



Hudson Valley Marathon 2024 ATHLETE GUIDE



Sunday, May 5, 2024



319 Main Street, Saugerties, NY 12477
845.247.7275 | Alpha.Win

ATHLETE GUIDE | Highland, NY - May 5, 2024

Message from **ALPHA WIN**



Dear Alphaletes,

Alpha Win is proud to produce the second annual Alpha Win Hudson Valley Marathon at the Walkway Over the Hudson, presented by Morgan Stanley in beautiful Highland, New York.

The Hudson Valley Marathon gives athletes the opportunity to choose between 1 Mile, 5K, 10K, Half Marathon and Marathon distances. Marathon and Half Marathon athletes will be running on USATF certified courses. The Half Marathon Course ID is NY23004DNB and the Marathon Course ID is NY23005DNB. Whether you're running your first race or achieving a Boston Qualifying time, thank you for choosing the Hudson Valley Marathon.

Alpha Win's mission is to get you to the finish line. By completing an Alpha Win running race, you will have tested your limits and accomplished a phenomenal feat that many people only dream to attain. We aim to deliver the best service and experience to guide you to achieve your goal.

The Hudson Valley Marathon would not be possible without the partnership of the Walkway Over the Hudson, Dutchess Rail Trail, Hudson Valley Rail Trail, New York State Parks, Recreations and Historic Conservation, and of course, the volunteers.

Over the past 11 years, many things have changed. Alpha Win has now expanded to offer 12 races across the country and will host approximately 10,000 athletes this year. One thing that hasn't changed is our passion for this sport and our commitment to provide a fun and safe race for all.

We hope you, your family, and friends enjoy your Alpha Win experience, and we look forward to having you join us again in 2025.

Thank you,

The Alpha Win Team



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ATHLETE GUIDE | Highland, NY - May 5, 2024



**48 HOUR SALE FOR HUDSON VALLEY
MARATHON 2025!**

**HUGE SAVINGS
WHEN YOU REGISTER**

MONDAY & TUESDAY, May 6-7, 2024

Alpha Marathon

ONLY \$125

Alpha Half Marathon

ONLY \$89

FOR HUDSON VALLEY MARATHON 2025 ON SUNDAY, MAY 4, 2025

Register at Alpha.Win



319 Main Street, Saugerties, NY 12477
845.247.7275 | Alpha.Win

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Athlete Check-In and Bib Pick-Up

PHOTO I.D. IS REQUIRED TO RECEIVE YOUR BIB ON RACE WEEKEND!

Friday, May 3, 2024 – Athlete Check-In & Bib Pick-Up

Location: Fleet Feet Poughkeepsie

- 2:00 – 6:00 PM Athlete Check-in & Bib Pick-Up

Saturday, May 4, 2024 – Pre-Race Party, Athlete Check-In & Bib Pick-Up

Location: The Pavilion at the Mid-Hudson Discovery Museum

- 3:00-8:00 PM Athlete Check-In and Bib Pick-Up
- 3:00-6:00 PM Vendor Expo
- 5:00-7:00 PM Pasta Dinner catered by [BLACKBARN Hudson Valley](#).
- 5:30 PM Pre-Race Speech from [Hilary Topper](#), author, endurance athlete and founder of WeREndurance triathlon and running club
- 6:00-8:00 PM Live Music from jazz and blues singer, [Nancy Donnelly Vocals](#)
- 8:00 PM: Event Concludes

The Pasta Dinner is included for athletes registered for the race, additional guests can pay \$15 upon arrival at the Pre-Race Party.

Ample parking is available for the Pre-Race Party at the Mid-Hudson Discovery Museum Lot, Waryas Park Lot and the Metro-North T&E Lot.

*It is **HIGHLY RECOMMENDED** for athletes to check in on Friday or Saturday, due to high volume of check-ins expected on race morning*

Important Addresses

Friday Athlete Check-In and Bib Pick-Up:

Fleet Feet Poughkeepsie

1895 South Road, Poughkeepsie, NY 12601

Saturday Pre-Race Party, Athlete Check-In and Bib Pick-Up:

The Pavilion at the Mid-Hudson Discovery Museum

75 North Water Street, Poughkeepsie, NY 12601



Race Day Schedule of Events

PHOTO I.D. IS REQUIRED TO RECEIVE YOUR BIB ON RACE WEEKEND!

Sunday, May 5 - Race Day!

