

The Course

The USATF certified course starts in Central Park in Schenectady at Fehr Avenue, and finishes on the Mohawk-Hudson Bike-Hike Trail in downtown Albany. The course generally follows the Mohawk River, including 13 miles of paved bicycle trails, then proceeds to the Hudson River, utilizing five miles of bicycle trails. There is a net elevation loss of 370 feet. A hill will be encountered between miles 12 and 13. The halfway point is located at Colonie Town Park. This course is certified for Boston Marathon qualifiers. According to Running Times, "This is one of the fastest marathon routes in the country."

Prize Money \$500 to first male and female, \$300 to second male and female, \$200 to third male and female, and \$100 bonus for breaking the course record.

Course Records Male Open: Dale Keenan, 1984, 2:20:54, and Female Open: Jennifer Fazioli, 2002, 2:47:22.

Awards Commemorative awards to the top five men and women overall. Ceremony begins at 12:30pm.

Age Group Awards Twelve 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).

USATF Adirondack Awards Championship medals will be awarded to men – first three in age groups (30 medals), and to women – first three in age groups, up to age 60 (24 medals). Questions: (518) 273-5552.

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 700 registered participants (size not guaranteed).

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.

Marine Corps Half Marathon The eighth annual Marine Corps Half Marathon will run in conjunction with this year's Mohawk Hudson River Marathon. The half marathon will start in Colonie Town Park, Latham at 8:30am. For more information, visit www.hmrrc.com. All participants in the 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.

Race Information The Mohawk Hudson River Marathon is sanctioned by USA Track & Field and the course is certified. Official results will be sent directly to the Boston Athletic Association. HMRRC will publish the Marathon results in The Pace Setter magazine and will post at www.hmrrc.com.

All entrants should compete only if they have the reasonable expectation of finishing within five hours. Official times will be recorded to 5-1/2 hours. Minimum age is 17. The Marathon will serve as the Adirondack USATF Championship for 2009, and it is also part of the HMRRC and USATF Grand Prix Series.

The use of headphones during the race may result in a runner's disqualification. Finishers will receive finisher medals, and Mylar sheets to keep them warm. Race photography by Ken Shelton Photography (www.kenshelton.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.

Baggage A bus will be available to transport baggage from the starting line to the finish. Tags will be provided at the bus. Runners are encouraged to send warm clothes to the finish area on the baggage bus.

Fluids & Gels Water will be available near the starting line and approximately every two miles on the course. A sports drink will be available at the aid stations along the course. Gels will be provided at miles 14 and 19. Water will be available at the finish line. Other refreshments will be served at the finish line area, weather permitting.

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.

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

Directions & Maps Race start is at Central Park (near Casino Building) at Fehr Avenue in Schenectady. For detailed directions to packet pickup, race start and course map, visit www.hmrrc.com.

Packet Pickup

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



27th Annual

MOHAWK · HUDSON · RIVER MARATHON



Sunday, October 11, 2009

8:30am

**Central Park, Schenectady to
Corning Preserve, Albany**

Registration: www.active.com

Information: www.hmrrc.com



A Hudson-Mohawk
Road Runners Club event

27th Annual Mohawk-Hudson River Marathon Registration

Sunday, October 11, 2009 • Limited to first 700 runners

Register online: www.active.com • Complete information available 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.) _____

HAVE YOU PARTICIPATED IN THIS RACE BEFORE? YES NO

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, 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 Oct. 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 Marathon

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

MARATHON (SEE SCHEDULE) \$ _____
TRAINING PROGRAM (\$130*) \$ _____
*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	\$55	\$50
July 15 - Oct. 1	\$70	\$65
Oct. 10	\$75	\$70

**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.mhrrc@gmail.com). HMRRC recommends that participants seek medical advice before undertaking this exercise program.