



**2022**  
**PARTICIPANT**  
**HANDBOOK**

**PRESENTED BY**





☆ **THE HELDERBERG TO HUDSON HALF MARATHON** ☆  
**SATURDAY, APRIL 16, 2022**      **ALBANY COUNTY, NY**



In 2019, the [Helderberg to Hudson Half Marathon](#) debuted with over 2,500 registrants and nearly two hundred volunteers from our community coming together to share in a magical day. We loved producing it, learning the stories of many of our runners, and seeing so many of you cross your first half marathon finish lines or set new personal bests. It was a glorious day, and we couldn't wait to do it again.

All of our lives changed just a few weeks before the April 2020 edition of this event. And while we are forever grateful and appreciative of the support of our community for allowing us to stage two in-person years of this event in a significantly modified format, we can't wait to get you back on this gorgeous point-to-point downhill course with the atmosphere and energy that will invigorate your soul and push you to have your best performance.

*Please read this handbook fully so that you're ready for a great day with us! Good luck!*

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# BOUNTIFUL BREAD



EST. 1997

## EVENT SCHEDULE

### Thursday, April 14, 2022

- 5PM to 7PM: Packet Pick-Up at the Finish - [Jennings Landing](#) - **Shoe Donations Welcome!**

### Friday, April 15, 2022

- 12PM to 6PM: Packet Pick-Up at the Finish - [Jennings Landing](#) - **Shoe Donations Welcome!**
- 5PM: Training & Racing Q & A with [Michelle Merlis](#) - [Jennings Landing](#) - **Submit a Question In Advance!**

*Michelle is the designer of the Training Plans*

### Saturday, April 16, 2022 - Race Day

- 6:00AM: Buses begin running from near the finish at [455 Broadway](#) to take you to the start
- 6:30AM: Start area opens (there is absolutely **no** parking at the start)
- 7:00AM: Last Chance Bib\* Pick-Up begins (located at the start)

*\*Please make every effort to get your bib before race day. If not a possibility for you, please note that those waiting until race day will only get their bib at the start. If you also ordered a hoodie (or other merchandise), it will be available at the merchandise tent after the race.*

- 7:10AM: Gear Check opens (look for the Gear Check sign)
- 7:15AM: The final bus departs from the finish (this ends all event-provided bus service)
- 8:00AM: Bib Pick-Up closes
- 8:10AM: Gear check closes
- **8:30AM: RACE START**
- 9:30AM: Beer Garden opens and Live Music Begins
- 10:30AM: Awards Ceremony for the Top 3 Overall Male and Female  
*(Age group awards are claimed at the results tent until 12PM - they will NOT be mailed.)*
- 12:00PM: Course Cut-Off
- 12:30PM: Gear Pick-Up at finish ends

*If you do not pick up your gear check bag by 12:30PM, it will be available for pick-up at the AREEP Office until 4/22. All bags remaining after 4/22 will be donated. We are not shipping bags that are not picked up.)*



## PACKET PICK-UP

**It is strongly desired that you visit packet pick-up on either Thursday or Friday. (Location: [Jennings Landing](#))**

Packet pick-up is where you will receive your bib (and safety pins). If you ordered a hoodie and you are attending packet pick-up on Thursday or Friday, you will receive your hoodie when you get your bib. If you wait until race day to get your items, you will only get your bib at the start, and must wait until after you finish (at Jennings Landing) to get your hoodie from the merchandise tent in the finish area.

Thursday, April 14, from 5PM to 7PM at Jennings Landing (the finish)

Friday, April 15, from 12PM to 6PM at Jennings Landing (the finish)

Saturday, April 16, from 7AM to 8AM at Wallace Park (the start) → We do NOT recommend waiting until race day.

### Receiving Your Items - KNOW YOUR BIB NUMBER - [Look it up Here](#)

You must know your bib number. On Wed, 4/13, we will be emailing you your bib number. It is optimal that you show that email at packet pick-up. **Yes**, you can send someone else to pick up your items; however, that person **must** show your confirmation email (forward that email to the person picking up for you).

There 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 #4.)

