



# CELEBRATE LIFE HALF MARATHON

## March 14, 2021



CLHM is grateful to stage a live race once again. More than anything, grateful for your compliance to the challenges that force us to make substantial modifications to the race start, course, and finish line to keep us all safe.

### PACKET PICK UP

Date	Hours	Location	County
<b>Friday March 5</b>	<b>4:30 to 7 pm</b>	Confluence Store 1 Railroad Ave, <b>Goshen, NY</b>	Orange
<b>Saturday March 6</b>	<b>11 am: 3 pm</b>	Confluence Store 1 Railroad Ave, <b>Goshen, NY</b>	Orange
<b>Sunday March 7</b>	<b>11 am: 1 pm</b>	Fleetfeet: 1895 South Rd <b>Poughkeepsie, NY 12601</b>	Dutchess
<b>Anytime</b>	<b>Text 845-866-8023</b>	Monticello, NY	Sullivan County
<b>Saturday March 13</b>	<b>3 pm to 5 pm</b>	Sullivan 283 Rock Hill Dr Rock Hill NY: Race Site	Sullivan County

To have your SWAG and bib shipped go [here](#).



## DAY LIGHT SAVINGS!

Set the alarm to get up an hour earlier.



## CORRALS

Participants will go in groups of 40, every three minutes. You **must** pick a corral.

- Go to [RunSignUp](#)
- Find a [participant](#)
- “Is this you?”
- Claim it
- Receive email and click on link
- Back at RSU Manage
- Edit
- Pick Corral

If you are in the 2:15 and longer, you can go on the early start.

What is important is that we keep participants social distanced.



## PARKING

You may park on any empty parking lots of business that are not open on Sunday. We recommend Crystal Run Healthcare grounds (61 Emerald Pl Rock Hill, NY).

Do not park near the finish line. Although roads will be closed during the race, vehicles going to the urgent care will still be allowed.

We ask that you stay in your car until your staging time.

## ARRIVING

Arrive between 30 to 60 minutes before your corral starting time.

## THE START

Approach your corral 6 minutes to 9 minutes before your start time. You will be called to the waiting corral 3 minutes before.

You will be called to the start line two minutes before your start time.

Corrals will go every three minutes. One corral goes, and one waits. The next corral will be called to step to the start line.

Participants will stand 6 ft apart at the start. Three athletes at a time every 10 seconds.

Next line of participants will stand on the next line marked by cones.

Race starts in front of [Dunkin Donuts](#)

**You must have a mask on, covering your nose and mouth while waiting to start, approaching the water stations, finish line and any time you cannot be socially distanced from other participants.**

You do not have to wear a mask while running/walking unless unable to social distance.

Do not stand near the start line unless you are on the "on going corral" The timing equipment will read you. This is new for all of us including timers (I'm a timer, too).

This bib must be worn on your front and be visible throughout the event.



## Lucia Rein Relay

Buses will transport “second leg” to the exchange every 15 minutes starting at 10:15 and bring the first participant back. You may drive to the exchange, but we encourage you to take the buses. See driving directions [here](#).

If you are going to wait for your partner do not come close to the finish line.

Slower relay runners can go at 9:30. Walker Relays should go with walkers at 8:45 am

## Walkers

Corral 1: 8:45

Corral 2: 8:48

Corral 3: 8:51

## Early Starters

Corral 1: 9:30

Corral 2: 9:33

Corral 3: 9:36

If you don't make those times, no worries; the start timing mats will remain open.

## Main Start

First Corral is for the front pack. Runners expecting to finish in under 1:30. **Relay** follows the same.

Corral 1: 10:00

Corral 2: 10:03

Corral 3: 10:06

Corral 4: 10:09

Corral 5: 10:12

Corral 6: 10:15



Corral 7: 10:18

Corral 8: 10:21

Corral 9: 10:24

Corral 10: 10:27

Corral 11: 10:30

Corral 12: 10:33

Corral 13: 10:36

Corral 14: 10:39

If you are a runner doing 2:15 or more, switch to the early start.



## ON THE COURSE

**BYOB:** We are aiming for a no contact race. We ask that you bring your own bottle. There will be water and Gatorade stations every two miles to refill your bottle. Cups will be available for those who need them.

**Port-a-potties** at the start. Two at mile 3. One at mile 7. Two at mile 9.5.

## FINISH LINE

Volunteers will hand a medal to finishers. In addition a water bottle and a food pack will be handed to the finisher.

Please wear a mask while in the finish area. **Do not congregate.** Leave shortly after.

