

2024

FREQUENTLY ASKED QUESTIONS

**MIGHTY
NIAGARA**
HALF MARATHON

HOSPICE
Dash

PRESENTED BY



Cornerstone
Community Federal Credit Union

Bank. Borrow. **Experience Freedom.**

OCTOBER 5, 2024

Mighty Niagara Half Marathon:

Starts at 9:15am

Artpark, Lewiston, NY

Hospice Dash 5K Walk/Run:

Starts at 9:00am

Porter-on-the-Lake, Youngstown, NY

All proceeds benefit



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Registration/Refunds/Transfers

- Registration is open from January 18, 2024 and will remain open on race day.
- We are not issuing refunds or deferments of any kind for this charity fundraiser.
- If you are unable to participate (wedding, injury, medical, pregnancy, etc.) and have paid in full, you may transfer your registration to another participant until cutoff date. Please email Colleen Daddario at colleen.daddario@niagarahospice.org to complete process.
- If you signed up for the Half Marathon, but would like to drop down to the 5K instead, email colleen.daddario@niagarahospice.org to complete process (registration fees will not be adjusted).
- If you choose not to transfer your registration, as a paid participant, you will still be entitled to receive your race packet and shirt which can be picked up during the designated packet pickup times.
- **Transfer cut-off date is Friday 9/27/24 by 4pm.**

Price of registration will be as follows:

- **Mighty Niagara Half Marathon:**
 - 1/18/24-2/29/24.....\$65
 - 3/1/24-5/31/24.....\$70
 - 6/1/24-7/31/24.....\$80
 - 8/1/24-9/30/24.....\$90
 - 10/1/24-10/4/24.....\$95
 - 10/5/24.....\$100
- **Hospice Dash 5K:**
 - 1/18/24-4/30/24.....\$30
 - 5/1/24-7/31/24.....\$35
 - 8/1/24-9/30/24.....\$40
 - 10/1/24-10/4/24.....\$45
 - 10/5/24.....\$50
 - Students 21 & under.....\$25

02 Shirt Cut Off Date

- All participants (Half Marathon or 5K) who register before 9/20/24 will be provided with a Mighty Niagara or Hospice Dash shirt
- Participants who register after 9/20/24 will receive custom ARE YOU MIGHTY or HOSPICE DASH drawstring tote bag.
- If you transfer your registration after 9/5/24, the shirt size that was originally ordered will be the shirt size the new participant will receive.

03 Bib Policy

- **Zero Tolerance Policy**- All runners are required to wear one of our official race bibs in order to run in the race and cross the finish line. Those without bibs will be asked to exit the race and/or leave the party, as we have no way of knowing if you paid to attend.
- Bibs must be worn by registered participant that it is assigned to.
- If you are the recipient of a transfer registration, confirm when you receive your bib at packet pick up that it displays the correct information (name, age, gender, etc.). If not, please let event staff know.

Your race bib or wristband (guests) must be kept on at all times or you may be asked to leave by security or police.

04 Packet Pick Up

- Packet pickup will be held at **Crunch Fitness (2429 Military Rd. Niagara Falls, NY)**
- Please bring your own bag to packet pickup.
- There will be a board with your name & bib number, please have that bib number ready when you pick up your packet. You may pick up your friends/families bibs at packet pickup, please write their bib numbers down & give them to the packet pickup staff.
- Pick up times will be as follows:

Wednesday (10/2)	Thursday (10/3)	Friday (10/4)
12pm-8pm	12pm-8pm	12pm-8pm

Late packet pick up:

- If you're unable to make it to the packet pick up at Crunch Fitness before the race, we will have a late packet pick up available at Artpark for the half marathon and at Porter-on-the-Lake for the Hospice Dash 5K. Please arrive early to ensure you get to the start line on time!

05 Bag Drop

The Mighty Niagara Half Marathon is a one-way race. Great Lakes Real Estate will provide a safe and secure bag drop service from the starting line at Artpark to the finish line at Porter-on-the-Lake.