Location: West Entrance to the Walkway Over the Hudson

*Due to **high volume of athletes** participating in this race, it is **highly recommended** that athletes checking in on race day arrive **AT LEAST 2 HOURS** before their race begins. Athlete check-in will close 30 minutes before each race distance starts.*

- 5:00 AM Athlete Check-In Begins
- 6:00 AM – 12 PM Vendor Expo
- 6:30 AM Half Marathon and Marathon Athlete Check In concludes
- **7:00 AM Marathon Start**
- **7:10 AM Half Marathon Start**
- 7:00 AM 5K Athlete Check In concludes
- **7:30 AM 5K Starts**
- 7:30 AM 10K Athlete Check In concludes
- **8:00 AM 10K Starts**
- 9:00 AM Friends & Family Mile Athlete Check In concludes
- **9:30 AM Friends & Family Mile Starts**
- 9:30 AM-1:30 PM Beer Garden with Newburgh Brewing Company
- 9:45 AM Mile, 5K, 10K, and Half Awards Ceremony
- 11:30 AM Recognition of Top Marathoners
- 1:30 PM Event Concludes

Athletes arriving before 7 AM are welcome to park at the race site on Sunday morning. **NOTE:** This parking lot is expected to be full by 7 am. Any athlete arriving after that time should park in the additional parking lot at available at 3555 route 9W, Highland, NY. Bus service to the race site will run all day.

Important Addresses

Sunday Athlete Check-In and Race Site

Walkway Over the Hudson

87 Haviland Road, Highland, NY 12528

Additional Race Day Parking with Shuttle Pick Up

9555 Route 9W, Highland, NY 12528



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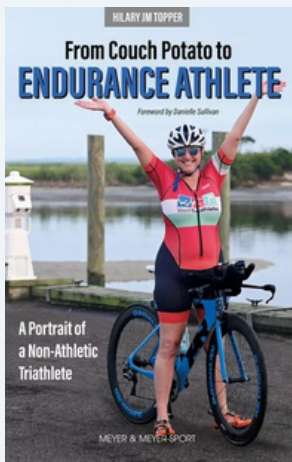
ATHLETE GUIDE | Highland, NY - May 5, 2024

The Official Hudson Valley Marathon Weekend Itinerary



Friday, May 3

Beat the crowd on race morning with an early check-in at Fleet Feet Poughkeepsie! The Alpha Win team will be there to greet you on Friday, May 3 from 2–6 PM. Be sure to shop the newly renovated Fleet Feet Poughkeepsie storefront with an exclusive promo for Hudson Valley Marathon athletes included in your race bag.



Saturday, May 4

Our first annual Pre-Race Party at the Mid-Hudson Discovery Museum on Saturday, May 4 from 3–8 PM will be a can't-miss event with vendors, a pasta dinner, live music, and featured guest speaker, Hilary Topper!

Hilary Topper, author, endurance athlete, and founder of WeEndurance running and triathlon clubs, will share her inspiring story with athletes. Copies of her book "Couch Potato to Endurance Athlete" will be raffled off at the party.

SUNDAY
May 5: RACE DAY!