## RESULTS, AWARDS, AND PHOTOS

**Results will be online.**

**Awards will be mailed.**

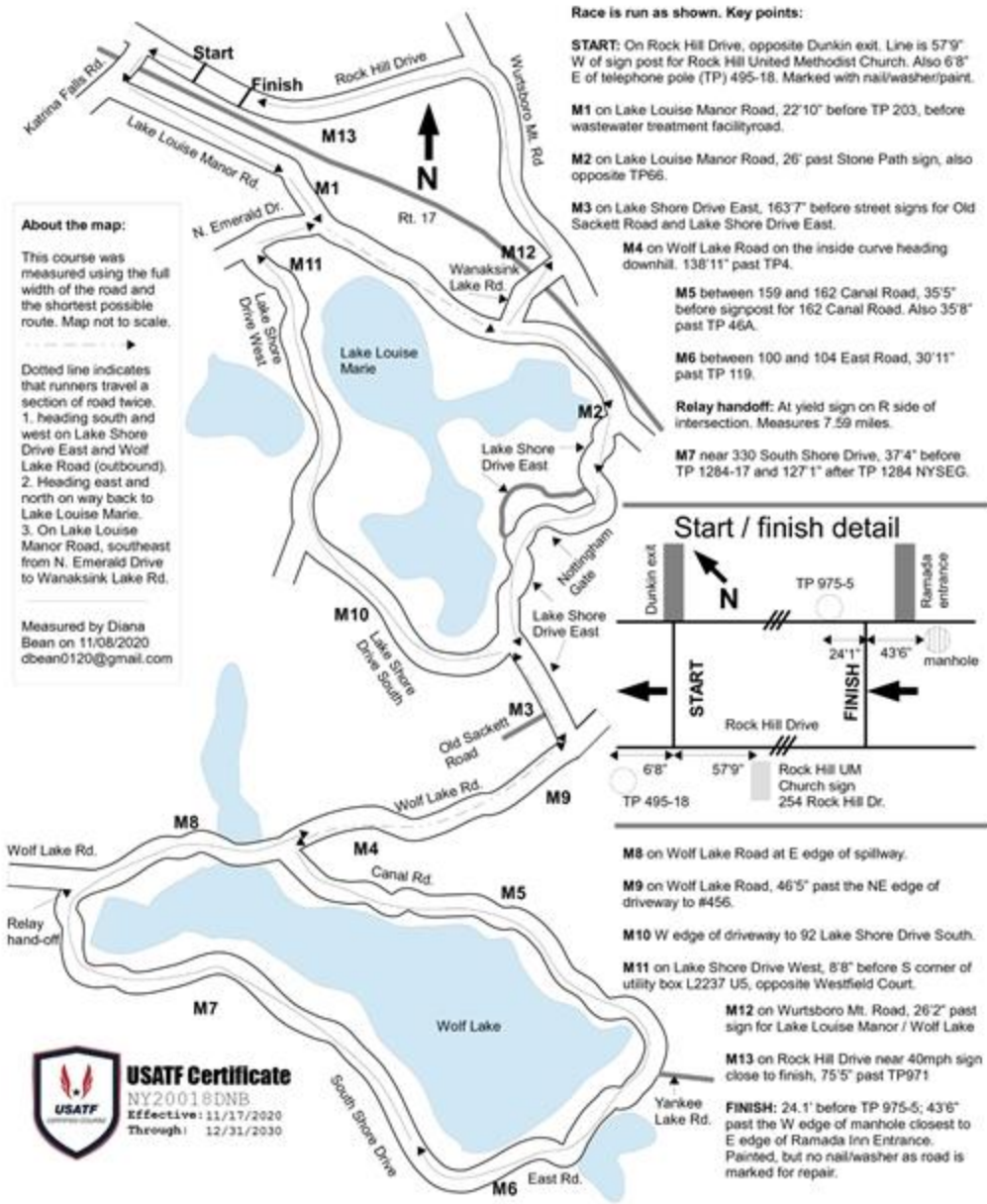
**Free download of photos on website.**

## MAP

**Below**



## Celebrate Life Half Marathon Rock Hill, NY



Race is run as shown. Key points:

**START:** On Rock Hill Drive, opposite Dunkin' exit. Line is 579" W of sign post for Rock Hill United Methodist Church. Also 6'8" E of telephone pole (TP) 495-18. Marked with nail/washer/paint.

**M1** on Lake Louise Manor Road, 22'10" before TP 203, before wastewater treatment facility road.

**M2** on Lake Louise Manor Road, 26' past Stone Path sign, also opposite TP66.

**M3** on Lake Shore Drive East, 163'7" before street signs for Old Sackett Road and Lake Shore Drive East.

**M4** on Wolf Lake Road on the inside curve heading downhill. 138'11" past TP4.

**M5** between 159 and 162 Canal Road, 35'5" before signpost for 162 Canal Road. Also 35'8" past TP 46A.

**M6** between 100 and 104 East Road, 30'11" past TP 119.

**Relay handoff:** At yield sign on R side of intersection. Measures 7.59 miles.

**M7** near 330 South Shore Drive, 37'4" before TP 1284-17 and 127'1" after TP 1284 NYSEG.

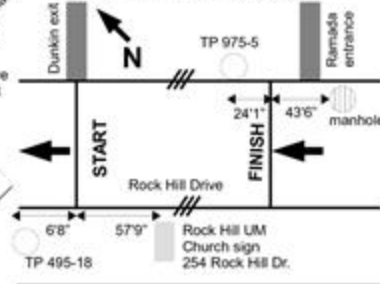
**About the map:**

This course was measured using the full width of the road and the shortest possible route. Map not to scale.

Dotted line indicates that runners travel a section of road twice.  
 1. heading south and west on Lake Shore Drive East and Wolf Lake Road (outbound).  
 2. Heading east and north on way back to Lake Louise Marie.  
 3. On Lake Louise Manor Road, southeast from N. Emerald Drive to Wanaksink Lake Rd.

Measured by Diana Bean on 11/08/2020  
 cbean0120@gmail.com

### Start / finish detail



- M8** on Wolf Lake Road at E edge of spillway.
- M9** on Wolf Lake Road, 46'5" past the NE edge of driveway to #456.
- M10** W edge of driveway to 92 Lake Shore Drive South.
- M11** on Lake Shore Drive West, 8'8" before S corner of utility box L2237 US, opposite Westfield Court.
- M12** on Wurtsboro Mt. Road, 26'2" past sign for Lake Louise Manor / Wolf Lake
- M13** on Rock Hill Drive near 40mph sign close to finish, 75'5" past TP971
- FINISH:** 24.1' before TP 975-5; 43'6" past the W edge of manhole closest to E edge of Ramada Inn Entrance. Painted, but no nail/washer as road is marked for repair.

