



2023
PARTICIPANT
HANDBOOK

PRESENTED BY



☆ **THE HELDERBERG TO HUDSON HALF MARATHON** ☆
SATURDAY, APRIL 15, 2023 **ALBANY COUNTY, NY**



Welcome to the [Helderberg to Hudson Half Marathon](#)!

Whether it's your first time joining us, your fifth, or anywhere in between, we truly *can't wait* to share the magic of race day with you! We hope that you are excited for the experience to be had, and encourage you to read this fully to maximize your experience.

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** Do note that the temperature is forecast to start near 60° and rise well above 70° by 11am. Please adjust your race plan accordingly. **

EVENT SCHEDULE

Thursday, April 13, 2023

- 5pm to 7pm: Packet Pick-Up at the Finish - [Jennings Landing](#)

Friday, April 14, 2023

- 12pm to 6pm: Packet Pick-Up at the Finish - [Jennings Landing](#)
- 5pm: Free Yoga Class with Jenn Newman **(ARE Members Only)** - Location & RSVP via ARE Members Page



Saturday, April 15, 2023 - 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, you will only get your bib at the start. If you also ordered 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.)
- 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 4/21. All bags remaining after 4/21 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 merchandise and you are attending packet pick-up on Thursday or Friday, you will receive your item(s) 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 merchandise from the merchandise tent in the finish area.

Thursday, April 13, from 5pm to 7pm at Jennings Landing (the finish)

Friday, April 14, from 12pm to 6pm at Jennings Landing (the finish)

Saturday, April 15, 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, 4/12, we will email 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.)

Thur/Friday Parking at Packet Pick-up

As it is at the finish area, refer to page 6. In addition, to avoid a parking fee, we recommend that you consider parking at the Corning Preserve Playground lot (very limited space) or the Corning Preserve Boat Launch.



We strongly encourage you to use the free bus service on race day.

If you are dropped off by car, be prepared to immediately exit your vehicle.

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 have pace flags showing pace ranges (ie. 9:00 to 9:59, 10:00 to 10:59, etc.) - Please appropriately place yourself in the starting area corresponding to the pace you expect to run.
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.
You will be required to wear the event-provided bracelet (for ages 21+) for access to the Beer Garden.
7. The back of the bib 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.

BOUNTIFUL BREAD

EST. 1997

Join us for a weekend you will love!
Thursday to Sunday, July 13-16, 2023

The ultimate in adult running and fitness fun since 2008!

- Exclusively for adults of all abilities.
- Yoga, form clinics, and massage.
- Pond open for kayaking and swimming.
- A weekend retreat ideal for groups.
- Explore new places and try new things!

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TRAIL RUNNING CAMP
ARE

Cost is from \$400 to \$595 for the entire weekend, based upon accommodations. Held at the Dippikill Retreat in NY's Adirondack Mountains

EVENT PARKING

It is **HIGHLY ENCOURAGED** that you park near the finish and **TAKE THE BUS** to the start.

If you did not choose this method when registering, that is OK.
There is not a need to tell us to update it - we have enough space for everyone on the buses.

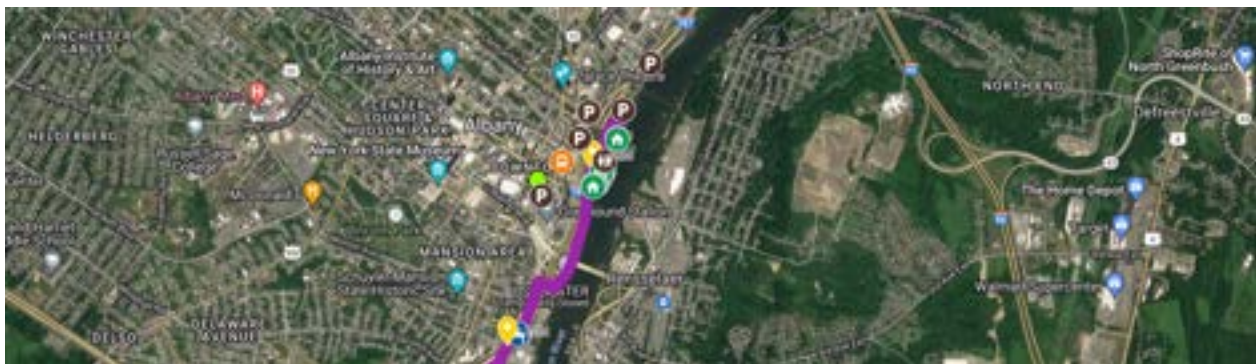
*** THERE IS NO PARKING AT THE START ***

PARKING NEAR THE FINISH

The most popular parking location is the Riverfront Garage; it is a short walk from the finish (via the walking bridge over Highway 787), but give yourself ample time on arrival (there might be delays entering) and expect delays when *leaving* the event. Repeated: It will probably take you a LONG TIME to leave this parking lot.