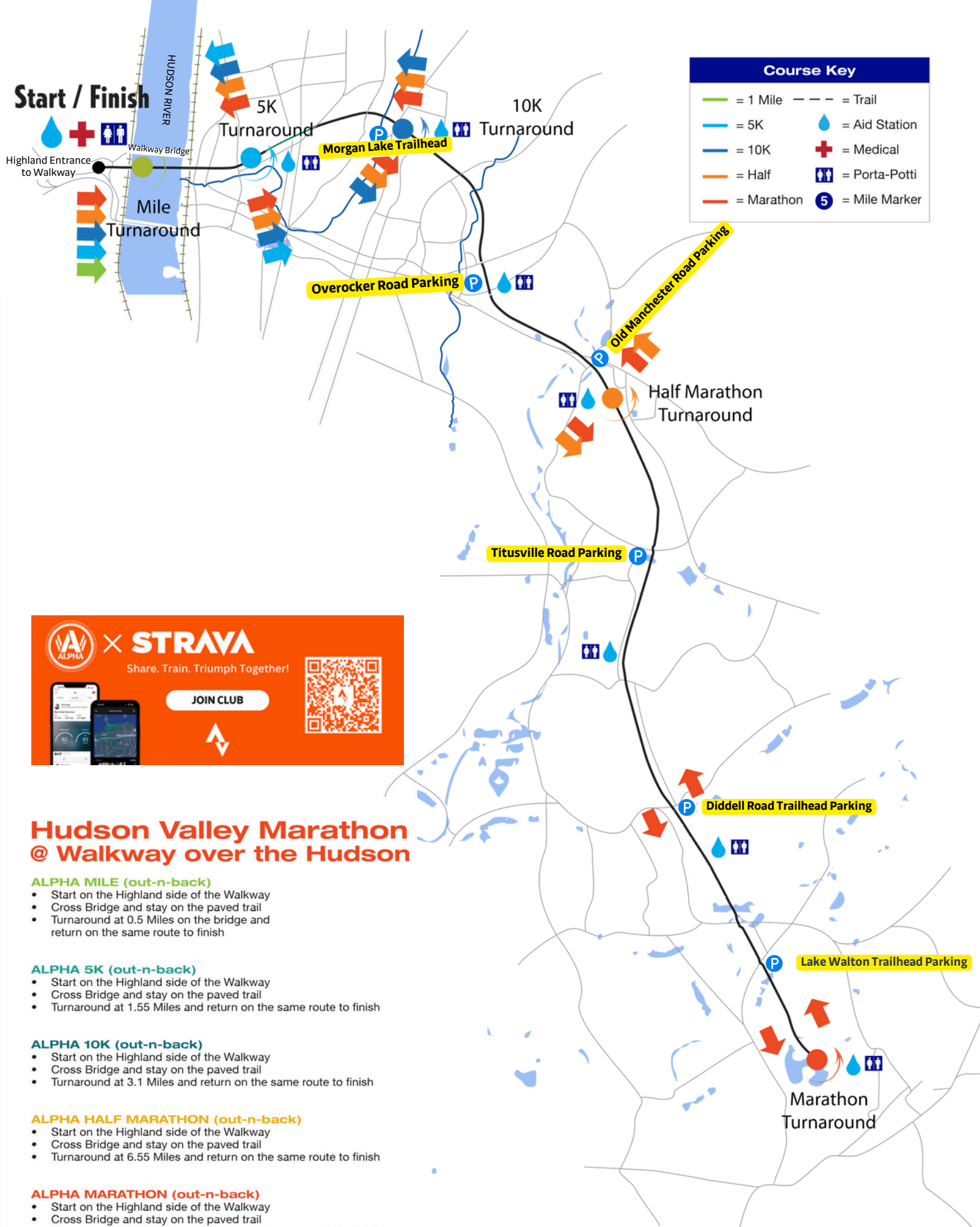
Arrive on Sunday morning at the iconic Walkway Over the Hudson! Prepare to run across the longest elevated pedestrian bridge in the world, with breathtaking 360 degree views of the Hudson River Valley.

Enjoy a bustling vendor expo with booths from the Girl Scouts, Hole in the Wall Donuts, 13-one, Center of Health Chiropractic, and more!

Stick around after your race for the Alpha Win awards ceremony, and enjoy a celebratory beer from Newburgh Brewing Company located on the nearby Hudson Valley Rail Trail. All athletes 21 and over can redeem one free beer following the race!

After a record-breaking weekend, you'll want to lock in your entry for 2025 at record low prices. Before you head home, secure your spot for next year's race at Alpha.Win during the 2-Day Sale!

Start / Finish



Course Key			
—	= 1 Mile	---	= Trail
—	= 5K	💧	= Aid Station
—	= 10K	+	= Medical
—	= Half	♿	= Porta-Potti
—	= Marathon	5	= Mile Marker

× STRAVA

Share. Train. Triumph Together!

JOIN CLUB

Hudson Valley Marathon @ Walkway over the Hudson

ALPHA MILE (out-n-back)

- Start on the Highland side of the Walkway
- Cross Bridge and stay on the paved trail
- Turnaround at 0.5 Miles on the bridge and return on the same route to finish

ALPHA 5K (out-n-back)

- Start on the Highland side of the Walkway
- Cross Bridge and stay on the paved trail
- Turnaround at 1.55 Miles and return on the same route to finish

ALPHA 10K (out-n-back)

- Start on the Highland side of the Walkway
- Cross Bridge and stay on the paved trail
- Turnaround at 3.1 Miles and return on the same route to finish

ALPHA HALF MARATHON (out-n-back)

- Start on the Highland side of the Walkway
- Cross Bridge and stay on the paved trail
- Turnaround at 6.55 Miles and return on the same route to finish