- Bring a drawstring bag or backpack (may include change of clothes, money and/or other personal items to the finish line). Bags will not be provided and loose items will not be accepted.
- Runners will write their bib number on a tag (provided) and attach it to their bag.
- When you are ready to pick it up, all you need to do is identify your bag and match your bib to the tag to receive your belongings!
- There are no showers, but in the past, some runners have enjoyed cooling off in the lake following the race. You may want to bring a towel.

ALL BAGS ARE SUBJECT TO INSPECTION

06 Pacers

We are planning to have pace runners on hand for the Half Marathon that will maintain a variety of finishing paces from 1:30 to 2:45. The actual number of range of pace runners will not be known until race day, but we are hoping we have enough volunteers for 5-minute intervals between these goal times.

07 Time Limit

- Mighty Niagara Half Marathon course and water stations will remain open based on a 15-minute average pace.
- All bands and entertainment located along the route will pack up at their own discretion based on the number of runners and the crowd of spectators on hand.
- For example, a water station located at mile 10 will remain open if needed for 150 minutes (15 minutes X 10 miles = 150 minutes) from the official start time or 11:30am.
- The same formula will apply to road closures, traffic/safety personnel and timing provided by Race Management Solutions.
- We will have a trail vehicle on hand that will follow the final runner(s) all the way to the finish.

08 Water Stations

- We will have 9 water stations for the Half Marathon.
- We will have 2 water stations for the 5K.
- All participants will receive a bottle of spring water as they cross the finish line.

09 Restrooms

- Modern Corporation will place portable toilets at the beginning and end of both races.
- Artpark and Porter-on-the-Lake both have public restrooms that will be open as well.

Water Station & Restroom Locations with Approximate Mile Markers

MILE	LOCATION	WATER	GATORADE	TOILET
2.0	Village of Lewiston- St. Paul's Church	X		X
4.5	River Road- Stella Niagara	X	X	X
6.0	River Road- Private Residence	X		
7.0	Village of Youngstown- First Presbyterian Church	X	X	X
8.0	Village of Youngstown- St. John's Episcopal Church	X	X	X
9.0	Fort Niagara State Park (Beach Parking Lot)	X	X	Public
10.0	Lake Road- Private Residence	X		
11.0	Old Lake Road- Private Residence	X	X	X
12.0	Old Lake Road- Bandana's Restaurant	X	X	X
12.5	Lake Road @ Four Mile Park Road	X		
13.1	Finish Line	X		X

10 Parking

Mighty Niagara Half Marathon @ Artpark:

- We will have parking attendants on the corner of Center Street and Portage Road in the Village of Lewiston when you arrive that will help guide you to our designated parking areas.
- As in the past, we will fill the upper parking lots of Artpark via Portage Road first.
- Beginning at approximately 8:45am we will start directing all remaining vehicles down Center Street to the lower parking lot via the 4th Street entrance.
- Portage Road and Center Street will be closed to traffic beginning at 9:10am
- Event parking is free.

Hospice Dash 5K @ Porter-on-the-Lake:

- We will have fire police teams that will direct you on where to enter the park and parking attendants to guide you.
- You will not be allowed to enter the park via Dietz Road during the race. You will be directed into the park using a temporary alternate entrance.
- Event parking is free.

**Vehicles parked on Lake Road or Dietz Road
will be towed at owner's expense.**

If you plan on arriving during the race, we strongly suggest that you DO NOT take the Robert Moses Parkway all the way to its end point on Lake Road. Instead, take the Robert Moses Parkway to the Youngstown exit (Route 93) and turn right heading east. Not far after you pass through the first traffic signal light (Creek Road intersection) you will turn left on Youngstown-Wilson Road. After about ¼ mile you will turn left on Cothran Road adjacent to the Niagara Frontier Country Club). Turn right on Lake Road (Route 18) and Porter on the Lake park is just ahead on the left.

If you are coming from the west (Rochester Area) via Lake Road, you will have no problem.

