



2023

PARTICIPANT HANDBOOK



☆ MILES ON THE MOHAWK 10M ☆

SUNDAY, MAY 28, 2023

SCHENECTADY, NY

YOU'RE ABOUT TO MAKE A GREAT MEMORY.

READ THIS HANDBOOK FULLY SO YOUR EXPERIENCE IS AMAZING!

Welcome to Miles on the Mohawk!

We launched this event in 2021 with the mission to provide our running community with an opportunity to do what we all love: to be outdoors, sharing in a scenic run that inspires us to train, work hard, and be the best version of ourselves. For 2023, we're focusing all of our efforts on creating an amazing 10 Mile experience for you - nearly the entire course is along the Mohawk River, followed by a great post-race party with food and live music. You'll also be receiving a free beer coupon valid at any Druthers - including at the finish line (starting at noon).

Whether this is your first time on a start line, you're a seasoned regular, or anywhere in between, thank you for choosing our event. We look forward to providing a safe and memorable experience for you. Good luck!



Spectator Guide

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EVENT SCHEDULE

When attending Packet Pick-up (PPU) you must know your bib number, which you can look up [here](#).

[Yes](#), someone else [can](#) pick your bib up for you.

Friday, May 26, 2023

3PM to 6PM: PPU at ARE Event Productions* ([1028 Broadway, Albany, NY 12204](#))

**This is a NEW location. (We moved here in March.) On-street parking only. Please be careful crossing Broadway.*

Saturday, May 27, 2023

4PM to 7PM: PPU at Mohawk Harbor by Druthers Brewing Co. ([221 Harborside Dr, Schenectady, NY 12305](#))

Sunday, May 28, 2023

Weather Forecast (as of 5/22): Partly cloudy with light winds. In the upper 50s at the start and almost 70° by 11am.

OPTIONAL BUS TRANSPORT TO START LINE

Ultimately you need to get to the start line, for which we *are* providing an *optional* bus service from the finish.

As race day bib pick-up is at the start, there is no *need* for you to come to the finish area on race morning before the race starts unless you plan to take the bus *or* park your car and otherwise get a ride (e.g., carpool with someone, use UBER, etc.)

If you do park at the start, you will need to arrange your own transportation back to the start after the race.

6:45AM to 7:30AM: Shuttle Bus Pick-up to Start (Only for those who purchased a seat during reg.)

View the [Confirmed Entrants list](#) to confirm if you purchased a seat on the bus. (For those who did, it says 'BUS TO START' under your bib number.) Seats can still be purchased at your Registrant Portal.

7AM to 8AM: PPU at the Start at Mabee Farm Historic Site ([1100 Main St, Rotterdam Junction, NY 12150](#))

If possible, please get your packet before race day.

8:30AM: Start (at Mabee Farm Historic Site)

9:20AM to 11AM: Finishers

PACKET PICK-UP (PPU)

At PPU, you will receive your bib and safety pins. If you also ordered other items (e.g., apparel), you will receive them as well. You can also get a gear check bag at this time if you will be using gear check.

As indicated on the registration page, apparel items were not included as part of the base registration fee.

*While we are offering a race day pick-up option, we do prefer that you get your item(s) before race day.
Yes, you can send someone else.*

Date	Hours	Location
Fri, 5/26	3PM to 6PM	ARE Event Productions' Office - 1028 Broadway, Albany, NY 12204
Sat, 5/27	4PM to 7PM	Mohawk Harbor - 221 Harborside Dr, Schenectady, NY 12305
Sun, 5/28	7AM to 8AM	Mabee Farm Historic Site - 1100 Main Street, Rotterdam Jct, 12150

RECEIVING YOUR ITEMS

You must know your bib number, which you can [find here](#). Your items will be handed to you without a bag. You may want to bring a small bag to put them in.