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## DEFERRED ENTRIES FROM 2020

Please note the following based upon your registration type:

1. Regular: You were granted entry to participate in this year's race, the *experiential* equivalent of someone registering as a new entrant for this year. (No merchandise item is included.)
  2. Premium: The same as Regular, and you *also* receive the exact hoodie you would have received in 2020.
  3. VIP: The same as Premium, and you *also* receive an additional free beer coupon *and* a post-race massage. (At bib pick-up, you will receive a VIP wristband which must be worn to access the post-race massage.)
- 

## VIP STATUS / ON-SITE MESSAGE

*First, please note that evolving COVID-19 regulations significantly impacted logistics related to involving massage therapists physically on-site at this year's event. For this year, they will only be available to VIP participants, which include several dozen who had selected that registration type in 2020 **and also** we will be selling a limited amount of additional VIP wristbands for \$20/person at packet pick-up for anyone else to receive a post-race massage.*

## 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 distinctly on 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. If using gear check, you must attach this stub with a safety pin to the clear plastic bag you receive at packet pickup.
5. You will not need the gear check stub for any purpose other than using gear check.
6. All participants age 21+ receive 1 free beer courtesy of Fort Orange Brewing, redeemable with the stub on your bib at the Beer Garden in Jennings Landing.
7. The back has a thin sticker on it. This is your timing strip. Please do not bend nor modify it.
8. Do **not** reproduce your bib or enable anyone else to do so.
9. **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



## GETTING TO THE START

**WHEN REGISTERING, YOU HAD TO PROVIDE YOUR INTENDED MEANS OF ACCESSING THE START LINE.**

It is OK if your method has changed, but we kindly request that you update your Registrant Portal so we have a best estimate as it pertains to related logistics.

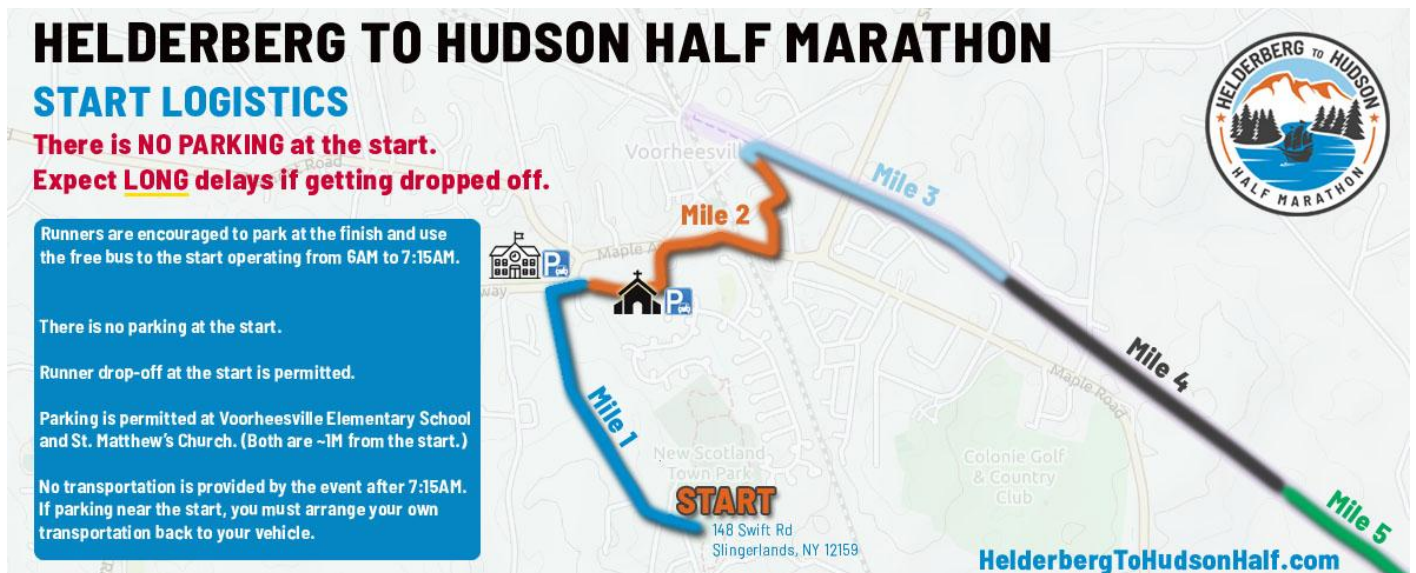
**\* THERE IS NO PARKING AT THE START \***

### **BUS TRANSPORTATION - \*HIGHLY RECOMMENDED\***

**Bus Operation:** 6AM until 7:15AM - **Mask usage is optional.**

**Bus Pick-Up:** In front of the steps that lead to the walkway over 787 at [455 Broadway, Albany, NY 12207](https://www.google.com/maps/place/455+Broadway,+Albany,+NY+12207).

Plan to be at *the bus pick-up location* between 6AM and 6:45AM. There is **no** bus service after 7:15AM. If you arrive after 7:15AM at the bus pick-up location, there will not be any buses remaining to drive you to the start.



