

Frequently Asked Questions 2018

What time should I plan on arriving for the start of the Mighty Niagara half marathon and 5K Hospice Dash?

The Mighty Niagara Half Marathon will start at Artpark in Lewiston at 9:15am.

The Hospice Dash 5k will start at 9:00am at Porter on the Lake Park. There will be a live band performing from 7:30am right up until the start of the race.

For Artpark: Portage Road and Center Street will be closed to traffic beginning at 9:10 am and late arrivals will have a difficult (if not impossible) time of getting to the start on time if arriving after 8:30. Your best bet is to come early (7:00am) and enjoy the pre-race concert!

For Porter on the Lake: plenty of free parking!

Where should I park for the half-marathon?

We will have parking attendants on the corner of Center Street and Portage Road when you arrive in the village that will help guide you to our designated parking areas. As in the past, we will fill the upper parking lots via Portage Road first. Beginning at approximately 8:45 we will start directing all remaining vehicles down Center Street to the lower parking lot via the 4th Street entrance.

My friends and family would like to watch me run the race. Where would be a good spot for them to park and cheer me on without getting caught up in traffic?

We are recommending the following locations to view the race. They are easily accessible, have plenty of parking, and offer great views.

- **Start Line @ Artpark:** Family and friends are welcome to join our pre-race concert at Artpark in Lewiston featuring Soul Committee! They will have to wait until all runners have left the park at approximately 9:15 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.
- **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 Saint Bernard's church behind the Post Office or wherever there is Village parking available. This is approximately the 7 mile mark of the race. There will be a Dee Jay and music playing near the corner of River Road and Route 93.

- **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 (Rt 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.**

Are family and friends allowed to meet me at the finish line?

Family and friends are welcome to watch you finish the race from our designated viewing areas along Dietz Road. Parking is free, but they **MUST** park in our designated parking areas inside the Park. Please note that this is **NOT AN OPEN PARTY** and we are charging \$20 per guest have access to the entertainment, food and drinks at the post race party. Drinks and food will be served to guests with a race bib or a purchased wristband.

Since the half marathon is a one-way race, how can I get a change of clothes, money and/or other personal items to the finish line?

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. Runners will write their bib number on a tag (provided) and attach it to their bag and **ALL BAGS ARE SUBJECT TO INSPECTION**. 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 might want to bring a towel.

I registered after September 1st for the race. Will I still receive an official race shirt and medal?

All half-marathon runners who register late (after 9/1/18) will be provided with a custom ARE YOU MIGHTY drawstring tote bag. We have ordered an extra 200 Hospice Dash running shirts that will be distributed on a first-come first-serve basis. Runners will not be guaranteed their shirt size after 9/1/18.

Packet pickup will be held at Crunch Fitness (Same location-Formerly World Gym) 2429 Military Rd. Niagara Falls, NY. Pick up will be Wednesday 9/12, Thursday 9/13, and Friday 9/14 from Noon to 8pm each day.

We will have shuttle buses from The Sheraton at the Falls to the start line at Artpark on race morning.

Note: You must sign up for a shuttle bus at Packet Pick up at Crunch Fitness 2429 Military Rd. Niagara Falls, NY to save your spot on the bus or email mrizzo@niagarahospice.com to remotely reserve your spot!!! Thank you.

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**

I'm running the half-marathon. How will I get back to Artpark to pickup my car after the race is finished?

We will continue to have shuttles from finish line at Porter on the Lake Park back to Artpark and will now shuttle runners back to The Sheraton Hotel as well.

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 Arpark & Sheraton

1:30pm Shuttle to Artpark

2:00pm Shuttle to Artpark & Sheraton

I can't make it to the packet pickup at Crunch Fitness 2429 Military Rd. Niagara Falls, NY Wednesday, Thursday, or Friday before the race. Where will I get my race kit?

We will have a late packet pickup available at Artpark for the half-marathon and at Porter-on-the-Lake for the 5K Hospice Dash. Please arrive early to ensure you get to the start on time!

What if I lose my race bib? Will I still be able to run in the race and attend the party?

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. We have spent countless hours and tens of thousands of dollars promoting and preparing for this great event. **Your race bib or wristband (guests) must be kept on at all times or you may be asked to leave by security or police.**

Will there be pace runners available for the half-marathon?

We are planning to have pace runners on hand that will maintain a variety of finishing paces from 1:30 to 2:45. The actual number and 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.

How many water stations will there be on the course and will they also serve Gatorade?

We will have nine water stations for the half marathon and two for the 5K. Runners will also receive a bottle of spring water as they cross the finish line.

WATER STATION LOCATIONS & 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-Jaguar at the Bistro	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

Will there be additional toilets located along the route?

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 for your use as well. We will place two toilets at the Lewiston Senior Center near Stella Niagara, one on River Road near Joseph Davis Park, one in the Village of Youngstown at St. John's Church, and two on Lake Road around mile marker 10.

There are public restrooms in the Village of Lewiston at Academy Park. You will find one inside of Fort Niagara State Park just off the running path near the water station along the Lake Ontario shore.

Where should I park for the Hospice Dash 5K?

Runners will start and finish at Porter-on-the-Lake Park. There is no charge for parking in our designated lots. Cars parked on Dietz Road or Lake Road will be towed at the owner's expense. We will have a live band performing at the start from 8:00 to 9:00 and water and portable toilets will be also available.

What is the easiest way to get in and out of Porter-on-the-Lake and not get stuck in traffic during the race?

Again for 2018-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.

Are there volunteer opportunities to help out during the race?

Yes! If you would like to volunteer, please contact mrizzo@niagarahospice.com. We are always looking for groups to help out as well as individual volunteers.

My spouse can't run the race but would like to ride along next to me as I run. Are bikes, strollers, roller blades, or pets allowed on the course?

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.

I'm not a really fast runner. Is there a time limit to finish the half marathon?

The 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. So 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 vehicle on hand that will follow the final runner(s) all the way to the finish.

Something came up (wedding, injury, medical, pregnancy, etc) and I will be unable to run the race even though I have already paid my registration fee in full. Am I entitled to a refund or can I use it towards next years' race?

This is a charity event and we are not issuing refunds of any kind. As a paid participant you will still be entitled to your receive your race packet and shirt which can be picked up during the designated packet pickup times. We will not transfer registration fees to future races. Sorry.

If I come in first, second or third place in my age group will I receive a medal or trophy?

We are awarding trophies and prize money to our winners as follows:

Overall male and female winner of the half-marathon: \$500. Second place male and female half marathon finishers: \$300. Third place male and female half marathon finishers: \$200. We will also award trophies to the overall male and female winner of the Hospice Dash 5K and age group awards for the Hospice Dash and half marathon.

We now give age group pins to: Top 3 Male & Female Overall, Masters (40-49), Grand Masters (50-59), and Senior Masters (60 & over).

I would like to run "In Memory of" someone, how do I customize my finisher medal?

We will have volunteers on hand at the post race party. All you have to do is ask and we'll make a label for the back of your medal for you on the spot!

Will there be any additional security provided to ensure all participant's safety?

There will be a strong police presence throughout the day from start to finish. We are working closely with the Lewiston and Youngstown Police Departments, Niagara County Sheriffs, New York State Police and New York State Parks Police. The Sheriffs Department will have mounted police on patrol at the finish line and additional private security will also be on hand at both the start and finish. 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.

What happens if it rains on race day?

You run in the rain ☺

Have a great race!

Paul