ALPHA MARATHON (out-n-back)

- Start on the Highland side of the Walkway
- Cross Bridge and stay on the paved trail
- Turnaround at 13.1 Miles and return on the same route to finish

Race Information

ATHLETE CHECK IN & BIB PICK-UP

Friday, May 3 2-6pm Fleet Feet Poughkeepsie, 1895 South Road, Poughkeepsie, NY 12601

Saturday, May 4 3-8pm Pavilion at the Mid-Hudson Discovery Museum, 75 North Water Street, Poughkeepsie, NY 12601

Sunday, May 5 5-9am Walkway Over the Hudson, 87 Haviland Road, Highland, NY 12528

Online registration closes Saturday, May 4. Photo identification (ie: driver's license, passport, any government issued identification) is mandatory for packet pickup. Athletes may pick up other athlete's packets with their own photo identification AND a copy or picture of the other athlete's photo identification. Due to race morning time constraints, all runners are strongly encouraged to pick up their packets prior to race day.

Distance changes must be made known to administration by Friday, May 3. There will be no refund if moving down in distance. If you are moving up a distance, you will be required to pay the difference in registration fee.

PARKING: Parking at the race site is expected to reach capacity by 7 am. Additional parking is available with shuttles going to and from the race site at 9555 Route 9W, Highland, NY 12528.

RACE NUMBER & TIMING CHIPS: The Hudson Valley Marathon uses Chip Timing Systems. DO NOT remove the chip from your bib. The bib must be worn EXPOSED on the FRONT of your body. If the bib is covered, worn on your back or you remove the chip, you will not receive a time. Race numbers and timing chips are non-transferable and must be worn only by the participant whom it is assigned.

RACE STARTS TIME:

Marathon	7 am
Half Marathon	7 am
5K	7:30 am
10K	8 am
Friend & Family Mile	9:30 am

WATER STOPS / AID STATIONS: There will be water stops / aid stations approximately every 1.5 miles on the course. Aid Stations will provide water, gatorade, and gels. Portable toilets will be placed at the Start/Finish areas, and at other locations on the course. [Click here](#) to view course maps with water stop and porta-pottie locations. Please be respectful of the environment and drop waste near water stops / aid stations.

AWARDS: Overall awards will be given to the top three male and female finishers in each distance and the top three male and female finishers in age groups.

PLEASE NOTE Athletes must be present at the Awards Ceremony to receive an award. Unclaimed awards may be shipped if request is made within two weeks after the event. Athlete is responsible for a \$10 shipping and handling fee.

VOLUNTEERING: It takes many volunteers to make race weekend happen. Those interested in helping (or have friends/family interested in helping) can sign up [online here](#). Positions are available Friday, Saturday and Sunday. Be sure to take the time and thank the volunteers who make race weekend possible.

LOST & FOUND: If you lose any clothing or equipment during the race weekend, please see Alpha Win staff at the on-site administration tent to claim it. Any valuables found should be turned into the administration tent. After the event, lost and found inquiries should be directed to Info@Alpha.Win



Rules

BAG CHECK: Bag check will be available for this race. Please bring your belongings in a clear bag. If you do not have a clear bag, we will provide one for you at the race site.

RULES OF COMPETITION:

The Hudson Valley Marathon at the Walkway Over the Hudson, presented by Alpha Win, is a sanctioned USA Track & Field (USATF) race and a Boston Qualifier. The Hudson Valley Marathon at the Walkway Over the Hudson will enforce all USATF rules and conduct guidelines. In order to ensure a safe, fair race, there are a few rules we would like to call to your attention. Failure to abide by these rules may lead to disqualification from the race. Please visit www.USATF.org to view a complete set of competitive rules.

SAFETY:

For everyone's safety, baby joggers, strollers, baby carriers, baby backpacks, inline skates, motorized scooters, bicycles, skateboards, canes, crutches, walkers, walking sticks and animals of any kind are prohibited from the course. Violators will be removed from the course. Note: Strollers are welcome in the Friends and Family Mile and the 5K. Please be prepared to start in the last group of runners.

ELECTRONIC DEVICES:

Runners are able to use headphones, but must do so at their own risk. The use of portable listening devices is discouraged for your safety and the safety of others. Runners must be aware of their surroundings at all times and this includes being able to hear any verbal warnings/instructions from police/course officials, or the sound of any vehicles and other participants on course. Becoming a hazard to fellow participants, spectators, course marshals, medical personnel, race officials, or police personnel will result in disqualification.

