

DIRECTIONS TO THE START/FINISH

Take Metro North Hudson Line to Yonkers Station (1-800-638-7646 for schedule & fare). **Participants are responsible for checking the MTA schedule to ensure they have time to register & pick up their number before the race.**

From George Washington Bridge, Manhattan or Bronx:

Exit bridge at Henry Hudson Parkway, North. Take Parkway north across Henry Hudson Bridge (Toll). Henry Hudson becomes the Saw Mill River Parkway North out of the Bronx. Exit Saw Mill River Parkway at Yonkers Ave., Exit 5. At end of exit ramp make a right turn on Yonkers Ave. *Proceed on Yonkers Ave.– it merges with & becomes Nepperhan Ave. at the overpass. Proceed on Nepperhan Ave. through downtown - crossing Riverdale Ave. Nepperhan Ave. becomes Prospect St. Proceed on Prospect to Buena Vista – make right turn. At bottom of hill at the light is Main St. Proceed to parking and registration as directed by staff.

From Tappan Zee Bridge or Cross Westchester (287):

Proceed off bridge east on 287 to 87 south. Take exit 7 to Saw Mill River Parkway to Yonkers Ave. Exit 5. This exit only allows turns west toward Pier. Proceed as above *.

From Long Island, Queens, Eastern Bronx or South Westchester:

Take LI Sound bridges to Hutchinson River Parkway North. Take exit 13 to Cross County Parkway. Proceed on Cross County Parkway to exit 2, Saw Mill River Parkway, North. This exit ramp becomes exit for Yonkers Ave.

Make right turn at the light onto Yonkers Avenue. Proceed as above *.

CITY OF YONKERS

**Department of Parks,
Recreation and Conservation**

84th RUNNING OF THE

**YONKERS
MARATHON**

2009

SEPTEMBER 20th

Second oldest [Marathon](#) in the WORLD!

www.yonkersny.gov

YONKERS MARATHON/**HALF MARATHON** INFORMATION

START

The Yonkers Marathon and Half Marathon start and finish at the Yonkers Riverfront Library.

Both races start at **8:00 A.M. SHARP.**

The course is run in the direction of traffic on the streets of Yonkers and Hastings-on-Hudson and **is not closed to vehicular traffic.** Police, recreation staff and volunteers are located at most intersections throughout the course. The official clock runs for 5 hours, until 1:00 PM. If you run longer than a five-hour marathon, you will have to take advantage of the sidewalks where available. Police and other marathon staff presence on the course is not provided after 1:00 PM. **You will not receive an official time if you run over 5 hours. You will receive no time if you run after 6 hours. No early starts.**

REGISTRATION

You may register in the following ways:

- By Mail **postmarked by 9/11/09.**
- In person at the Yonkers Recreation Department, 285 Nepperhan Avenue, Yonkers, NY 10701 before 9/11/09
- ***On race day, until 7:30 AM at the Yonkers Riverfront Library.*** Race day registration is limited and no registration will be taken after 7:30 AM.
- Include e-mail address on application if you wish to receive confirmation of your entry.

If you are taking the train, participants are responsible for checking the MTA schedule to ensure they have time to register & pick up their number before the race.

• ENTRY FEES

Early Bird: Before May 15, 2009 - \$25.00

Before September 4, 2009 - \$35.00

On/After September 4, 2009 - \$45.00

Entry fee must accompany your application.

The race will be timed using the Champion Chip system.

Scoring by FLRRT

Entry Fee Includes:

- T-shirt
- Finisher's Medal
- Age Group Award
- Post Race Meal

BAGGAGE CHECK

Items/bags may be checked at the start/finish line if they are bagged. City of Yonkers is not responsible for checked baggage. Any bag not picked up by 1P.M. on race day can be picked up the following Monday at the Parks Dept.

AWARDS

Top two finishers of the following groups will receive a plaque:

- | | |
|--------------|-----------|
| ▪ 19 – Under | ♦ 20 – 24 |
| ▪ 25 – 29 | ♦ 30 – 34 |
| ▪ 35 – 39 | ♦ 40 – 44 |
| ▪ 45 – 49 | ♦ 50 – 54 |
| ▪ 55 – 59 | ♦ 60+ |

PRIZE MONEY

- Overall Male and Female winners in the Marathon receive \$1,000.
- Masters Male and Female winners receive \$500 (age 40+).
- Overall Male and Female winners in Half Marathon receive \$400.