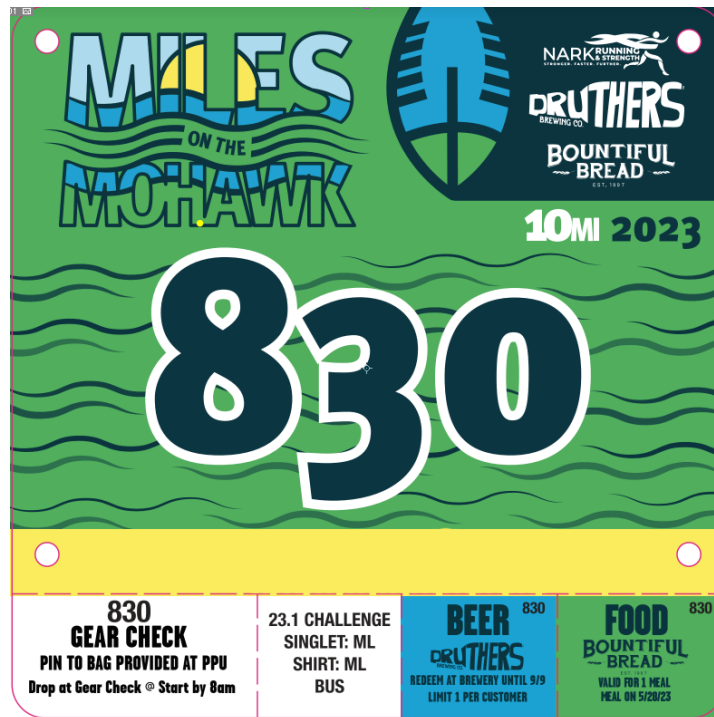
If you do not attend the event, your items are not shipped to you. You MUST get them from PPU.

PICKING UP FOR SOMEONE ELSE / OTHER PEOPLE

Have that person (/those people) forward you the email they will receive on Thur, 5/25, which includes their bib number. If picking up for more than 2 people, it would be helpful if you write the numbers and names down and hand our staff the paper.



ABOUT YOUR BIB



Sample 10 mile Bib

Note: There are 4 stubs (tear tags) at the bottom of the bib.

The second from the left either does or does not show information based upon your registration choices.

1. **You are the only person allowed to wear your bib.** If you are unable to participate, it is impermissible to give it to someone else. Doing so will result in permanent future disqualification from this event.
2. This bib must be worn on the front of your shirt (or outermost layer on your torso). It must be visible throughout the event and, as applicable, do not allow any accessories (e.g., waist belt) to touch or cover the bib as this could degrade its functionality.
3. The back has a thin sticker on it. This is for timing purposes. Please do not bend nor modify it.
4. Do **not** reproduce your bib nor enable anyone else to do so.
5. Those who registered before May 17 had the option to include custom text (e.g., your name) on the bib, and it will appear between the two lower safety pin holes.

START VENUE - MABEE FARM HISTORIC SITE



If parking at the start, plan to arrive there between 7:15am and 7:50am. Note: Bib pick-up ends at 8am.

Note the location of:

1. Parking
2. Toilets
3. Bib Pick-up
4. Gear Check
5. Water



FINISH VENUE - Mohawk Harbor



Please remember that there is NO transportation provided to return to the start after you finish.

If parking at the finish - there are many options available in close proximity to the bus pick-up/finish area. Aim to park here before 7am to allow enough time to get situated and get on the bus (or your other transport to the start). If you plan to use the bus, please be at the bus pick-up location by 7:20am. The last one leaves at 7:30am.

TOILETS - AT MOHAWK HARBOR

There are portable toilets available just outside of Druthers. In addition, there are (very nice) restrooms available inside Rivers Casino. Toilets will also be available in Druthers after the race.

DRUTHERS
BREWING CO.

GENERAL RACE LOGISTICS

GEAR CHECK

Gear check is available near the start line. You must use the bag we give you - you can get that bag either prior to race day at packet pick-up **or** on race day at the gear check table. There is a stub on your bib that you will attach (with a safety pin that we provide at gear check) to your gear check bag.

PARKING

You may park at the start or finish. Be aware that there is no transportation back to the start line after the race.

BUS TO START

Bus service begins at 6:45am. Arrive at the bus loading area at Mohawk Harbor no later than 7:15am.

Your bib will indicate if you purchased a bus ticket. If you are trying to get on the bus *prior* to getting your bib or you purchased your seat *after* getting your bib, tell our team member at the bus loading area who will verify your bus status on their phone from our registration data.

Those who pre-purchased a ride to the start can board the buses, which will be operating from 6:45am until 7:30am. We guarantee the last bus will not leave before 7:30am, but if it leaves at *exactly* 7:30am and if you miss it, you are NOT getting a ride to the start from us.

If you don't remember if you purchased a ride, you can confirm it at the [Confirmed Entrants list here](#) (it would say BUS TO START under your bib number). If you still need to purchase a ride (\$10), you can do so via your Registrant Portal (find that link in your Confirmation Email or [here](#).)

HEADPHONE USAGE

It is strongly recommended that you do **not run with headphones nor any type of sound listening device.** If you must, only utilize a headphone in a single ear, and keep the volume low so that you can remain fully alert.

23.1 CHALLENGE

The 23.1 Challenge refers to those who complete (either in-person or virtually) both the Helderberg to Hudson Half Marathon and the Miles on the Mohawk 10 Mile as *explicitly registered* for the 23.1 Challenge. Those who do so receive a special medal at the results tent of the Miles on the Mohawk race. A separate results report will also be available showing how everyone did at both races and their combined times. There are no awards based on time.