**WE DO NOT RECOMMEND GETTING DROPPED OFF AT THE START.**

**If you *are* getting dropped off at the start, be prepared to immediately leave your vehicle.**

**Please respect the instructions of event staff as they maximize the efficacy of keeping traffic flowing.**

### **THE CLOSEST PARKING NEAR THE START IS APPROXIMATELY 1 MILE FROM THE START**

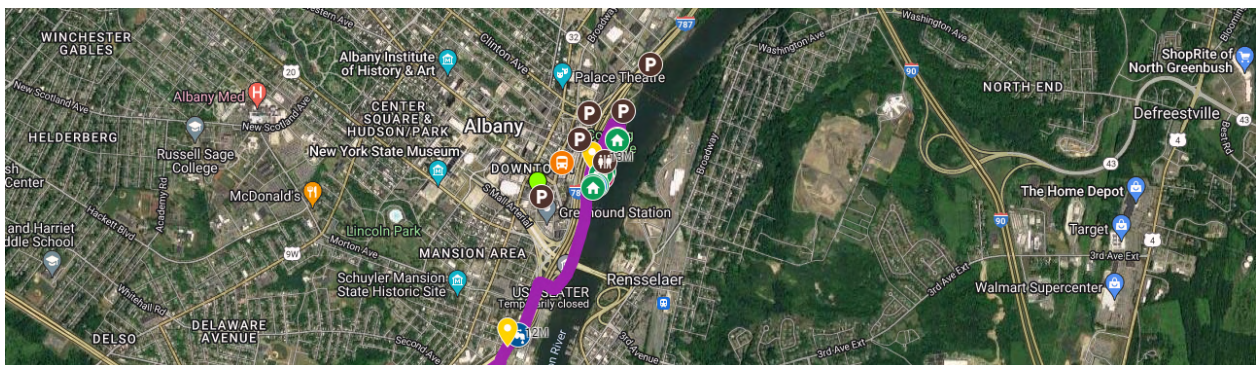
You can park 1 mile from the start at either Voorheesville Elementary School or St. Matthew's Church. If you are dropped off at the start, the person dropping you off is welcome to park at either of those two locations and either walk to the start or stay near the car and spectate from the 1 mile mark.

## THERE IS NO PARKING AT THE START



## PARKING AT THE FINISH

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 in the immediate vicinity of bus pick-up and a few minutes' walk from the finish. Alternatively, [consider the Quakenbush or Green-Hudson garages](#). You can see all parking options imposed [on the course map here](#).



Click the image above to access it as an interactive map. (<http://www.HelderbergToHudsonHalf.com/staging>)





As early as 6:30AM, you are welcome to join us at the start area. Please take note of the following:

1. **PLEASE BE CAREFUL ON SWIFT ROAD. It is an active roadway. Be cautious and alert!**
2. If arriving on the event provided bus, you will be dropped off as indicated on the schematic below.
3. If you're being dropped off in a private vehicle along Swift Road, please immediately exit the vehicle with your items and allow the car to continue driving. **From the moment your car stops to you heading into the park on foot should not exceed 20 seconds.**

### Need to pick up your bib and other items?

Refer to the schematic below to see the bib pick-up location.

### Need to give us your gear check bag?

Refer to the schematic below to see the gear check location.

### Need to go to the bathroom?

Toilets are available behind the corrals, per the schematic below.



## **CORRALS**

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

Your bib shows your corral color. 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 8:16AM.

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? Drop clothes to donate in the collection bins near bib pick-up. (Any items placed in these bins are not returned to you.)



## **THE START IS AT 8:30AM**

The start line is adjacent to the baseball field.

The first 60 meters are run inside the park, taking you out of the park and turning right 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 60 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  
AND YOUR NEED TO BE ALERT / MINDFUL OF THOSE AROUND YOU  
PLEASE BE RESPECTFUL / KEEP THE VOLUME LOW IF YOU WEAR THEM**

## **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**

**7AM to 8AM** - Look for the Gear Check sign next to the Bib Pick-up tent. (Refer to the schematic on page 9.)

1. The event will **only** accept gear placed in the **event-provided bag**.
2. Your bib has a stub for gear check. Remove that tag and pin it to your bag.