If you don't mind walking a little further, parking under 787 at the Corning Preserve Boat Launch is free, or consider one of the other options listed below.

- 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 (described in the paragraph above.)
- [Consider the Quakenbush or Green-Hudson garages.](#)
- You can see all parking options via the "P" icon [on the course map here.](#)



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

GETTING TO THE START

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

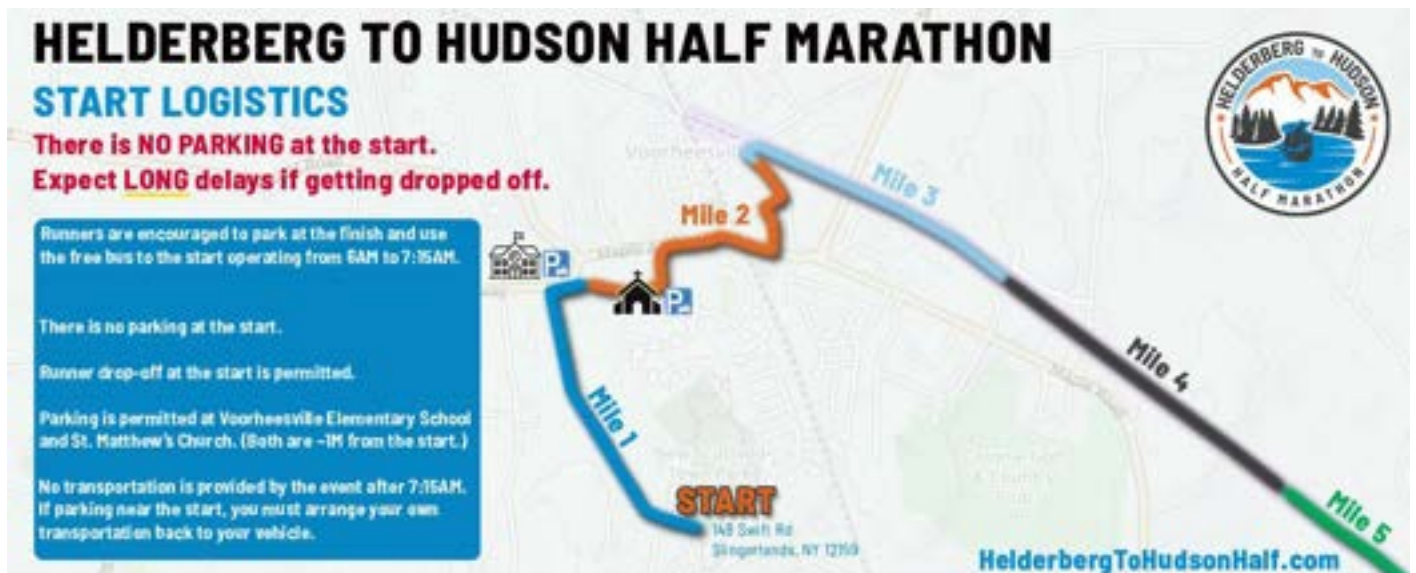
We greatly encourage you to use the bus service.

BUS TRANSPORTATION - ***HIGHLY RECOMMENDED***

Bus Operation: 6AM until 7:15AM

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 extremely limited parking at this location in 2023 due to a Church event.*

THERE IS NO PARKING AT THE START



Trudeau Associates Architectural Design & More



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 start area, per the schematic below.



THE START LINE

MAKE SURE YOUR BIB IS WORN ON YOUR FRONT OUTERMOST LAYER

For 2023, there are *no* corrals; rather you will see large pace signs in the starting area, like shown below. Please position yourself within the barricades by the start corresponding to your intended pace.



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 40 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 40 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

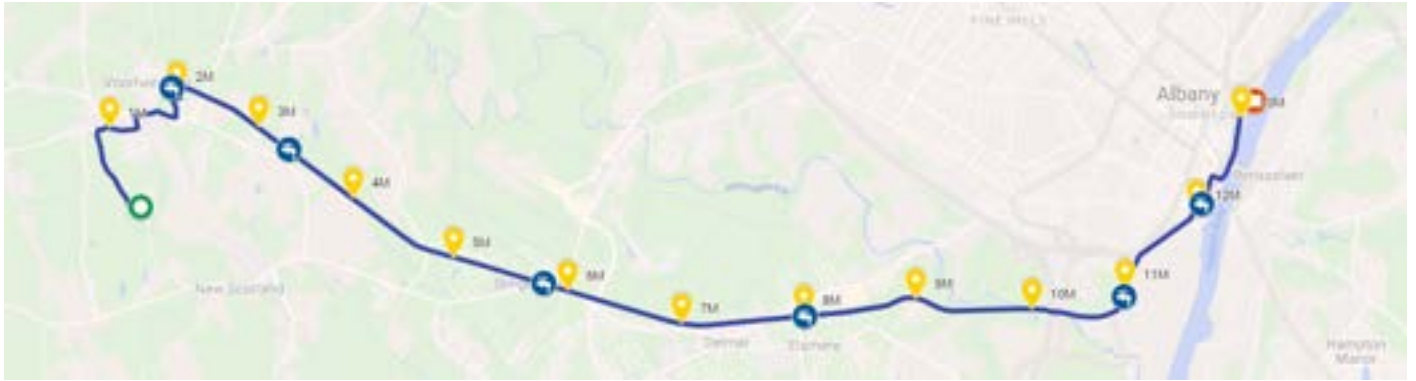
9:45am to 12:30pm - At the south end of Jennings Landing near the refreshments tent. (See page 14.)

