



2019
PARTICIPANT
HANDBOOK

PRESENTED BY



★ THE HELDERBERG TO HUDSON HALF MARATHON ★
SATURDAY, APRIL 13, 2019 **ALBANY COUNTY, NY**



Thank you for choosing to join us for the inaugural **Helderberg to Hudson Half Marathon!** We cannot overstate our excitement for this new event and our appreciation for your interest in being part of it. Over 2,500 of you will be toeing the line, coming from nearly every county in New York, as well as from 18 other states, Canada, and Latvia. We are committed to providing all of you with a professionally produced event and an experience you will find safe, fun, and memorable.

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EVENT SCHEDULE - BEFORE RACE DAY

Monday, April 8, 2019

6PM: Speaker Series #1, at ARE Event Productions HQ - [21A Railroad Ave, Albany, NY 12205](#)

Presentation: *Running Injuries: When Rest Is NOT the Answer*

Presenter: Ray Webster, PT

Many runners can say they have had a medical provider "prescribe" time off from running to help fix an injury. They do as directed, only to have the injury return as soon as they start running again. Ray Webster, physical therapist and owner of Positive Motion Physical Therapy, will be giving a presentation to help runners (1) learn why rest/time off doesn't always help them get over an injury; (2) understand what CAN be done to help these injuries; and (3) determine which injuries they can train through, and which injuries require complete rest. Free and open to public!

Wednesday, April 10, 2019

6PM: Speaker Series #2, at ARE Event Productions HQ - [21A Railroad Ave, Albany, NY 12205](#)

Presentation: *Run For Your Life: Running and Training Beyond Your Next Race*

Presenter: Michelle Merlis

Join Michelle Merlis for an evening of stories from running all over the world and advice on how to transition from race day fitness to year round fitness for adventure. Based in Albany, Michelle has been running and racing around the world for the past 5 years, including stops in Germany, Poland, Scotland, Spain, Arizona, Colorado, California, Minnesota, Montana, Nevada, South Dakota, Utah, Wisconsin, and much of the East Coast. Her favorite place to be is in the mountains, and her favorite thing to do is convince other people to join her. Free and open to public!

Thursday, April 11, 2019

5PM to 8PM: Packet Pick-Up at American Legion - [16 W Poplar Dr, Delmar, NY 12054](#)

Friday, April 12, 2019

9AM to 8PM: Packet Pick-Up at American Legion - [16 W Poplar Dr, Delmar, NY 12054](#)

11AM: 3 Mile Shake-Out Run led by Michelle Merlis at American Legion

5PM to 8PM: Dinner on the Town - Save 13.1% at participating restaurants (See page 7)

EVENT SCHEDULE - RACE DAY: SATURDAY, APRIL 13, 2019

5:45AM: Buses begin running from the [finish](#) to take you to the start

6:00AM: Start area opens (there is absolutely **no** parking at the start)

6:30AM: Last Chance Packet Pick-Up begins (located on the basketball court at the start)

6:30AM: Gear Check opens (located by the flagpole)

7:00AM: The [final](#) bus departs from the finish (this ends all event-provided bus service)

7:15AM: Packet Pick-Up closes

7:30AM: **Gear Check closes - This is a strict deadline.**

8:00AM: RACE START

9:00AM: Beer Garden opens

10:00AM: Awards Ceremony for Top 3 Overall Male and Female (age group awards can be claimed at awards tent until 11:30AM)

11:30AM: Course Cut-Off

12:00PM: Gear Pick-Up at finish ends (remaining items at AREEP HQ until 4/19, then donated)

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PACKET PICK-UP

Packet pick-up is where you will receive your bib, safety pins, and shirt. In addition, Premium and VIP registrants will receive their jacket, and VIP registrants will receive their VIP bracelets. All items will be given to you in a clear bag. If you are using gear check on race day, you must use this clear bag.

Receiving Your Items

You must know your bib number. On Wed, 4/10, we will be emailing you your bib number. It is preferred that you show that email to claim your items. Alternatively, you may show your ID when claiming your items. **Yes**, you can send someone else to pick up your items; however, that person **must** show your confirmation email (forward that email to him/her).

This is not a race expo, but we will have some event merchandise for sale at packet pick-up on Friday.

Nutritional products will not be available at packet pick-up. (GU will be available on the course at Water Stop #3.)

It is strongly desired that you visit packet pick-up on either Thursday or Friday at the American Legion.

The American Legion is located at 16 W Poplar Dr, Delmar, NY 12054

Thursday, April 11, from 5PM to 8PM at American Legion

Friday, April 12, from 9AM to 8PM at American Legion

If you, or someone on your behalf, are wholly unable to attend packet pick-up on either Thursday or Friday, we are offering a race day last chance packet pick-up at the start line from 6:30AM until 7:15AM. Again, if possible, we strongly recommend that you pick up your race materials on Thursday or Friday.



