

## The Course

The USATF certified course starts in Central Park in Schenectady at Fehr Avenue, and finishes on the bike path in downtown Albany. The course generally follows the Mohawk River, including 13 miles of paved bicycle trails, then proceeds to the Hudson River, utilizing 5 miles of bicycle trails. There is a net elevation loss of 370 feet; a hill will be encountered between miles 12 and 13. The half-way point is located at the Colonie Town Park. This course is certified for Boston Marathon qualifiers.

## *Prize Money*

\$500 for new men's course record; current record is 2:20:59 by Dale Keenan, '84.

\$500 for new women's course record; current record is 2:47:22 by Jennifer Fazioli, '02.

## Certificates & Results

Certificates will be mailed to all finishers. This can be used for entry into the Boston Marathon for those qualifying. Results available at [www.hmrrc.com](http://www.hmrrc.com)

## Awards

Ceremony 1:00 p.m. at the finish line area. Commemorative awards to the top 5 men and 5 women overall. \$5 fee to mail awards.

## Age Group Awards

Men: 12 categories, 17-70+

Women: 12 categories, 17-70+

## Adirondack USATF

Championship medals will be awarded to men: first 3 in age groups, 30 medals, and to women: first 3 in age groups up to 60, 24 medals.

## T-Shirts

All runners registered before October 1st will be guaranteed a long-sleeved T-shirt. Participants may upgrade their cotton T-shirt to a Technical T-shirt for an additional \$10 fee.

## Temperature

Average daily hi is 63°; low is 39° F.

## Lodging:

The Crowne Plaza Hotel - (Special room rate of \$90, must be reserved by Sept. 8, 518/462-6611)

## Pasta Dinner:

A complete pasta dinner is available at the Victory Cafe (near the Crowne Plaza) on October 8. Serving between 6:30-8:30 p.m., \$16, please reserve.

## Questions

Race Number: 518-435-4500.

Web Page: [www.hmrrc.com/raceaps.htm](http://www.hmrrc.com/raceaps.htm)

E-mail: [hmrrc@knick.net](mailto:hmrrc@knick.net)

USATF Office: 518-273-5552

## Records

	<u>Men</u>	<u>Women</u>
OPEN	Dale Keenan '84 2:20:54	Jennifer Fazioli '02 2:47:22
40-50	Jack Miller '89 2:32:38	Susan Weisbrod '88 2:58:39
50-60	Ted Bick '84 2:49:44	Wen Shi Yu '87 3:12:02
60-70	Al Bechan '92 3:17:26	

## Attractions/Events/ Hotel Information

Albany County Convention and Visitors Bureau:  
518-434-1217 or 800-258-3582.

## 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](mailto:cdracewalkers@aol.com) or check the volunteer box on application.

## Half-Marathon

The fourth annual US Marine Corps Half-Marathon will run in conjunction with this year's 23rd Mohawk Hudson River Marathon. The Half-Marathon will start at the Colonie Town Park at 8:30 a.m. A new walking division in the half-marathon will start at 8:00 a.m. For more information visit [www.hmrrc.com](http://www.hmrrc.com). Call 518/435-4500 or register on-line at [www.active.com](http://www.active.com)



## The Twenty Third Annual

# MOHAWK · HUDSON · RIVER MARATHON



# Sunday October 9th 2005 8:30 A.M.

[www.active.com](http://www.active.com)

*A Hudson-Mohawk  
Road Runners Club event*