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 4/21.
3. You may pick up your items from AREEP's office at 1028 Broadway, Albany, NY 12204 until 4/21.
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 4/21.
6. All items remaining after 4/21 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: NY22022JG)

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 "South End Connector" (SEC), a paved path mostly *under 787* before taking you into Jennings Landing.

*At ~5.5 miles, you will leave the rail trail for approximately 200 meters due to temporary bridge construction. **Yes**, the course certification was revised for this, moving the start ~80' closer to Swift Rd than 2022. While this detour is very short, do note that it does have some curves/minor elevation changes. As soon as you return to the rail trail, you are at Water Stop #3.

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 permitted time scope by the various municipalities.

**We will do our best to gain a few extra minutes with our municipal partners but cannot guarantee it.*

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**, **Massage**, **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.





Runners of all ages and skill level are invited to check out the Albany Medical Outpatient Physical and Occupational Therapy booth during the post-race celebration. Therapists from the clinic will be handing out information about clinically proven best stretches and use of foam rollers and other myofascial release tools to aid in post-race recovery and maintenance with training.

Conveniently located off Delaware Ave in Delmar, our skilled and passionate therapists use the latest evidence-based treatments and equipment, in a clean, spacious, and welcoming environment to help you meet your post-injury or chronic condition goals. As part of the greater non-profit Albany Med Health System, we can ensure you will be given the time, attention, and individualized care you deserve!

RUNNERS! Run back on Saturday, April 22, 1-3pm for a reception and poetry reading at miniMoCA518 Gallery, corner of Hudson & Adams on the Rail Trail. (event rescheduled from the original 150h)



D. Colin
Sacred Space
Mixed media
2023

This installation explores the longing to inhabit a place that feels personally authentic and truly one's own. "What would a room look like that would center me?" asks D. Colin, a multidisciplinary artist of Haitian descent focusing in poetry, visual art and theater. She is the 2022 Excellence in Arts & Letters Award recipient for UAAlbany's Alumni Association. Although she grew up in Connecticut, she has called New York's capital region home since 2007. She is a Cave Canem, VONA and New York State Writers Institute fellow. With an educational background in English and Africana Studies, her work, no matter the medium, discusses the human condition, aims to create visibility and uses history, healing and activism as its foundation.

visit dcolin.com
Check out her podcast!
Scan below to find it on your favorite app



For more about miniMoCA518 and Art on the Rail Trail, visit mohawkudson.org/art or find us on Instagram @minimoca518

this gallery and exhibition brought to you with generous sponsorship and support from



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 **age groups** will be sorted by NET time. **Overall** awards will be based on your GUN time.

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

EVENT RECORDS

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

Female - 1:17:02 (5:53 pace) - Cara Sherman (Age 25) in 2022

AWARDS

Overall: Based on GUN time.

- OPEN: The first 3 males and first 3 females to cross the finish line, regardless of nationality or affiliation.
- MASTERS (Ages 40+): Same as open: Top 3 by M/F, regardless of nationality or affiliation.

We respectfully request that our overall winners be present for the 10:30am awards ceremony by the stage.

Place	Open Male	Open Female	Masters Male	Masters Female
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1	\$300*	\$300*	\$150	\$150
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2	\$150	\$150	\$75	\$75
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3	\$75	\$75	\$40	\$40
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*\$200 Event Record Bonus: Awarded to the *first* male and *first* female if under the event 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 (merchandise choice or \$10 ZippyReg gift certificate) to the top 3 male and female 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. If you do not, your only option is the gift certificate, and requires you to contact us. No items will be mailed.

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 other medical professionals.



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.

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](#).



On April 15th, you'll be halfway there when you finish the Helderberg to Hudson Half Marathon. Take on the 23.1 Challenge by also joining us on Sun, May 28 for our Miles on the Mohawk 10 Mile.

Both courses are FAST and EXHILARATING experiences!

If you aren't already registered for the 23.1 Challenge, contact us by 4/20 at director@milesonthemohawk.com after your 13.1M for a special link to sign-up.

*This challenge requires that you explicitly register for it (not just sign-up for both races individually).
Finishers of the 23.1 Challenge receive a commemorative medal at the Results Tent at Miles on the Mohawk.*