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www.rkinsurance.com

ABOUT YOUR BIB

We put a lot of effort into designing a bib that is both functional and pretty cool to look at. We hope you keep it as part of the memory of your experience. Here's what you need to know about your bib:

1. This bib must be worn on your front, outermost layer, and be visible throughout the event.
2. County and City Police reserve the right to remove you from the course if the bib is not visible.
3. The start will be divided into 4 corrals based upon your expected finish time. The corrals are denoted by *magenta*, *green*, *purple*, and *yellow*. This color appears at the top left of your bib. You may not enter a corral ahead of the one on your bib. Moving **backwards** is acceptable and can be done at your discretion.
4. All bibs have a gear check stub at the bottom. This stub will have your name and phone number on it. If using gear check, you must attach this stub through the drawstring of the clear plastic bag you received when you picked up your race packet.
5. All bibs have a meal tear tag. You will turn this in when getting your post-race meal from Bountiful Bread.
6. The top left has a beer tear tag for participants age 21+. (If under 21, it is a 2nd meal tag.) VIP runners will receive 1 free beer; all others receive a \$2 OFF coupon.
7. The back asks you for your medical history and emergency contact information. **Please fill this in.**
8. The back has a thin sticker on it. This is your timing strip. Please do not bend nor modify it.
9. Do **not** reproduce your bib or enable anyone else to do so.
10. **You are the only person allowed to wear your bib.** If you are unable to participate, it is impermissible to give it to someone else. Doing so will result in permanent future disqualification from this event.



CORRAL 1 - Magenta



CORRAL 2 - Green



CORRAL 3 - Purple



CORRAL 4 - Yellow

FRIDAY SHAKE-OUT RUN

Friday, April 12 at 11AM - American Legion

Join Michelle Merlis for a 3 mile shake out run. The term 'shake-out run' is commonly used to describe going for a run the day prior to competing, running at a pace that is very easy relative to each person. The American Legion is the location of the Water Stop #3 and is at approximately 8.1 miles. All paces are welcome—feel free to run ahead of or behind Michelle on this out-and-back course. You are also welcome to run less or more than the 3 miles. The turn-around will be marked.

FRIDAY DINNER ON THE TOWN

On Friday, April 12, enjoy dinner (and/or lunch) at our partner Albany restaurants and save 13.1% in the process! You must show your bib to receive the discount. The discount applies to table orders (not at the bar/no drinks) and cannot be combined with any other offers/discounts. Also, be aware that [Albany's Restaurant Week](#) begins on Saturday April 13, so if you'll still be in town, consider heading back out that evening.

**T' WAS THE NIGHT BEFORE THE
INAUGURAL HELDERBERG TO HUDSON
AND YOU WERE HUNGRY.**

**SAVE 13.1% ON FRI, 4/12 AT OUR
PARTNER ALBANY RESTAURANTS**

BEER HALL
CITY

OKI POKI
HIBACHI & POKE ALBANY, NEW YORK

**LIVE MUSIC
THE HOLLOW
BAR + KITCHEN
ALBANY**

**The Olde English
Pub & Pantry**

**HELDERBERG TO HUDSON
HALF MARATHON**

**dp
AN AMERICAN BRASSERIE**

ALBANY RESTAURANT WEEK BEGINS RACE NIGHT

GETTING TO THE START

There is NO parking at the start.

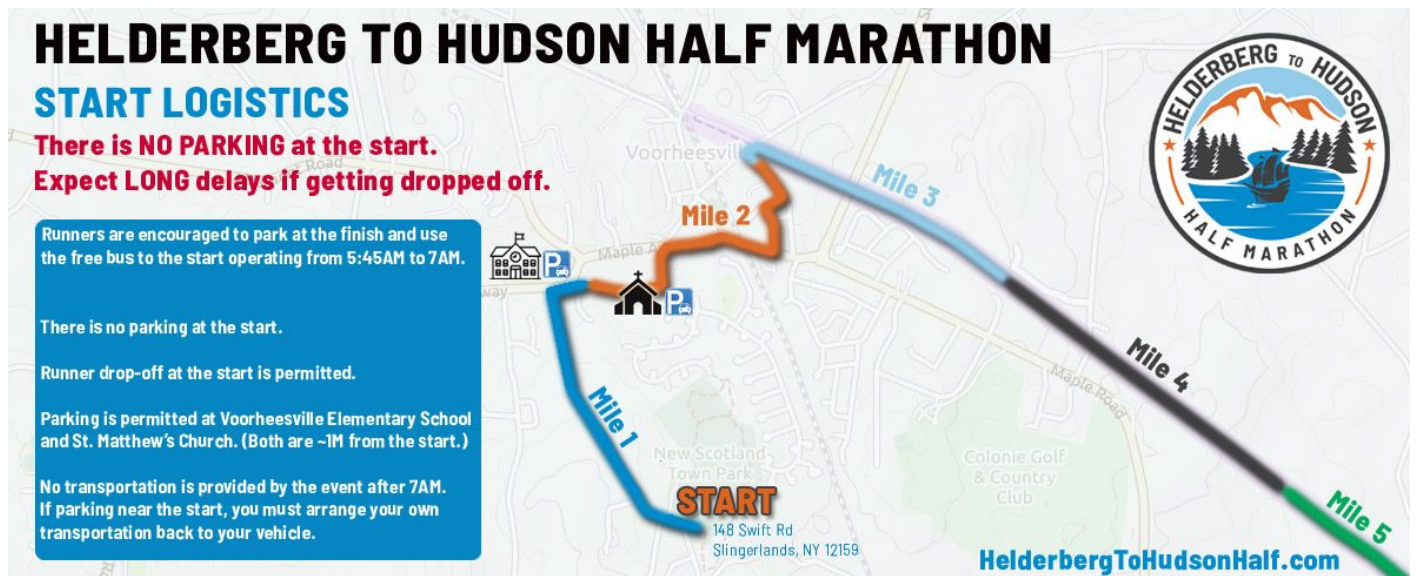
It is highly encouraged that you use the event provided buses.