RACE COURSE COURTESY:

Please be courteous to other runners, volunteers, and officials. Please be aware of other runners and let passing runners through. Please help keep the city and county clean. Do not toss garbage on the road.

ASSISTANCE TO RUNNERS:

Assistance to runners is prohibited. If you do not have an official bib number, you are not permitted on the course.

DOG POLICY: ALL ALPHA WIN EVENTS ADHERE TO A STRICT NO DOGS POLICY

TIME LIMIT:

The time limit is 3.5 hours for the Half Marathon and 6.5 hours for the Marathon. The time limit will be strictly enforced in order to re-open city roads, close aid stations and allow volunteers to start cleaning the course. You may finish on your own, but you will not receive aid, a finisher's medal or time.

ALL INFORMATION IS SUBJECT TO CHANGE.



LET'S GET SOCIAL!

**USE HASHTAGS #RACEALPHA
#ADISTANCEFOREVERYONE**



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Hudson Valley *detours*



www.HudsonValleyDetours.com

Learn more about this new experiential touring company

Explore the breathtaking beauty of the Hudson Valley like never before with Hudson Valley Detours. We invite you to embark on an extraordinary journey where thrilling outdoor activities curated by Alpha Win Racing, luxurious accommodations at Diamond Mills Hotel, indulgent spa and recovery services at the Waterside Spa, and exceptional dining experiences at BLACKBARN Hudson Valley await. Get ready to experience a world of natural wonders and extraordinary hospitality, all in one remarkable package.



Alpha Win Racing



BLACKBARN
HUDSON VALLEY



DIAMOND MILLS

Getting to know Alpha Win

WHO IS ALPHA WIN?

Alpha Win, formerly HITS Endurance created in 2011, gives athletes the chance to race in beautiful locations across the country. As athletes themselves, the Alpha Win Team prides themselves on creating the race experience that they would want. Alpha Win strives to create a personalized customer service experience, while ensuring a professional and well-organized event. Alpha Win offers over a dozen events each year, and from triathlons and running events to guided biking tours, there is something for beginners and seasoned athletes alike.

WHERE DID THEY COME FROM?

Alpha Win's predecessor, HITS Endurance, grew as a division of the special events company HITS (Horse Shows In The Sun), founded in 1982, which focuses on producing equestrian show jumping events nationwide. The key to HITS' success in the equestrian world was the idea of catering to the pyramid bottom-up, offering a level of competition for every rider. In 2011, HITS started the HITS Triathlon Series with the mantra "A distance for everyone,"™ and attracted over 10,000 participants in its first year.

The first event in the HITS Triathlon Series was dubbed Palm Springs, but actually took place in La Quinta, California, in December 2011. Known for the rugged beauty of the Coachella Valley desert region, the Palm Springs Triathlon has proven to be a perennial favorite of triathletes across the country.

Following in HITS' footsteps, Alpha Win continues to produce the Palm Springs Triathlon, as well as races in Sarasota and Ocala, (FL), and stand out races Napa Valley Spring (CA), Lake George (NY), and the Hudson Valley Marathon (NY) all with over 1,000 participants at each race.

Now in its fourth year of their rebrand, Alpha Win has expanded their race catalog to include 10 triathlons and 2 running events in New York, Florida, and California. Alpha Win has continued to offer "A distance for everyone,"™ a race for everyone, with several events growing in popularity each year.



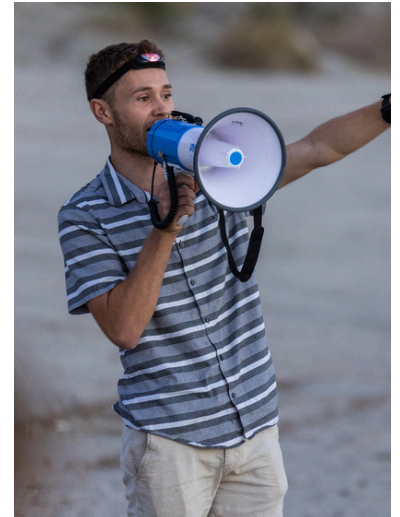
Who is behind Alpha Win?

TOMMY STRUZZIERI, PRESIDENT AND CEO

Tommy Struzziere is the son of Tom Struzziere. Recently taking over the company from his father in 2020, Tommy has made multiple acquisitions, brought back some old favorites, and is in the process of introducing many new races. Tommy believes the endurance industry is primed for a company like Alpha Win that offers multiple distances at each event to attract all levels of athletes, from beginners to seasoned triathletes.

