

*Helderberg to Hudson
Half Marathon
Spectator's Guide*



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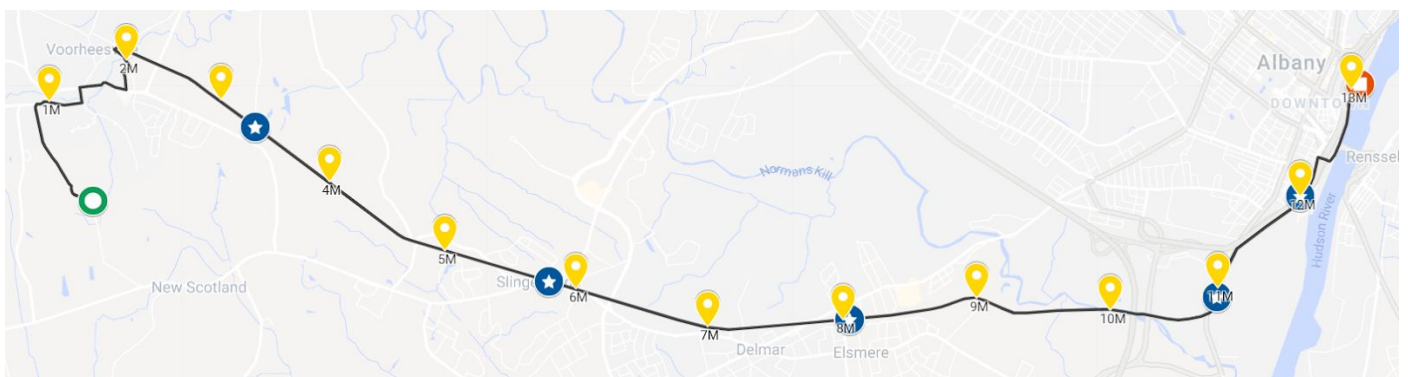
Helderberg to Hudson Half Marathon

Saturday, April 13, 2019 - Spectator's Guide



WELCOME

Thank you for joining us for the inaugural **Helderberg to Hudson Half Marathon**! Over 2,500 runners will be toeing the line, coming from nearly every county in NY and 18 other states. The point-to-point course descends nearly 500' from New Scotland Town (Wallace) Park to Albany's Jennings Landing on the Hudson River. Over the first 2 miles, participants will spread out on the roads of Voorheesville. They then reach the newly paved Albany County Helderberg-Hudson Rail Trail, and enjoy its gradual descent over the next 9 miles. The final two miles head north close to the river, sending the runners past the historic USS *Slater* destroyer ship. The final 600 meters truly are a treat, with the race's unique horseshoe finish, running past the Finish Festival Beer Garden, and proceeding under the Broadway walking bridge before looping back into Jennings Landing for an epic finish on the Hudson River.





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SPECTATOR TIPS

Whether watching people run is your favorite activity or this event is your first time and you're wondering what all the fuss is about, here are some tips to maximize both your experience - and that of the runners.

DO

1. Plan your spectating locations in advance. As in, *before* race day. And gas up that car!
2. Communicate with those you want to spectate. Make sure they know you'll be out there and where to look for you. Know their approximate ETAs at each place you'll be.
3. Make a sign. The more creative and outrageous, the better.
4. Make some noise. Cowbells are welcome. A little ringing goes a long way to uplifting a runner's spirit.
5. Bring food and drink with you. Spectating is hard work and you'll want to be well nourished and hydrated.
6. Prepare for all types of weather. It can be quite chilly as race day kicks off. Know the forecast.
7. Have extra supplies (food/liquid/clothing) for them. Vaseline can be a lifesaver for the chafing-inclined.
8. Be respectful of other spectators. We're all there for the same reason—to provide a positive, uplifting, and fun moment with the ones we care most about.
9. Be Alert. Pay attention to those around you.
10. Have fun!

DON'T

1. Impede the flow of the race. Please stay **off** the course. We repeat: do **not** enter the course.
2. Make a mess. If you need to get rid of something, please use a garbage or place it in your vehicle.
3. Be greedy. About space or access. We're all trying to get that perfect photo or high five.
4. Take anything that is for the participants. The water stop supplies and food are for them, not you.
5. Sweat it! Spectating is fun! Wear a smile, clap those hands, and enjoy the experience.

KEY RESOURCES

Please visit the two links below for a map of the primary spectating locations and for directions between them.

[Course Map with Spectator Locations](#)

[Driving Directions for the Primary 3 Spectating Locations and Finish Line](#)



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St. Matthew's Church - Mile 1.1

Leaders: 8:05AM · Mid Pack: 8:11AM · Back of Pack: 8:17AM

Catch your runners just after the 1 mile mark to cheer them on as they make their way into the town of Voorheesville. Ample parking is available along the route in the St. Matthew's parking lot on Mountainview St.