Bus Operation: 5:45AM until 7AM

Bus Pick-Up: The corner of [State St and Broadway, Albany, NY 12207](#).

Using the Bus - *HIGHLY RECOMMENDED*

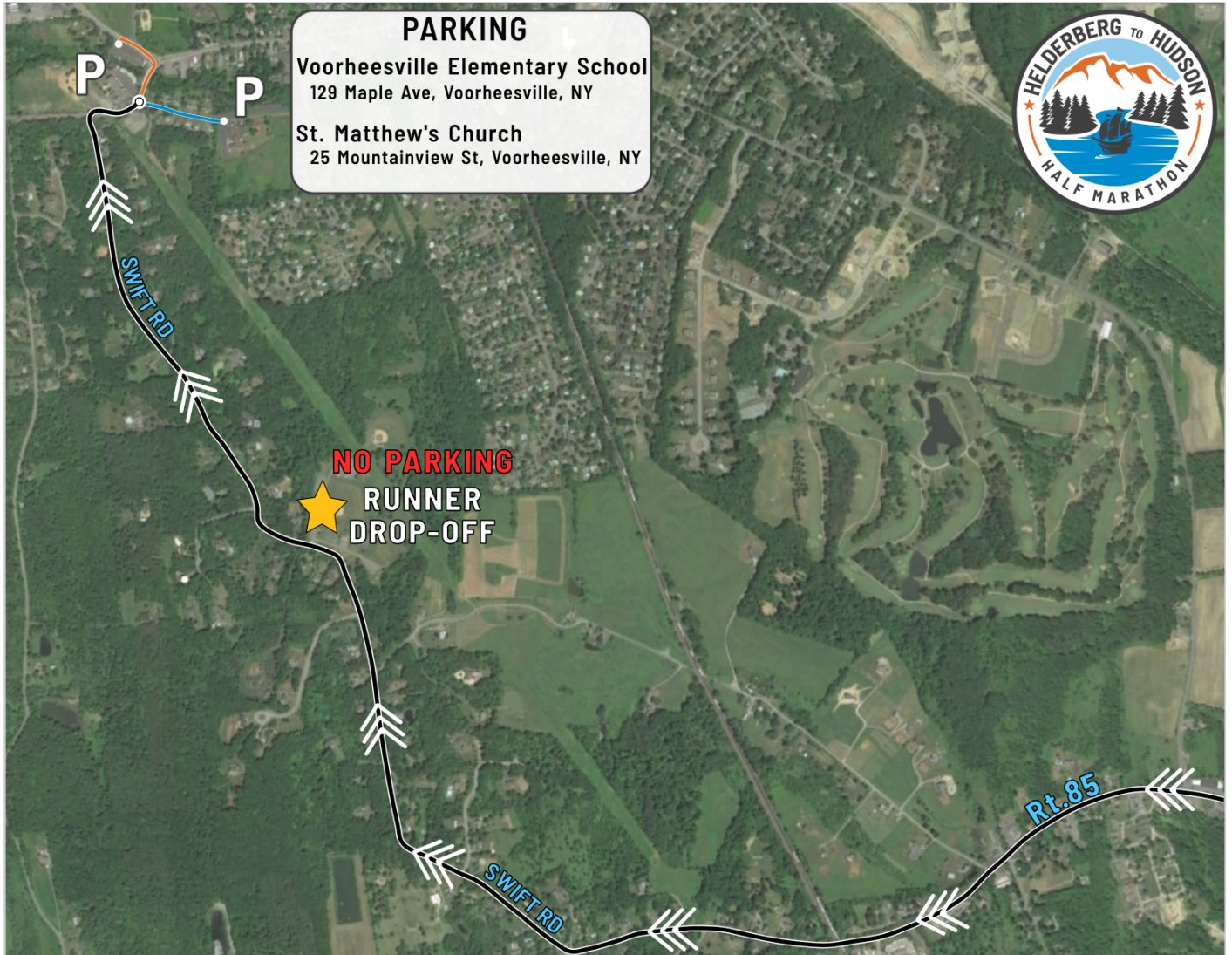
We have a spot for everyone on the bus, even if you indicated otherwise during registration. Be prepared to show your bib or confirmation email if asked. (Only registered runners can use the bus.) We recommend that you arrive for the buses no later than 6:30AM. There will be absolutely **no** bus service after 7AM. If you arrive to the bus pick-up late, you will miss the race.