- Masters Male and Female winners receive \$200. (age 40+)

PLEASE NOTE: You may only win prize money in one category. If a Masters' finisher should place higher than an Open finisher that Masters' finisher will receive whichever is higher, but not both.

TIME BONUS MARATHON			
Time Under	Men	Time Under	Women
2:35	\$100.	3:15	\$100.
2:45	\$50.	3:30	\$50.
TIME BONUS HALF MARATHON			
Time Under	Men	Time Under	Women
1:10	\$100.	1:25	\$100.
1:15	\$50.	1:30	\$50.

2009 YONKERS MARATHON REGISTRATION FORM

84th ANNUAL YONKERS MARATHON & 12th ANNUAL HALF MARATHON

Read carefully before completing this form. Each competitor must complete and *sign* this form, agreeing to the waiver as described below. **Please PRINT all information.**

PERSONAL INFORMATION

LAST NAME (include Jr., Sr., etc.)	FIRST NAME	M.I.

MAILING ADDRESS – STREET (include apartment number)

MAILING ADDRESS – Continued (use two lines if necessary)

CITY	STATE/PROVINCE	ZIP/POSTAL CODE	-	-

DAYTIME TELEPHONE NUMBER	EVENING TELEPHONE NUMBER

E-MAIL ADDRESS (We will confirm registration by e-mail. Please print)

AGE ON 9-21-08	GENDER ("M" or "F")	DATE OF BIRTH: (month – day – year)	PROJECTED TIME hours/minutes	Chip Owner's Code (Optional)					

<p style="text-align: center;">T-SHIRT SIZE – Please Check One:</p> <p style="text-align: center;"> MEDIUM <input type="checkbox"/> LARGE <input type="checkbox"/> X-LARGE <input type="checkbox"/> </p> <p style="text-align: center;">***** PAYMENT CHECKLIST *****</p> <p style="text-align: center;"><u>ENTRY FEE:</u></p> <p><input type="checkbox"/> EARLY BIRD \$25.00 BEFORE MAY 15, 2009</p> <p><input type="checkbox"/> \$35.00 BEFORE SEPTEMBER 4, 2009</p> <p><input type="checkbox"/> \$45.00 On or AFTER SEPTEMBER 4, 2009</p> <p style="text-align: center;">REGISTRATION FEE INCLUDES:</p> <p style="text-align: center;">T-SHIRT FINISHER'S MEDAL AGE GROUP AWARD FINISHER'S CERTIFICATE MAILED RESULTS POST-RACE MEAL</p>	<p style="text-align: center;">CHECK ONE</p> <p style="text-align: center;"> MARATHON <input type="checkbox"/> HALF MARATHON <input type="checkbox"/> </p> <p style="text-align: center;">Mail entry form and payment to: "YONKERS MARATHON" Yonkers Department of Parks, Recreation and Conservation 285 Nepperhan Avenue Yonkers, New York 10701</p> <p style="text-align: center;">For more information call 914-377-6436 or e-mail yonkersmarathon@yonkersny.gov</p>
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RUNNER'S AGREEMENT, WAIVER, RELEASE AND ACKNOWLEDGEMENT

In consideration of your accepting this entry, I hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against the City of Yonkers, Department of Parks, Recreation & Conservation, Yonkers Police Department, Yonkers Marathon Committee, Yonkers Downtown Waterfront BID, Yonkers Chamber of Commerce, its employees, the sponsors, the volunteers, or Village of Hastings in which the race is contested, their representatives, successors and assignees for any and all injuries including, but without limitation, any claims for personal injuries resulting from or arising out of the negligence of the above named parties suffered by me in said event. I further acknowledge the presence of vehicular traffic on the race course and expressly assume all risks of injury and damage associated with participation in such a race, including but not limited to, those risks generally associated with running on a roadway open to vehicular traffic. Further I attest and certify that I am physically fit and sufficiently trained for competition in this event and my physical condition has been verified by a licensed medical doctor. I agree not to cover or alter my running number in any way on pain of disqualification, and acknowledge that my entry fee is nonrefundable, including if the race is cancelled because of an act of nature.

X _____
 SIGNATURE DATE