

Marathon Entry Information

The Mohawk Hudson River Marathon is sanctioned by USA Track and Field and the course is certified. All finishers will be mailed certificates. Official results will be sent directly to the Boston Athletic Association. HMRRRC will publish the Marathon results in *The Pace Setter* magazine.

- All entrants should compete only if they have the reasonable expectation of finishing within 5 hours. Official times will be recorded to 5½ hours.
- Minimum age is 17.
- The Marathon will serve as the Adirondack USATF championship for 2005, and it is also part of the HMRRRC Grand Prix series.
- The use of headphones during the race will result in a runner's disqualification.
- Confirmation lists available at www.hmrrc.com/entrants.htm beginning September 1.
- Finishers' medals
- Mylar sheets

Buses

Buses will leave from the Crowne Plaza Hotel at 7:00 a.m. sharp. (\$5 fee). Must purchase tickets by 10/1/05

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.

Hudson Mohawk Road Runners Club

P.O. BOX 12304
ALBANY, NEW YORK 12212

ADDRESS SERVICE REQUESTED

Fluids - Gel

Water will be available near the starting line and approximately every 2 miles on the course. A sports drink will be available at the aid stations along the course. Cliff Shot 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.

Entry Fees:

Before August 1

HMRRRC members \$35.00
Non-members \$40.00

After August 1

HMRRRC members \$40.00
Non-members \$45.00

October 1-6

HMRRRC members \$50.00
Non-members \$55.00

October 8

HMRRRC members \$55.00
Non-members \$60.00

Additional Fees - optional

HMRRRC Membership \$12.00
Bus to start line \$5.00
Additional Race Cotton T-Shirts \$10.00
Additional Technical T-Shirts \$20.00
Pasta Dinner \$16.00

Race Packets

October 8, 12:30-6:00 pm
Crowne Plaza Hotel
Oct. 9, 7:00-8:00 am, Central Park, Schenectady

Non-Profit Org.
U.S. Postage
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