GETTING DROPPED OFF AT THE START / PARKING 1 MILE AWAY

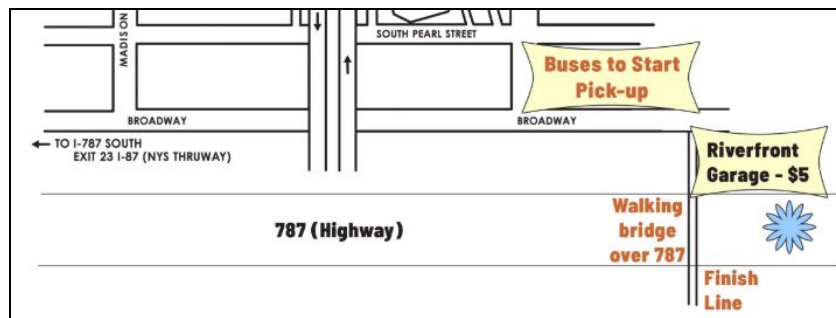
You can park 1 mile from the start at either Voorheesville Elementary School or St. Matthew's Church. If you are dropped off at the start, the person dropping you off is welcome to park at either of those two locations and either walk to the start or stay near the car and spectate from the 1 mile mark.

THERE IS NO PARKING AT THE START



PARKING AT THE FINISH

We recommend that you park near the finish at the Riverfront Garage (\$5) at [2 Columbia St, Albany, NY 12207](https://www.google.com/maps/place/2+Columbia+St,+Albany,+NY+12207). The Riverfront Garage is conveniently located just a few minutes' walk from both the buses and the finish line. [Click here](#) to view a full map of available parking options in Albany (including free lots).





As early as 6AM, you are welcome to join us at the start area. Please take note of the following:

1. If arriving on the event provided bus, you will be dropped off at the red triangle visible in the map below.
2. If you're being dropped off, your vehicle will enter the park, drop you off, and make a U-TURN to leave.
3. If walking into the park, please be alert and cautious of moving traffic.

Need to pick up your bib and other items?

Go to the registration tent on the basketball court (#2 on the map).

Need to give us your gear check bag?

Go to the gear check tent near the parking lot (#1 on the map).

Need to go to the bathroom?

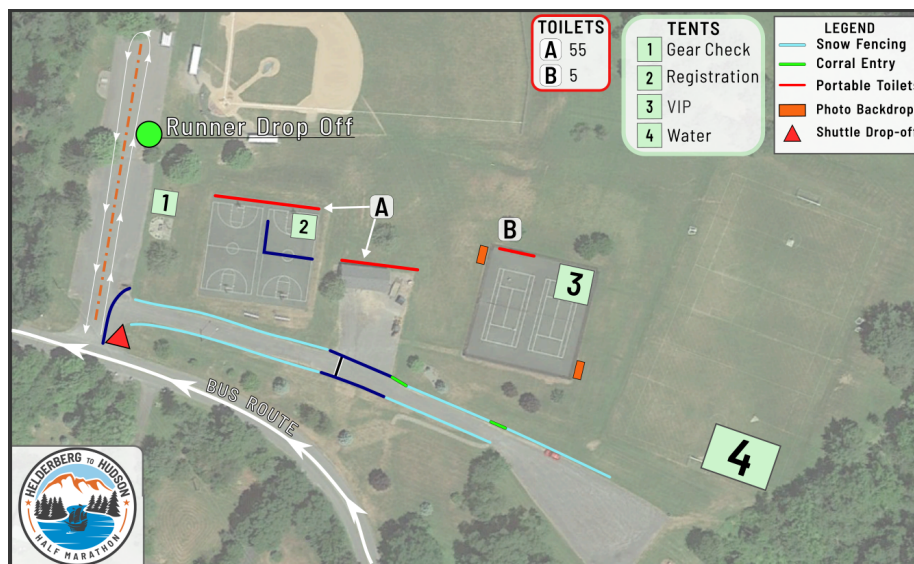
Toilets are available by the basketball court and behind the maintenance building (letter A on the map).