### **GEAR CHECK CLOSSES AT 8AM 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**

**9:45AM to 12:30PM** - At the south end of Jennings Landing near the refreshments tent. (See page 14.)

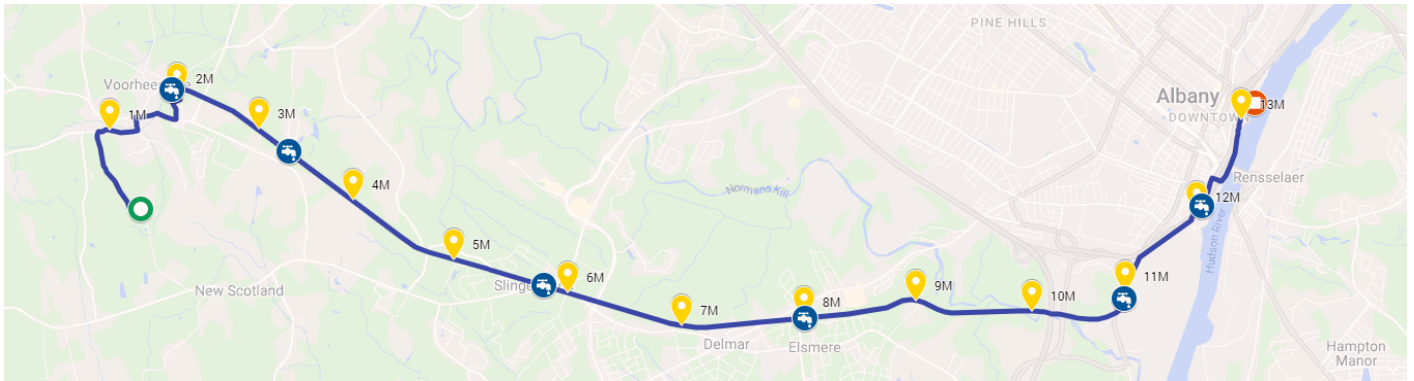
1. You must pick up your gear before 12:30PM.
2. Remaining items will be taken back to the AREEP office and remain there until 4/22.
3. You may pick up your items from AREEP's office at 21A Railroad Ave, Albany, NY 12205 until 4/22.
4. AREEP will **not** ship items.
5. The only way to retrieve your items from the AREEP office is to **pick them up in person** by 4/22.
6. All items remaining after 4/22 will be donated.





## THE COURSE

Check out an **Awesome Mile by Mile Course Photo Tour** at <https://helderbergtoHUDSONhalf.com/tour>



[Google Maps](#) | [STRAVA](#) | [USATF Certification Map](#) (Certification Code:NY22001JG)

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 roads of Voorheesville. The next ~9 miles are on the gently descending paved path of the Albany County Rail Trail. The final ~2+ miles are on Albany's recently completed "South End Connector" (SEC), a paved path mostly *under 787* before taking you into Jennings Landing. *For those who joined us in 2019, do note that the final half mile is different from that year to account for the route change of now using the SEC, resulting in a new finish line location. Be sure to zoom into the finish area at the course map link above to see this in detail.*

## 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.

Refer to our [Spectator's Guide](#) if you have friends/family coming to watch you.

## WATER STOPS AND ON-COURSE TOILETS

There are 6 water stops on the course. Each water stop has portable toilets.

### WE HIGHLY ENCOURAGE THAT YOU CARRY YOUR OWN WATER / BOTTLE

Yes, we are providing these stations to provide cups and water/nuun. With respect to reducing the trash the event generates - and the potential for litter on the rail trail - it is strongly requested that you minimize your reliance on these stations. And absolutely do NOT litter. Trash receptacles are placed after each station. If you still have an item beyond a receptacle, *hold onto it until* the next one. **Do NOT litter.**



is available at the last 4 stops.



is available *only* at the 4th stop. (Vanilla Bean & Salted Caramel)

#	Distance	Gap	Location	Water	Nuun	GU
1	2.00	2.00	Import Motorcar Services (9 Pine St)	✓		
2	3.25	3.25	Rail Trail - Intersection with Hilton	✓		
3	5.70	2.45	Rail Trail - Kenwood Parking Lot	✓	✓	
4	8.10	2.40	Rail Trail - American Legion	✓	✓	✓
5	10.80	2.70	Rail Trail - Exit onto Route 32	✓	✓	
6	11.95	1.15	4th Ave at Dongan Ave	✓	✓	

## COURSE CUT-OFF

Per the event website, you must maintain the following minimum paces:

Location	Distance	Time of Day	Clock Time	Pace
Water Stop #3 - Kenwood	5.70	9:55AM	1:25	14:54
Water Stop #5 - Route 32	10.80	11:15AM	2:45	15:16
Finish Line	13.10	12PM	3:30	16:01

***If you are behind pace at a cut-off location and asked to stop by event personnel,*** you are required to stop. 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. *If our Emergency Management Services partners allow for a slight delay in course cut-off enforcement, then you will not be stopped if within that expanded time frame.*

## THE FINISH

Once you finish, you will continue walking through the chute about 200 meters to the amphitheater area. Please note the locations of **Gear Check**, **Refreshments** (requires bib stub), **Results & Admin**, **Medical**, **Toilets**, and the Fort Orange Brewing **Beer Garden** (bib stub for 1 free beer, then \$7/pint). We encourage you to sit down and enjoy the **live music** occurring on stage. If you have VIP status (see page 5), you also can get a post-race massage.





