon will run in conjunction with this year's Marine Corps Half Marathon. The marathon will start in Central Park, Schenectady at 8:30am. For more information, visit www.hmrrc.com.

Toys for Tots All participants in the Marine Corps Half Marathon are strongly encouraged to donate a new toy for the Marine Toys for Tots Foundation. Toys should be brought to packet pickup and/or registration.

Finishers Medals Medals will be awarded to all finishers, and refreshments will be available.

Packet Pickup

Crowne Plaza Albany on Oct. 10, 12:30-6pm or Colonie Town Park on Oct. 11, 7-8am.



Eighth Annual

Marine Corps Half Marathon



Sunday, October 11, 2009

Runners – 8:30am

Walking Division – 8:15am

**Colonie Town Park, Latham
to Corning Preserve, Albany**

Registration: www.active.com

Information: www.hmrrc.com



A Hudson-Mohawk
Road Runners Club event

Eighth Annual Marine Corps Half Marathon Registration

October 11, 2009 • Limited to first 600 runners and 50 walkers
Register online: www.active.com • Complete information at www.hmrrc.com

Registrant Information

FIRST & LAST NAME _____
DATE OF BIRTH _____ AGE (AS OF 10/11/09) _____ SEX _____
MAILING ADDRESS _____
CITY _____ STATE/PROVINCE _____ POSTAL CODE _____
EMAIL _____ PHONE NIGHT (_____) _____
ANTICIPATED FINISH TIME _____ USATF-ADIRONDACK# (NOT REQ.) _____
WALKING DIVISION: ☐ YES BUS TO START: ☐ YES (\$5 FEE) ☐ NO Must purchase bus tickets by Oct. 1 (Only 30 tickets available on Oct. 10)
I WISH TO JOIN THE HUDSON-MOHAWK ROAD RUNNERS CLUB: ☐ YES (\$12), U.S. mailing only
TECHNICAL T-SHIRT: ☐ SMALL ☐ MEDIUM ☐ LARGE ☐ EXTRA LARGE
☐ I HAVE A FAMILY MEMBER OR FRIEND WHO WILL VOLUNTEER
NAME _____ EMAIL/PHONE _____

Waiver — All Entrants MUST sign

In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I might have against the Hudson-Mohawk Road Runners Club, U.S. Marine Corps Reserve, Adirondack USA Track & Field, NY State Dept. of Transportation, State of New York, its servants, agents and employees, and any officials or sponsors of this race, their representatives, assessors, and assigns for all injuries, illness, or property loss suffered by me while competing in or traveling to or from the race on October 11. I attest and verify that I am physically fit and have sufficiently trained for the completion of this race. My physical condition has been verified by a licensed medical doctor.

SIGNATURE _____
DATE _____

Entry Confirmation – List available at www.hmrrc.com beginning Sept. 1

Amount Enclosed (non-refundable)

Payable to (U.S. Dollars): Mohawk-Hudson River Half Marathon

Mail to: Mohawk-Hudson River Half Marathon, PO Box 12304, Albany, NY 12212

HALF-MARATHON (SEE SCHEDULE) \$ _____
TRAINING PROGRAM (\$105*) \$ _____
*Includes race entry
HMRRC MEMBERSHIP (\$12) \$ _____
BUS TO START (\$5) \$ _____
EXTRA TECHNICAL T-SHIRTS (\$20) \$ _____
TOTAL \$ _____

Payment Schedule	Non-Members	HMRRC Members
Before July 15	\$35	\$30
July 15 - Oct. 1	\$45	\$40
Oct. 10	\$50	\$45

**DO NOT MAIL
AFTER OCT. 1**

(Non-refundable
& non-transferable)

Training Program for Marine Corp Half Marathon and Mohawk-Hudson River Marathon

Want to challenge yourself to run or walk long distances but don't feel that you are ready? Want to motivate yourself by training with a group? Want to run or walk "One of the ten fastest marathon routes in the country" (*Running Times*)? Then join us this year!

The program is designed for novice runners and walkers who have never before completed the distance and are attracted by the challenge. It begins in mid-June. Group training takes place two to three times a week at various Capital Region venues. Members will be encouraged to do local road races as part of their training. Any additional training suggested must be undertaken on your own.

Members will receive a training schedule, weekly training sessions, a technical "In-Training" shirt, gels and water at group runs/walks, plus guaranteed paid entry to the half-marathon or marathon. In addition, a donation in your name will be made to Toys for Tots. The program fee is \$105 for the half marathon or \$130 for the marathon. No fundraising is required.

To provide quality coaching, a limited number of slots are available. If interested, contact coach Jim Thomas (jth430@verizon.net) or Elaine Humphrey (info.mhrm@gmail.com). HMRRC recommends that participants seek medical advice before undertaking this exercise program.