Are you VIP?

Head to the tennis courts for light refreshments, coffee, and pre-race massage. There are also VIP toilets here.

Thirsty?

Water is available at the water tent (#4 on the map).



CORRALS

The start is divided into 4 corrals: 1 - MAGENTA, 2- GREEN, 3- PURPLE, 4 - YELLOW

The top left part of your bib is the color of your corral. It is based upon the expected finish time you provided.

You may **not** move forward to a lower numbered corral.

You **may** move back to a higher numbered corral.

LINING UP - MAKE SURE YOUR BIB IS WORN ON YOUR FRONT OUTERMOST LAYER

The first call to the start line will be at 7:46AM.

Each corral is accessed from the **back**. You may move closer to the front of your corral after entering.

CLOTHING DONATIONS

Planning on shedding some of those layers right before the start? Look for our collection bin and we'll make sure that cast-off clothing makes its way to a local donation center. The collection bin will be in the water tent.

THE START IS AT 8:00AM

The start line is narrow: approximately 18' of road width.

The first 70 meters are run along this narrow road, taking you out of the park and onto Swift Road.

There is a timing mat at the start to calculate your NET* time from start line to finish line.

Please exercise caution when crossing the start line and through the first 70 meters. There is plenty of race left.

Please be respectful of those around you. And surely, have fun!

The timing mat at the start will be live **exclusively for the duration of those who were lined up when the race began. As soon as everyone has crossed the start line, the start mat will be turned off. If you are late to the start, you will **not** receive an adjusted NET time.*

THE USE OF HEADPHONES IS HIGHLY DISCOURAGED IN THIS EVENT DUE TO THE NARROW COURSE

PLEASE BE RESPECTFUL / KEEP THE VOLUME LOW IF YOU WEAR THEM

VIP RUNNERS

Thank you for choosing this exclusive option! In the interest of maximizing your experience and with respect to the associated logistics, we took approximately 140 VIP entries - constituting roughly 5% of the entries.

When you pick up your materials at packet pick-up, you will receive 2 VIP wristbands. These are for you to distribute to friends and family if you desire. They are welcome to join you at the VIP areas at the start and finish. Your bib will also have a tag on it for a free beer at the Beer Garden at the finish line.

The fenced tennis court area at the start is dedicated for VIP. That area will include:

1. Light refreshments under the VIP tent
2. Pre-race massage under the VIP tent
3. Toilets



The finish line also has a VIP exclusive viewing area adjacent to the Hudson River **on** the finish line. This area will also include post-race massage. (There is massage available for all finishers by the Beer Garden. Refer to the FINISH LINE section for details and maps.)



GEAR CHECK *THE EVENT ACCEPTS NO RESPONSIBILITY FOR YOUR ITEMS*

Gear check refers to the event offering you the option to have the event transport a single bag containing your belongings from the start to the finish area, where you can retrieve it.

You will receive a clear plastic bag at packet pick-up.

You must use this bag for gear check.

DROP OFF YOUR GEAR AT THE START

6:30AM to 7:30AM - Near the flagpole by the parking lot.

1. The event will **only** accept gear placed in the **event-provided bag**.
2. Your bib has a tear tag for gear check. Remove that tag and loop it around the drawstring of your bag.

GEAR CHECK CLOSSES AT 7:30AM SHARP

The gear vehicles will be departing immediately to ensure your gear is available to you when you finish.

PICK UP YOUR GEAR AT THE FINISH

9:15AM to 12PM - Next to the bathroom building at Jennings Landing, near the results tent.

1. You must pick up your gear before noon.
2. Remaining items will be taken back to the AREEP office and remain there until 4/19.
3. You may pick up your items from AREEP's office at 21A Railroad Ave, Albany, NY 12205 until 4/19.
4. AREEP will **not** ship items.
5. The only way to retrieve your items from the AREEP office is to **pick them up in person** by 4/19.
6. All items remaining after 4/19 will be donated.