THE COURSE

[COURSE MAP](#) - Links you to the event website's course section.

GENERAL COURSE INFORMATION

- You will be directionally guided on the course by cones, signs, flags, course marshals, and police.
- The first mile is on the road. Please stay to your left. The final 2K include some sections on the road. Please be mindful of the potential for vehicles.

COURSE CUT-OFF

Our permits and related logistics require a cut-off time. Those falling behind pace may be picked up by event personnel. The cut-off time is 2 hours and 30 minutes (15:00 per mile).

WATER STOPS AND ON-COURSE TOILETS

WE HIGHLY ENCOURAGE THAT YOU CARRY YOUR OWN WATER/BOTTLE

Yes, we are providing cups at these stations. With respect to reducing the trash the event generates - and the potential for litter - it is strongly requested that you minimize your reliance on these stations. And absolutely do NOT litter. Trash receptacles are placed after each station. If you still have an item beyond a receptacle, *hold onto it until* the next one. **Do NOT litter.**

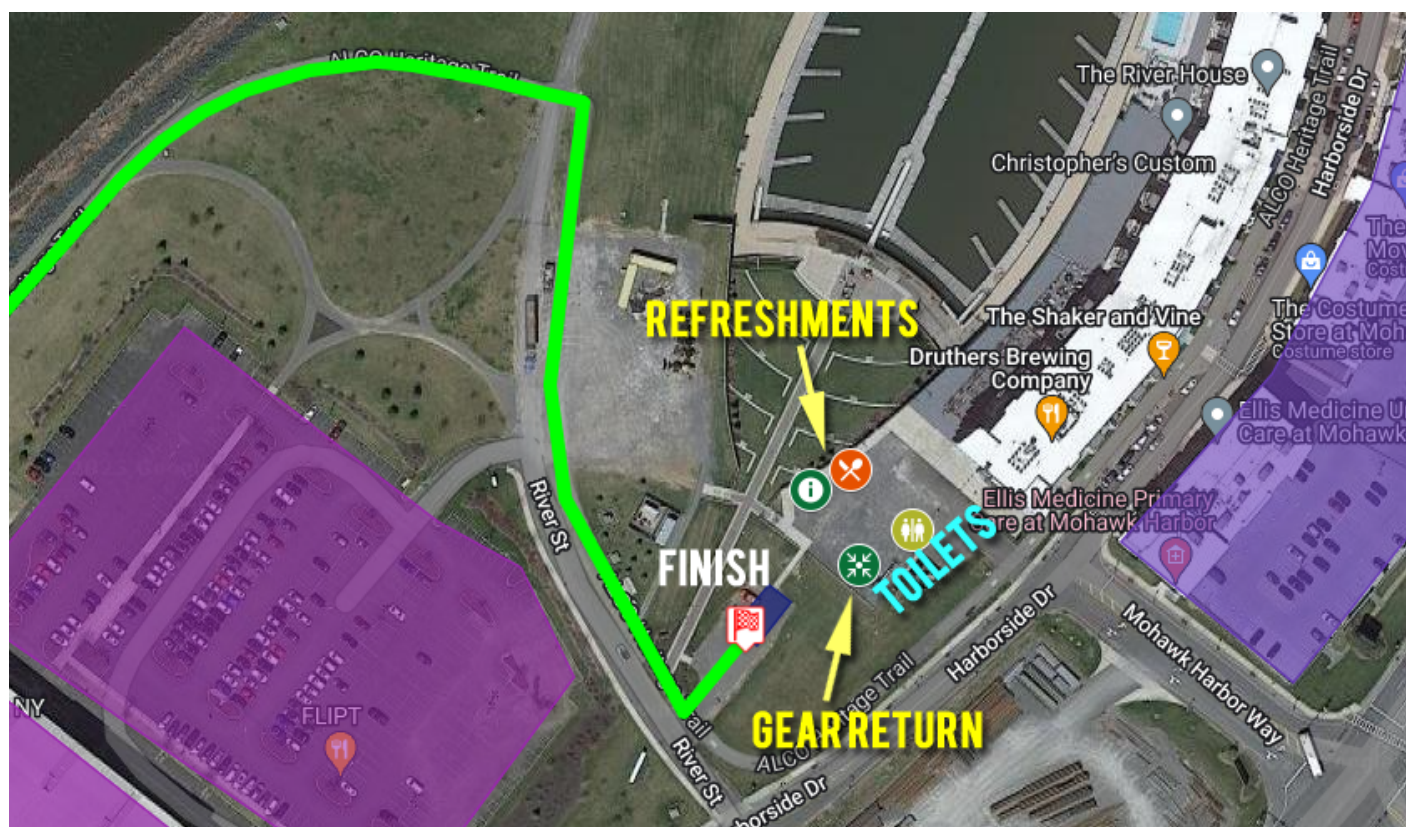
#	Distance	Gap	Location
1	3.3	3.3	Kiwanis Park
2	5.6	2.3	Lock 8 Park
3	8.1	2.5	SCCC Bike Path Parking Area

TOILETS

There are toilets available at every water stop.

