



## DUTCHESS COUNTY CLASSIC

Saturday, Sept. 14: 5k & 1k Kids Fun Run Sunday, Sept. 15: 13.1 mile & 10k

The Mid-Hudson Road Runners Club welcomes you to the 2024 Dutchess County Classic! We are very excited to see all of you on the starting line and look forward to cheering you on as you cross the finish line and achieve your goals!

**Please read the information below so you know what to expect on race weekend.**

Be sure to follow our Facebook page “[MHRRC / Dutchess County Classic](#)” for any last minute updates or changes.

**Most importantly, have fun and enjoy the weekend!**

If you have any questions or concerns, please email [mhrrc.info@gmail.com](mailto:mhrrc.info@gmail.com) or reach out to us on Facebook.



# Key Information for ALL Races

## 5k & Kids 1k Fun Run - Saturday, September 14th

Robinson Lane Park - 95 Robinson Lane, Wappingers Falls, NY 12590

Kids 1k Fun Run Start - 8:30 am, 5k Start - 9:00 am

Bib & T-Shirt Pickup begins at 7:00 am

## 10k & Half-Marathon - Sunday, September 15th

140 Creek Road, Poughkeepsie, NY 12601

10k & Half-Marathon Start - 7:30 am

Bib & T-Shirt Pickup: 5:30 am - 7:15 am

You may also choose to pick up your Bib & T-Shirt on Saturday at Robinson Lane Park between 10:00 am - 12:00 pm - Please do not show up prior to 10:00 am due to the Kids 1k Fun Run & 5k race.

**Same Day Registration** - Register online (phone app or website) on RunSignUp before coming to the race to make the pickup process fast and efficient.

### **Bib & T-Shirt (if eligible) Pickup:**

#### **Saturday, September 14th**

5k & Kids 1k Fun Run ONLY: Beginning at 7:00 am @ Robinson Lane Park

10k & Half-Marathon: 10:00 am - 12:00 pm @ Robinson Lane Park

#### **Sunday, September 15th**

10k & Half-Marathon: 5:30 am - 7:15 am @ Dutchess Community College

You will be given your bib & t-shirt (if eligible) at pickup - your bib will be marked to indicate you have picked up your t-shirt.

If you are not eligible for a t-shirt check back immediately after your race to see if we have any left. These will be given out on a first come, first served basis.

Bibs must be worn on the front of your shirt. This includes the Kids Fun Run (their bibs also have chips). DO NOT bend or fold your bib, as you risk breaking the chip and not getting timed.

If you are late getting to the start line, note that your time will still be accurate with the net-time results, HOWEVER, overall winners in each race will be determined based on gun time.

## **5k & Kids 1k Fun Run - Saturday, September 14th**

Robinson Lane Park - 95 Robinson Lane, Wappingers Falls, NY 12590

Bib & T-Shirt Pickup begins at 7:00 am

All runners MUST be in the park no later than 8:20 am. Robinson Lane will be experiencing closures and delays from 8:20 am through 10:00 am to allow our children and 5k runners to have a safe race.

### **Kids 1k Fun Run Start - 8:30 am**

- We want to make this a special day for the kids, so plan to arrive a few minutes early and help cheer them along as they finish.

### **5k Start - 9:00 am**

- USATF Certified 5k Course: [Dutchess County Classic 5k Course](#)
- There will be one aid station close to the turnaround that will have water and ZYM.
  - Water will be the first set of cups available followed by ZYM.
- There will be snacks and beverages under the pavilion following the race.
- Awards for the 5k will take place at 10:00 am near the flagpole.



# 10k & Half-Marathon - Sunday, September 15th

140 Creek Road, Poughkeepsie, NY 12601

Bib & T-Shirt Pickup: 5:30 am - 7:15 am

You may also choose to pick up your Bib & T-Shirt on Saturday at Robinson Lane Park between 10:00 am - 12:00 pm - Please do not show up prior to 10:00 am due to the Kids 1k Fun Run & 5k race.

## 10k & Half-Marathon Start - 7:30 am

- **Courses** - Both courses are USATF Certified! Don't forget to enjoy the beautiful views!
  - USATF Certified 10k Course: [Dutchess County Classic 10k Course](#)
  - USATF Certified Half-Marathon Course: [Dutchess County Classic Half-Marathon Course](#)
    - Once runners reach the trail they will be instructed to **STAY TO THE LEFT**. This is different from previous years!
    - Both 10k & Half-Marathon runners will be instructed to turn around at the Walkway West gate and head back East towards Poughkeepsie.
    - 10k runners will turn right at the Morgan Lake trailhead to finish back at Dutchess Community College.
    - Half-Marathon runners will continue straight and turn around for the second time at the Manchester Road bridge.
    - After completing the second turn around, half-marathon runners will head back to the Morgan Lake trailhead and exit left to finish back at Dutchess Community College.
- **Race Start - 7:30 am**
  - Both the 10k & Half-Marathon will start together at 7:30 am
  - Please line up near the starting line based on your expected pace per mile. You will see signs for 5:00 per mile, 6:00 per mile through 12+ min/mile.
    - This will help alleviate congestion in the early part of the race.
- **Parking**
  - Give yourself plenty of time to get to the race venue at Dutchess Community College due to possible heavy traffic and to ensure you can park in Lot E (corner of Creek Road and Pendell Road, Lot E is on the right on Creek Road) adjacent to the start and finish line.
  - The Civil Air Patrol will be assisting with parking, so please follow their guidance.
  - Primary parking will be in Lot E and the overflow will be across the street as directed by the Civil Air Patrol in Lots B, A & D.

- **Pre-Race Timeline**
  - 5:30 am - 7:15 am: Bib & T-Shirt Pickup, near the starting line in Dutchess Community College Parking Lot E, Creek Road
  - 7:15 am: Dutchess Community College representative speaks
  - 7:25 am: National Anthem sung by Maria Hickey
  - 7:30 am: 10k & Half-Marathon Start
- **Facilities**
  - 18 Port-a-Johns will be located near the Start/Finish at DCC, Lot E, Creek Road
  - Port-a-Johns will be located at the Morgan Lake (you will need to veer off the course a little for this one), Love Road & Manchester Road aid stations
  - Restrooms are in the pavilion at Walkway East
  - Restrooms are in the pavilion at Walkway West, however, you will have to run further west of the 10k & Half-Marathon turnaround if you need to use them.
- **Aid Stations**
  - There will be five aid stations on the course.
    - Morgan Lake, Walkway East, Walkway West, Love Road, Manchester Road
  - Each station will have water and ZYM.
    - Water will be the first set of cups available followed by ZYM.
- **Post-Race**
  - If you signed up for a COMBO event and completed the challenge (5k/10k or 5k/13.1) please see us right after you finish next to the finish line to receive your special medal!
  - Awards in front of the timing shed
    - 9:15 am: 10k Awards
    - 9:45 am: Half-Marathon Awards
  - Food and beverages will be available to the runners at the food tent near the finish line.



# 2024 Dutchess County Classic Sponsors



ANGELS OF LIGHT

Assisting children and families with a life threatening illness living in the Hudson Valley



City and Town of Poughkeepsie Police  
Dutchess County Sheriff's Department  
Dutchess County Department of Emergency Management  
Empire Performance PT  
Forza  
Mobile Life Support Services  
NYS Office of Parks Recreation & Historic Preservation  
and **Our Great Running Community!**