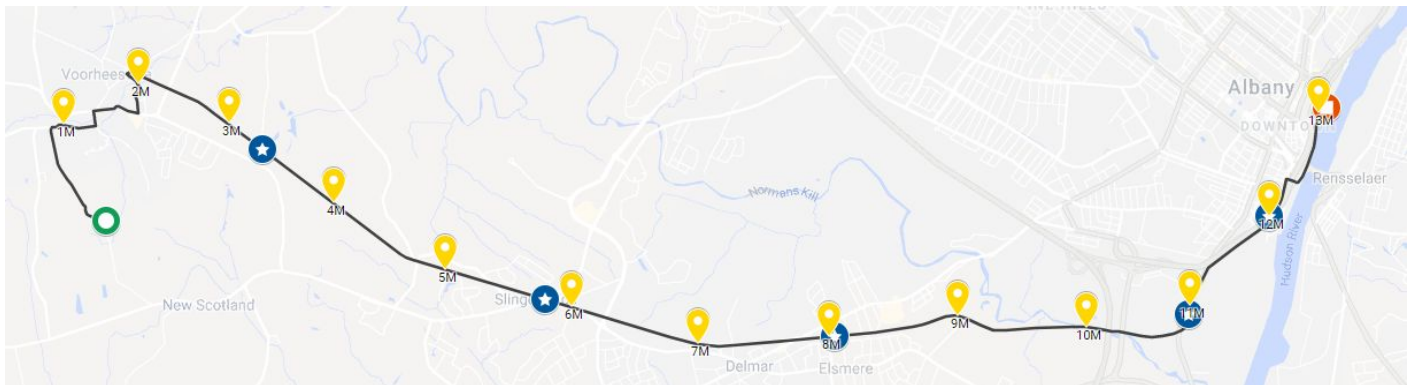


THE COURSE

[COURSE MAP](#) | [USATF CERTIFICATION MAP](#) (Certification Code: NY19001JG)

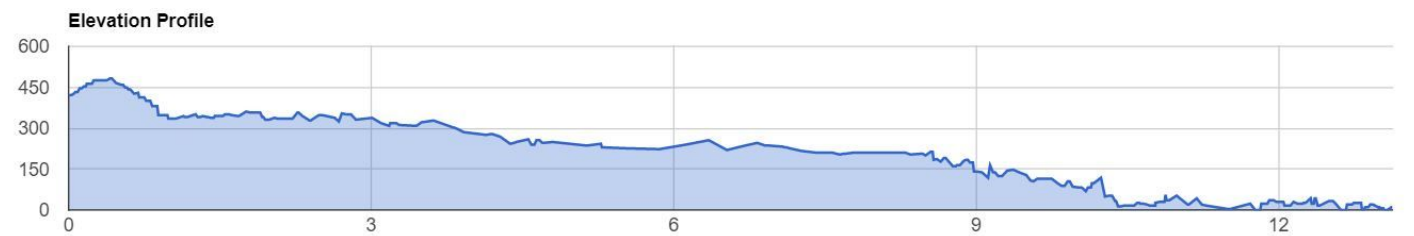
The certified course is point-to-point, starting at Stephen P. Wallace (New Scotland Town) Park and finishing at Jennings Landing on the Hudson River. The first 2 miles are on the streets of Voorheesville. The next 9 miles are on the gently descending newly paved path of the Albany County Rail Trail. The final 2.1 miles follow the route of the soon to be completed rail trail connector to the Hudson River bike path. With a quarter mile to go, you run very close to the finish line. Ride that energy and excitement as you loop around to finish alongside the Hudson River.

COURSE MAP



ELEVATION PROFILE

The course has an average drop of 31 feet per mile. (Equivalent to 5.94 meters per kilometer.)



RUNNING ETIQUETTE

The middle 9 miles of the course are entirely on the **narrow** Rail Trail. **If you need to stop or significantly slow down**, please pull off to the side of the trail, off the pavement, before stopping. Do your best to avoid impacting the race and pace of your fellow runners. We appreciate your efforts to create a safe racing environment.

Where can my friends see me on the course?

Please refer to our [Spectator's Guide](#)

WATER STOPS AND ON-COURSE TOILETS

There are 5 water stops on the course. Each has at least 2 toilets; see the grid below.



is available at the last 4 stops.



is available at the 3rd stop.

#	Distance	Gap	Location	Toilets	Water	Nuun	GU
1	3.25	3.25	Rail Trail - Intersection with Hilton	2	✓		
2	5.70	2.45	Rail Trail - Kenwood Parking Lot	4	✓	✓	
3	8.10	2.40	Rail Trail - American Legion	4	✓	✓	✓
4	10.80	2.70	Rail Trail - Exit onto Route 32	3	✓	✓	
5	11.95	1.15	4th Ave at Dongan Ave	2	✓	✓	

COURSE CUT-OFF

It is an unfortunate necessity that we must have course cut-off times. They are necessary with respect to our permits and related logistics, including duration of medical services/personnel/equipment and road closure times. Per the event website, you must maintain the following minimum paces:

Location	Distance	Time of Day	Clock Time	Pace*
Water Stop #2 - Kenwood	5.70	9:25AM	1:25	14:54
Water Stop #4 - Route 32	10.80	10:45AM	2:45	15:16
Finish Line	13.10	11:30AM	3:30	16:01