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What time should I arrive?

- Your best bet is come early (7:00am).
- There will be close to 1,000 participants for the Half Marathon. Give yourself enough time to park, stretch and get to the start line.
- **Mighty Niagara Half Marathon will start at Artpark in Lewiston at 9:15am.**
- **The Hospice Dash 5K will start at Porter-on-the-Lake park in Youngstown at 9:00am.**
- Late Arrivals will have a difficult (if not impossible) time of getting to the start on time if arriving after 8:30am.
- There will be coffee, bagels & a DJ starting at 7:30am, to enjoy before the race!

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Shuttles

Note: To reserve your spot on the morning shuttle bus, you must sign up for a shuttle bus at Packet Pick Up at Crunch Fitness (2429 Military Rd. Niagara Falls, NY 14304) to save your spot on the bus OR email allison.bolt@niagarahospice.org to remotely reserve your spot!!!

Thank you.

Shuttle buses from the Sheraton at the Falls to the start line at Artpark on race morning.

Two shuttles will bring runners to the Artpark start line.

- The first shuttle will leave the hotel at 7:00am.
- The second shuttle will leave the hotel at 7:30am.

Shuttle buses from the finish line at Porter-on-the-Lake park back to Artpark and the Sheraton at the Falls.

Shuttle schedule from Porter-on-the-Lake finish line (subject to change):

- **11:00am** Shuttle to Artpark
- **11:30am** Shuttle to Artpark
- **12:00pm** Shuttle to Artpark & Sheraton
- **12:30pm** Shuttle to Artpark
- **1:00pm** Shuttle to Artpark & Sheraton
- **1:30pm** Shuttle to Artpark
- **2:00pm** Shuttle to Artpark & Sheraton

- Only paid participants are allowed on the course. No bikes, strollers, roller blades, pets, etc.
 - Unfortunately, we cannot allow any of the above as it would pose a safety risk to both our athletes and the person following them. There will be police, fire officials, EMT's and traffic/safety personnel scattered throughout the race and outsiders will be asked to exit the course immediately.
- We recommend the following locations along the route for spectators to view the race:
 - **Start Line @ Artpark:** Family and friends are welcome to join the pre-race excitement at Artpark in Lewiston. They will have to wait until all runners have left the park at approximately 9:15am before they will be able to exit the upper parking area.
 - **Academy Park:** Located on Center Street between 9th Street and Portage Road across from Tops Supermarket in the Village of Lewiston.
 - **Lewiston Senior Center:** From Lewiston, take the Robert Moses Parkway North towards Fort Niagara and exit at Pletcher Road (first exit). Turn left and go to River Road. You can park at the Senior Center, Stella Niagara or at Pletcher Road Park. This is approximately the 4.5 mile mark of the race and one of our nine water stations.
 - **Village of Youngstown:** Hop back on the Robert Moses Parkway North to the next exit (Youngstown). Turn left on Route 93 and head into the village. You can park at St. Bernard's Church, behind the Post Office or wherever there is Village parking available. This is approximately the 7 mile mark of the race.
 - **Fort Niagara State Park:** Hop back on the Robert Moses Parkway North and follow signs to Fort Niagara. As you enter the park you will see runners to your right as you approach the toll booths. Follow road to main parking lot near the pool and beach. There is plenty of free parking and we will have another live band and water station setup for our runners. This is approximately the 9 mile mark of the race and offers spectacular views of Lake Ontario and the Toronto skyline on a clear day.
 - **Finish Line @ Porter-on-the-Lake Park:** Hop back on the Robert Moses Parkway and follow the signs toward Lewiston/Niagara Falls. Take the Youngstown exit (Route 93) and turn right heading east. Not far after you cross Creek Road intersection, you will turn left on Youngstown-Wilson Road. After about ¼ mile you will turn left on Cothran Road (adjacent to the Niagara Frontier Country Club). Turn right on Lake Road (Rte. 18) and Porter on the Lake Park is just ahead on the left.
 - You will not be allowed to enter the park via Dietz Road during the race. Fire police will be directing cars into the park using a temporary alternate entrance.