Note: The toilet at Kiwanis Park is about 25 yards off the course, to your left.

THE FINISH



Upon finishing:

1. Feel the satisfaction and allow yourself to be thankful for what you've accomplished!
2. Receive your finisher medal, distributed near the finish chute exit.
23.1 Challenge Medals (bottom of page 8 for details) are distributed at the results tent (near refreshments).
3. Head to the refreshments tent where you have the option of a TURKEY | HAM | VEGETARIAN | VEGAN | GLUTEN-FREE meal provided by **Bountiful Bread**.
4. Want beer? Redeem the 1 free beer coupon from your bib at any **Druthers Brewing Company** location - including the one at the finish line starting at noon.
5. Enjoy live music!
6. Relax wherever you like on the ample grounds of Mohawk Harbor. Head down to the amphitheater by the harbor, line the final quarter mile and cheer for other runners, or maybe even head to the top of the Rivers Casino parking garage for an amazing view!
7. Check out your [results](#) on your phone (they will be streaming live; we will not be printing them on-site).
8. Enjoy the atmosphere as we keep the energy going for all of our runners.

TIMING AND RESULTS - LIVE RESULTS AT MilesOnTheMohawk.com/results

ARE Event Productions is fully directing, producing, and timing the event. Live timing splits will be provided from WS #1 (~3.3M) and WS #3 (~8.1M). All results placings and data will be based on NET time. (Overall awards, however, will be based on GUN time.)

EVENT RECORDS

Male: 49:34 / 4:58 pace - David Fitzmaurice, 31M, New York, NY

Female: 58:18 / 5:50 pace - Chelsea Benson, 38F, Ithaca, NY

AWARDS & FINISHER MEDALS

Overall Awards (GUN Time basis)

Open: \$125, \$75, \$40

Masters: \$75, \$50, \$25

Bonuses are also available for running faster than particular times and setting new records, as detailed [here](#).

There is "duplication (/triplication)". If the first female is 40 years old, she wins Open, Masters, and her Age Group.

Age Group Awards

Your choice of merchandise or a \$10 gift certificate to ZippyReg.

Top 3 male and female finishers in 14-u, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

Getting Your Award

You must claim it from the Results tent on-site.

Medals

Finisher medals will be distributed in the finish chute.

23.1 Challenge medals will be distributed at the results tent.

MEDICAL

We are working in partnership with the Schenectady Fire Department.

PLEASE BE REALISTIC WITH YOURSELF ABOUT HOW YOU ARE FEELING DURING THE EVENT.

IF YOU ARE NOT FEELING WELL DURING THE EVENT, the best place to quickly receive assistance is at a water stop. This is because all of those locations are accessible by car. Make one of our staff aware that you need assistance. They will most easily be able to dispatch help to you.

IF YOU SEE SOMEONE HAVE A MEDICAL EMERGENCY and are running with your phone, we appreciate your consideration to stop running and dial 911. Tell them you are running in the Miles on the Mohawk Race, tell them your approximate location (i.e., near what mile of the course you are at, if you have no other reference point) and they will send assistance.

IF YOU ARE UNABLE TO COMPLETE THE COURSE AND REQUIRE TRANSPORTATION OFF THE COURSE, note that unless it is a life threatening emergency, even if our course support team picks you up quickly, you may remain in the vehicle with them assisting others with non-serious issues and not immediately returned to the start or finish.

EVENT CANCELLATION & MODIFICATION POLICY

We promise to continue to make every effort to offer you a safe and exciting event. It will be held rain, snow, or shine. It is possible that the event may need to be further modified or canceled due to significantly inclement weather and/or temperature, or some other unforeseen reason. In the event of a modification *while the race is in progress*, we will alert our water stop teams who will inform you as you reach them. We will also update our Social Media channels and website. Ultimately any decision to modify the event will be made in concert with police, fire & rescue, and medical personnel as appropriate.

ADDITIONAL RESOURCES

Your best resource for staying connected is the event website at www.MilesOnTheMohawk.com. Any vital items race week will be posted at the top of the website. We also encourage you to [follow us on Facebook](#). If you have a question that is not addressed on the event website, email us at director@milesonthemohawk.com.