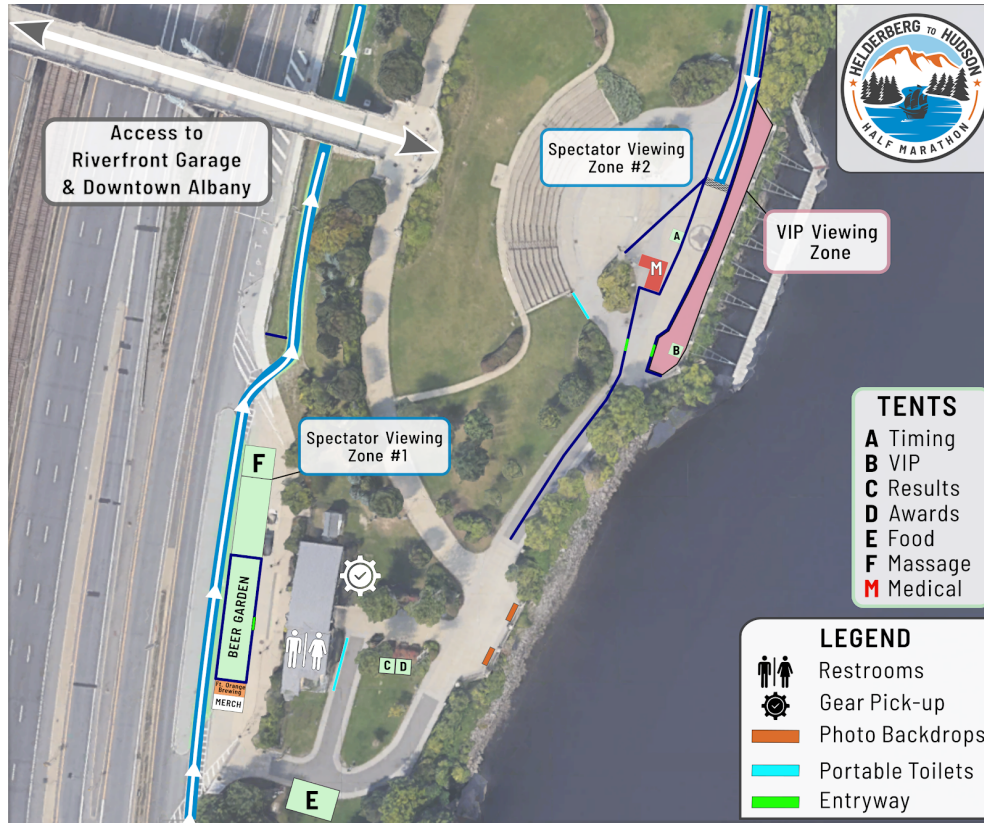
*NOTE: This pace is based upon the actual time of when the last person starts.

The actual time of day will therefore be a few minutes later. We anticipate it taking up to 6 minutes for all to start.

If you are behind pace at a cut-off location, you are required to stop your race at that time. Either our sweep vehicle or a volunteer will transport you back to the finish. We appreciate your understanding of this. Our impact and footprint must remain within the defined time scope accepted by the various municipalities along the route.



The moment you have been training for is finally here! Feel the rush of crossing the finish line and receiving that medal around your neck. Accomplishing your own personal goal—it's something we all can share in at the finish.



AFTER FINISHING

1. Exit the chute with your medal around your neck and get that perfect photo by the photo backdrops.
2. Retrieve your items at gear pick-up. Make sure your bib is visible to retrieve your items.
3. Turn in your bib's meal tag at the Bountiful Bread food tent for a post-race meal.
4. Head to the results tent. Top 3 in your age group? Get your award here too! Awards are **not** mailed.
5. The Beer Garden awaits—grab a custom brewed H2H IPA or Belgian Wit courtesy of Fort Orange Brewing. Save \$2 with the tag from your bib—1 free beer for VIP. (You must be 21+ to enter Beer Garden.)
6. Get hydrated! You'll receive a bottle of water at the finish. Refills will be available next to the Beer Garden.
7. Hang out under the giant tent by the Beer Garden and cheer on your friends as they pass by.
8. Get a post-race massage. VIP also have additional massage available in the VIP Viewing Zone.
9. Check out the merchandise tent and pick up some sweet new apparel and more!

TIMING AND RESULTS

In partnership with Albany County, ARE Event Productions is fully directing, producing, and timing the event. Live timing splits will be provided at the 5K, 10K, 15K, 20K, and Finish.

There will also be a timing line at the start so that your results will include both your NET and your GUN time.

Results and **overall** awards will be sorted by GUN time. **Age group** awards will be based on your NET time.

Live Results: <http://www.HelderbergToHudsonHalf.com/results>

AWARDS AND TEAMS

Overall: The first 3 males and first 3 females to cross the finish line, regardless of nationality or affiliation.

We respectfully request that our overall winners be present for their 10AM awards ceremony near the results tent.