Tommy's interest in endurance sports started at an early age, going to watch his father race and joining in on some early morning track workouts. He fell in love with endurance sports and was named a USA Triathlon All-American age group triathlete at 12 years old. Throughout high school, he began to focus on running and despite multiple large-scale injuries, ran Division 1 Track and Cross Country at Syracuse University.

Tommy continues to train as he works to grow Alpha Win and drives himself to be successful both personally and professionally. As a USAT-certified race director, Tommy applies both his passion and dedication to endurance sports into all aspects of Alpha Win. Tommy served as a Board Member on the USAT Multisport Committee, and he has been selected four times to host a USAT Championship event: the USAT New York State Championship at the Alpha Win Lake George Triathlon in 2022, the USAT Military and First Responders National Championships for two years in a row at the Alpha Win Palm Springs Triathlon in 2023 and 2024, and the USAT California State Championships at the Alpha Win Napa Valley Spring Triathlon in 2024.



TOM STRUZZIERI, FOUNDER

In 1977, Tom Struzziere founded what would become the largest equestrian show jumping company in the world, HITS Horse Shows. With the approach of "Grass Roots to Grand Prix," Tom changed equestrian sport by offering competitive opportunities for riders at all levels. HITS offered the most prize money ever with its \$1 Million Grand Prix held from 2010 through 2019. HITS was chosen to host multiple international championships including FEI (Federation Equestre Internationale) Nations Cup, World Cup, and Olympic Qualifying events.

In 2011, Tom combined his passion for events with his personal interest in a healthy active lifestyle and founded HITS Endurance, the predecessor to Alpha Win. With the mantra "A Distance For Everyone," Tom brought his innovative competitive format to triathlon, where he offered as many as five race distances in a weekend, from an Open introductory race to a 140.6 distance. Under his son's direction, Alpha Win carries on this approach, reaching a broad range of athletes at its eleven venues across the country.



Tom has served on the Board of Directors and Show Management Committee of US Equestrian, the NGB for Equestrian Sport, and has served on numerous boards and committees for regional and state equestrian associations.

WHERE WILL WE GO NEXT?

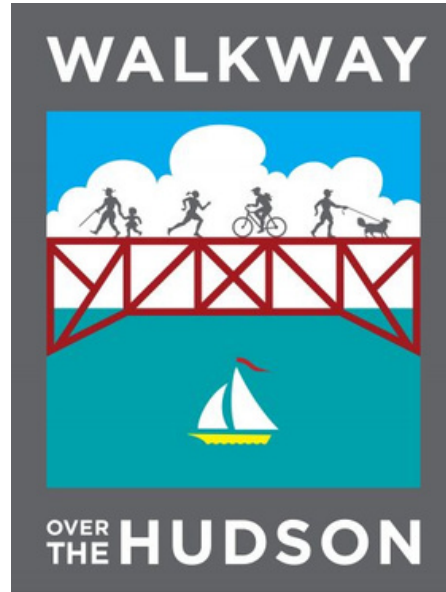
Alpha Win is confident you will enjoy every aspect of your race experience, from the course and location, to the staff and the smile that will greet you at the finish line. With over 40 years of experience producing major athletic participation events, the knowledge backing the Alpha Team ensures high-quality endurance events with a focus on its participants. Let Alpha Win be your next race!



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We're Proud Sponsors of The Hudson Valley Marathon



**Stop by our table at the Pre-Race
Party for a free safety vest***

May 4 from 3-6PM at the Mid-Hudson Discovery Museum
(previously the Children's Museum) in Poughkeepsie

**while supplies last*

BASCH & KEEGAN

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RACE WITH US



To register for any of our upcoming races, visit:

[Alpha.Win](https://www.alpha.win)



RACE NEW YORK

Hudson Valley Marathon

May 5, 2024:

[Register](#)

Hudson Valley Triathlon

June 29, 2024:

[Register](#)

Lake George Triathlon

August 31-1, 2024:

[Register](#)

Saugerties Triathlon

September 15, 2024:

[Register](#)

RACE CALIFORNIA

Napa Valley Triathlon

Spring - April 5, 2025:

[Register](#)

Fall - October 26, 2024:

[Register](#)

Lake San Antonio Triathlon

April 27, 2024:

[Register](#)

June Lake Triathlon

August 17, 2024:

[Register](#)



RACE FLORIDA

Sarasota Triathlon

January 12, 2025:

[Register](#)

Ocala Triathlon

March 29, 2025:

[Register](#)



#ADistanceForEveryone

DISCOVER MONO COUNTY AT THE JUNE LAKE TRIATHLON



Tucked away at the base of 10,909-ft Carson Peak, the scenic 14 mile June Lake Loop is a mountain hideaway.