## TIMING AND RESULTS

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>

## EVENT RECORDS

Male - 1:03:55 (4:53 pace) - Daniel Lennon (Age 24) in 2019

Female - 1:18:28 (6:00 pace) - Karen Bertasso (Age 34) in 2019

## 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 10:30AM awards ceremony near the results tent.*

### Place Male Female

1	\$300*	\$300*
2	\$150	\$150
3	\$75	\$75

\*\$200 Course Record Bonus: Awarded to the *first* male and *first* female if under the course record

\*\$500 World Class Bonus: Awarded to the *first* male if under 1:05:30 and *first* female if under 1:13:00

**Age Groups:** Based on NET time.

Awards (event branded sports towels) 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 Results Tent on-site.**

**We will not mail awards.**



## MEDICAL

We are working in concert with the Albany County Sheriff's Emergency Management division, Delmar-Bethlehem EMS, medical students from Albany Medical College, and the members of the Albany Med Emergency Medicine Volunteer team.



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## 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 are 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><b>SOME ITEMS MAY BE AVAILABLE AT A LATER DATE IF A SIZE IS NOT AVAILABLE. PLEASE ASK A MEMBER OF OUR STAFF.</b></p> <p><b>\$9 FOR MAILING OR PICK UP AT 6985 COLLAMER RD. EAST SYRACUSE, N.Y. 13057</b></p>			 <p>Like us on  <b>facebook</b> www.facebook.com/usaracing</p> 		
<p><b>LONG SLEEVE PERFORMANCE TEE</b></p>  <p style="text-align: right;"><b>\$30</b></p>		<p><b>BAW TANK</b></p>  <p style="text-align: right;"><b>\$25</b></p>		<p><b>PACIFIC LITE HAT</b></p>  <p style="text-align: right;"><b>\$25</b></p>				
<p><b>PORT AUTHORITY PACK</b></p>  <p style="text-align: right;"><b>\$50</b></p>		<p><b>HELDERBERG TO HUDSON MUG</b></p>  <p style="text-align: right;"><b>\$15</b></p>		<p><b>KEY CHAIN</b></p>  <p style="text-align: right;"><b>\$5</b></p>				

## FOR MORE INFORMATION

Your best resource for staying connected is the event website at [www.HelderbergToHudsonHalf.com](http://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](#).





**On April 16th, you'll be halfway there when you finish the Helderberg to Hudson Half Marathon.**

**Take on the Capital Rivers Challenge by also joining us on Sun, May 29 for our Miles on the Mohawk Marathon.**

**Both courses are FAST and EXHILARATING experiences!**

**If you aren't already registered for the Capital Rivers Challenge,  
you can add on the Miles on the Mohawk Marathon for just \$80!**

Contact us at [director@milesonthemohawk.com](mailto:director@milesonthemohawk.com) by April 20th to do so.

*This challenge applies only for those doing the H2H and the MOTM 26.2M and finishers of the challenge receive a commemorative medal at the Results Tent at Miles on the Mohawk.*



# RACE THE RIVERS SERIES

**Run the Helderberg to Hudson Half Marathon on April 16  
and the Mohawk Hudson River Marathon or Half on October 9.**

Receive a special commemorative Race the Rivers medal.  
If doing the Marathon on 10/9, you also receive an additional memento.

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>



## MOHAWK HUDSON LAND CONSERVANCY

We are excited to partner with an organization that is, in many ways, part of the reason that Albany County's Helderberg-Hudson Rail Trail came to be! The Mohawk Hudson Land Conservancy (MHLC) is a nonprofit conservation organization working to preserve the natural, scenic, agricultural and cultural landscapes of the Mohawk and Hudson River valleys. Since its founding in 1992, the Conservancy has protected more than 12,000 acres of land in Albany, Montgomery, and Schenectady Counties, including over 2,500 acres open to the public for hiking, cross-country skiing, and other educational and recreational opportunities.



**PRESENTED BY**

**ARE**

**EVENT PRODUCTIONS**