



CELEBRATE LIFE HALF MARATHON

March 12, 2023



CLHM is grateful to every one of you for your continued support.

CLHM 2023 is our 20th anniversary and final edition. In the past 19 years we have raised over a million dollars and true to our mission, we have remained volunteer driven with no administrative expenses.

I am and will be forever grateful for the opportunity to direct this race for the past 20 years. I've had fun and so much joy watching you finish the race and although Lent coincides with the most stressful time of the organization, it has been worth it.

Below is information for packet pick up and race day. We will still do much of everything outdoors to eliminate the risk of indoor crowds. Thank you for your understanding.

Bib pick-up will be done mostly prior to the race. Shirts/SWAG after the race.

I hope you enjoy every mile, every hill. I will be cheering you at the Finish Line and later I'll enjoy a glass of wine. Yes! I am granted an exception on race day!



BIB PICK UP –

Bib Pick Up. Poughkeepsie must email RD.

A separate pick up will be done after the race for shirts.

Date	Hours	Location	County
Tuesday March 7 and 8 Goshen, NY -	3:00 to 6:00 pm	Confluence Store 1 Railroad Ave, Goshen, NY	Orange – No need for email. Just show up
From March 4th to March 11 Poughkeepsie –	Anytime store is open.	Fleet Feet Poughkeepsie	Dutchess – Must email me with bib #
Mail Option	Email me with bib #		
Race Day	7:30 am to 9:30 am	Bernie's 277 Rock Drive, Rock Hill, NY	

Email me if you cannot make any of these dates and would prefer to get bib mailed.

To this day, restaurants don't want large crowds, so we encourage you to pick up ahead of time.

SHIRT PICK UP!!!

I apologize to every one of you for the delay and mess up with the shirts. The factory made a mistake, and they will have to start from scratch. I will not accept a lesser model than what I promised you. This will take another week and I will email you immediately to set up packet pick up. IF you cannot pick up due to distance, I will mail it to you. I am so sorry for the inconvenience.

There are very nice jackets from previous years. If you'd prefer one of them, just tell me!
coolrd@celebratelifehalfmarathon.com – you can also purchase one for \$20. Check FB for photos of it.



DAY LIGHT SAVINGS!

It's always that time of the year. Set the alarm to get up an hour earlier.



PARKING

You may park on any empty parking lots of business that are not open on Sunday. Crystal Run Healthcare grounds (61 Emerald Pl Rock Hill, NY) allow us to park in their lots. It's close and convenient.

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. Do not park in the church parking area.

THE START

There are three starts:

8:45 – Walkers

9:30 – Early start for those **who take over 2:30 hours to finish**

10:00 – For the rest of you

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

Lucia Rein Relay

Relay partners will wear a belt with a bib that has the timing chip. At the exchange, the bib will be passed on to the partner. Please return belt at end of race.

Transportation: Three buses will park ahead of Dunkin Donuts on Rock Hill Drive to pick up and transport "second leg" to the exchange every 15 minutes starting at **10:15 am** and bring fist leg back Buses will continuously travel every 15 min. Do not drive to the exchange. Buses have a difficult time turning around if there are cars park. Narrow roads

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



ON THE COURSE

There will be water and Gatorade stations every two miles.

Port-a-potties in front of Bernie's Restaurant. Two at mile 3. One at mile 7. Two at mile 9.5.

If you ordered a Motivational sign, you must have received an email confirming it. You are welcome to take it when you pass the second time (mile 11.5).

FINISH LINE

Medals, water, a food pack, and my most sincere appreciation. Pick up the food cooked by the Outback of Middletown inside [Bernie's](#) next door to finish. Do not use restaurant bathrooms. Please use outdoors.

RESULTS, AWARDS, AND PHOTOS

Results will be [online](#).

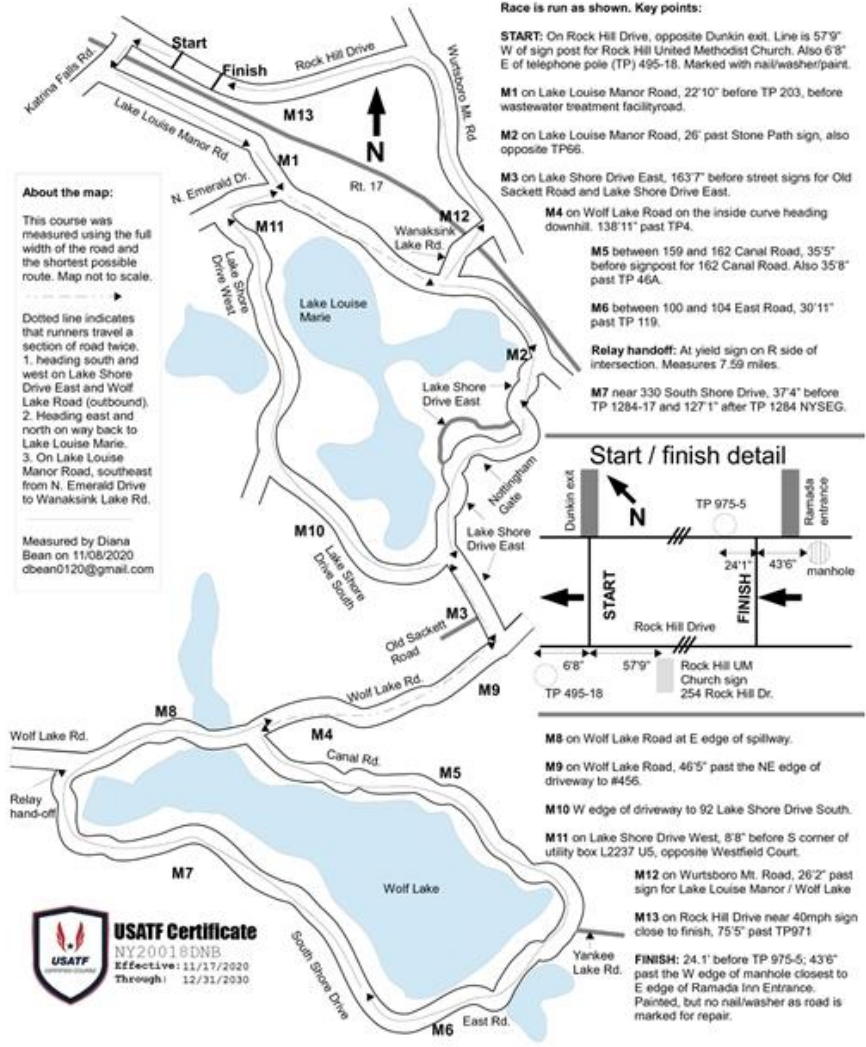
Most awards will be mailed. Overalls may pick up at the table.

Free download of photos on [website](#).

MAP BELOW. SCROLL DOWN.



Celebrate Life Half Marathon Rock Hill, NY



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
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