The area has been attracting outdoor enthusiasts and nature lovers dating back to Hollywood's discovery of June Lake in the 1920's.

[Register at Alpha.Win](#)

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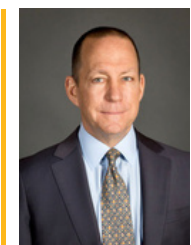
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Congratulations to
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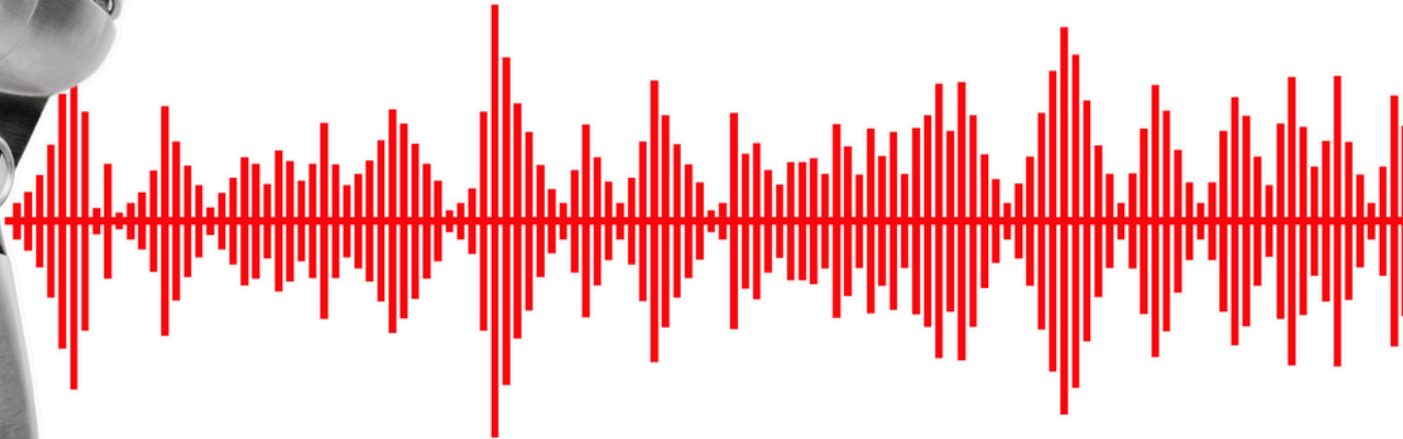
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Yours



&elf SPRING INTO SPRING



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FIND YOUR
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Connection Finder *Family Fun Trail*

Perfect for all ages, this pass takes the guesswork out of a day of family fun. From alpacas to ice cream, there's something enjoyable for everyone.



CIA Chef Finder *Food Lovers Trail*

This is an insider's guide to more than 35 cafes and restaurants run by Culinary Institute of America graduates. A variety of cuisines. One standard of excellence.



Taste Finder *Craft Beverage Trail*

Sip and sample the finest regional craft beverages on this trail of world-class breweries, distilleries, wineries, cideries and meaderies.



Farm Finder *Ag-Adventure Trail*

Explore the county's rich agricultural heritage and farms that welcome visitors for tours, events, animal meet-and-greets, pick-your-own and locally grown products.



Zen Finder *Outdoor Experience Trail*

Fresh air and natural beauty abound in the peaks, valleys, waterways and majestic trails throughout the great outdoors of Dutchess County.



Story Finder *History & Heritage Trail*

Take in tales of inventors, generals and presidential confidants. Wander the ruins of an island castle, Gilded Age mansions and winding carriage trails—all in Dutchess County.



Inspiration Finder *Arts & Culture Trail*

Set the stage for unforgettable experiences filled with music, art and film at some of the region's creative and cultural institutions.



Confection Finder *Sweet Tooth Trail*

Satisfy your sugar cravings at dessert destinations delighting visitors with hand-crafted baked goods, ice cream, chocolates and more.



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