**Vehicles parked on Lake Road or Dietz Road
will be towed at owner's expense.**

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Post Race Celebration

Join us for the best post-race celebration in Western New York! There will be live entertainment, free beer & food!

- 7:30am-10:30am: Breakfast available (coffee, water, bagels, fresh fruit)
- 10:30am-2:00pm: Lunch available (Gatorade, water, chocolate milk, hot dogs, veggie burgers, chips, fresh fruit)

Wristbands (\$30 each):

- If you are not participating in either race but still want to attend the after party with all access to music, drinks & food, wristbands are required.
- Wristbands can be purchased ahead of time (under the [Register Now](#) tab) or day of at the merchandise tent
 - Wristbands purchased before packet pick up can pick them up at packet pick up at Crunch Fitness
- Wristbands are not required for participants (it is included with your registration), must wear bib at event.



Volunteer Opportunities

- If you would like to volunteer, please contact allison.bolt@niagarahospice.org.
- We are always looking for groups to help out as well as individual volunteers.
 - Children between the ages of 10-17 must be accompanied by an adult to volunteer.
 - We will sign off on volunteer hours for students that require hours for community service.
- All volunteers will receive a t-shirt and a free meal while at the event.

Volunteer Opportunities:

- | | | |
|------------------|----------------|---------------|
| • Set up | • Registration | • Lunch |
| • Water Stations | • First Aid | • Merchandise |
| • Parking | • Breakfast | • Clean Up |

16 Awards

Custom trophies will be presented to the 1st place overall male and female finishers in both the 5K and half marathon and prize money will be awarded to the top three male and female participants in the half marathon (\$500 for 1st place, \$300 for 2nd place, and \$200 for 3rd place).

Custom finisher medals are provided to all runners as they cross the finish line and age group award pins will be distributed in each of the following age groups: 14 and under, 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 and older.

Custom pins will also be presented to the top three male/female runners in the following divisions:

- Masters (40 and older)
- Grand Masters (50 and older)
- Senior Masters (60 and older)

17 Running/Walking In Memory Of

Customize your finisher medal:

- Volunteers at the merchandise table at the post-race celebration are available.
- All you have to do is ask and we'll make a label for the back of your medal for you on the spot for FREE!

I Run/Walk In Memory Of signs:

- Custom I RUN/WALK IN MEMORY OF signs available \$25 each.
- Deadline to order is **9/18/24 at 1pm.**
- Order by clicking [Register Now](#) on Mighty Niagara website.
- Signs will be placed along Dietz Road leading up to the finish line.



**I RUN
IN MEMORY OF**

*Your Loved One's
Name Here*

2024



**I WALK
IN MEMORY OF**

*Your Loved One's
Name Here*

2024



**I RUN
IN MEMORY OF**

*Your Loved One's
Name Here*

2024





Security/First Aid/Rain

Security:

There will be a strong police presence throughout the day from start to finish. We work closely with the Lewiston and Youngstown Police Departments, Niagara County Sheriffs, New York State Police and New York State Parks Police. No large backpacks will be allowed at the finish line and all bags are subject to search at any time by our security team or law enforcement officials.

First Aid:

We will have a first aid tent with registered nurses and volunteers at the finish line. We will also have First Responders on standby to assist with any serious injuries. We have volunteers throughout the race (water stations, trail vehicles, etc.) that you can ask to call for assistance. We work closely with Lewiston, Youngstown, Ransomville & Wilson Fire Departments.

Rain:

You run in the rain! Have a great race!



Contact Info

Contact	Organization	Email
Allison Bolt Special Events Coordinator	Niagara Hospice	allison.bolt@niagarahospice.org
Colleen Daddario Events Specialist	Niagara Hospice	colleen.daddario@niagarahospice.org
Paul Beatty Jr. Race Director	Race Management Solutions	pbeatty@racemanagementsolutions.com