Place	Male	Female
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1	\$500*	\$500*
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2	\$300	\$300
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3	\$100	\$100
---	-------	-------

*\$500 additional bonus to first male if under 1:05:30 and first female if under 1:13:00

Age Groups: Based on NET time.

Awards (event branded Koozie Chair Coolers) to the top 3 male and female finishers in the following categories:

14-U, 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+

You must claim your award at the awards tent on-site. We will **not** mail awards.

TEAM COMPETITION

We will be awarding \$250 to each of our fastest open (any age) and masters (40+) male and female teams. Teams will be scored/awarded based upon the GUN times of your top 5 finishers. For additional details, including team creation and deadlines, please refer to the [event website](#).

MEDICAL

Your health and safety is our number one concern. We have medical assistance at water stops and other sites along the course. Our medical team is made up of the Albany County Sheriff's Department EMS and Emergency Management, Albany Fire Department, Delmar-Bethlehem EMS, Mohawk Ambulance, medical students from Albany Medical College, and the members of the Albany Med Emergency Medicine Volunteer team.

Please complete the MEDICAL INFORMATION section on the back of your bib.

In the event of an emergency, this could save your life.



WEATHER POLICY

We promise to make every effort to produce a fair, safe and exciting event. There is no "rain-date". It will be held rain, shine, snow. In the case of significantly inclement weather and/or temperature, we reserve the right to alter components of the event or course to address safety concerns, or potentially cancel the event. In addition, it is possible that our facilities and/or municipalities may force the cancellation of the event.

Per above, any decision made to go forth with the event is contingent on the overall event and course safety, and is made in concert with local risk management, police, fire & rescue, and medical personnel as appropriate.

In the event of a modification *while the race is in progress*, we will alert our water stop captains who will inform you as you reach a water stop. We will also update our Social Media channels and website.

Per the registration policy, there will be no refunds of entry fees. In the event we must cancel or alter the event, every effort will be made to provide you with the items you are entitled to as part of your registration.

EVENT MERCHANDISE

Merchandise will be available for purchase at Friday's packet pick-up and at the merchandise tent on race day. Limited quantities available on-site and sold first come, first served. You may also order at the event for delivery.

		<p>SOME ITEMS AVAILABLE FOR ORDERING</p> <p>ORDERS MAY BE PLACED AND MAILED IF SIZING IS NOT AVAILABLE</p> <p>\$8.99 for Mailing or Pick up at 112 Pickard Drive E • Syracuse, NY 13211</p>		 <p>Like us on:  facebook</p> <p>www.facebook.com/CNYRacing</p> <p>CNY RACING Creative Apparel & Products</p> <p><small>screen printing • embroidery • medals • event services</small></p>	
<p>TEMPO JACKET</p>  <p>\$45</p>	<p>CRAFT HOOD</p>  <p>\$65</p>	<p>ZEN THERMAL</p>  <p>\$40</p>	<p>STORMTECH OZONE</p>  <p>\$60</p>		
<p>VINTAGE TEE</p>  <p>\$20</p>	<p>2019 FINISHER PINT</p>  <p>\$12</p>	<p>ALL CAPS</p>  <p>\$25</p>	<p>RUNNING BUFF</p>  <p>\$5</p>	<p>HELDERBERG TO HUDSON MAGNET</p>  <p>\$5</p>	



RACE THE RIVERS SERIES

**Run the Helderberg to Hudson Half Marathon on April 13
and the Mohawk Hudson River Marathon on October 13.**

Receive a special commemorative Race the Rivers medal
and mug when you finish the marathon.

Series produced in partnership between ARE Event Productions and the Hudson Mohawk Road Runners Club.

Not yet signed up for the Mohawk Hudson River Marathon? No problem.

Simply register here: <http://mohawkhudsonmarathon.com>

This series does not include the Hannaford Half Marathon.

USATF ADIRONDACK GRAND PRIX SERIES

The Helderberg to Hudson Half Marathon is excited to be part of the [2019 USATF Adirondack Grand Prix Series](#). USATF is the governing body of Road Racing and Track & Field in the United States. The Adirondack Association of USATF covers NY from the Hudson Valley to Canada and as far west as Utica. Any member of USATF Adirondack ([join here](#)) is eligible for prizes, including prize money, based upon your participation. [Click here](#) for more details about the series.

FOR MORE INFORMATION

Your best resource for staying connected is the event website at www.HelderbergToHudsonHalf.com. Any vital items race week will be posted at the top of our website. We also encourage you to [follow us on Facebook](#).

THANK YOU

Thank you. We are genuinely thrilled that you have made the choice to join us. We are fully committed to providing you with a race to remember. Whether you live along the route or are traveling many hours by plane, it is our pleasure and privilege to have your trust. Enjoy the race and good luck.

With gratitude,

The Helderberg to Hudson Half Marathon Production Team