Please note: this road will be shutdown from 7:50AM until 8:20AM. Arrive well before 7:50AM.



Water Stop #2 at Kenwood Ave Parking Lot - Mile 5.7

Leaders: 8:25AM · Mid Pack: 9:00AM · Back of Pack: 9:25AM

The water stop will be located along the parking lot, so we ask that you position yourself on the other side of the trail, behind the fence. Parking will be limited, so be prepared to find a spot on a nearby street. This location is a short 10-12 minute drive from St. Matthew's Church.

Please note: parking is not allowed at the Slingerlands Fire Department.



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Water Stop #3 at American Legion - Mile 8.1

Leaders: 8:40AM · Mid Pack: 9:25AM · Back of Pack: 10:00AM

Stop by the third and final suggested spectating location along the course before making your way to Jennings Landing. You will have direct access to high five your runners.

Optimal parking for this location is located behind businesses off Delaware Avenue, including 250 Delaware Avenue Delmar, NY 12054 (Community Care Physicians Internal Medicine).

Take note of the driving distances and times below to assist in your race morning logistics:

From	Distance	Time
Water Stop #2 (Spectator Location #2)	2.5 miles	7 minutes
New Scotland Town Park (Start Line)	6.6 miles	14 minutes
St. Matthew's Church (Spectator Location #1)	7.0 miles	15 minutes

We recommend your next viewing location be at the finish.

It is 5.9 miles (11 minutes) from this location to the Riverfront Garage.

It is then a 5 minute walk to the Spectator Viewing Zone #1 and Spectator Viewing Zone #2 by the finish.



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Spectator Viewing Zone #1 at the Beer Garden Viewing Area - Mile 12.8

Leaders: 9:00AM · Mid Pack: 10:05AM · Back of Pack: 11:25AM

Find yourself a parking spot at the Riverfront Garage (\$5) and walk the bridge across I-787 to see the thrilling finish on the Hudson! With just over a quarter mile to go, it sure gets exciting as runners go past the Beer Garden/Viewing Zone. Have your cowbells out and line the course to give them that extra oomph to make it home.

Spectator Viewing Zone #2 at Jennings Landing Amphitheater - Mile 13.1 - THE FINISH

From just past 9AM until 11:30AM, get crazy as your friends and family cross the finish line of the inaugural H2H!



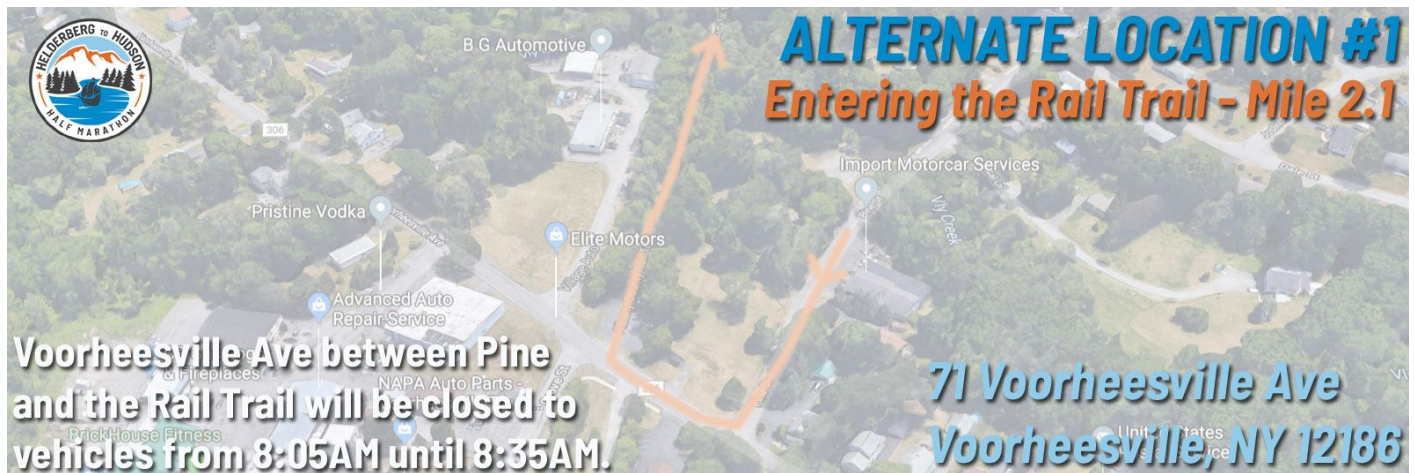
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ALTERNATE SPECTATOR LOCATIONS

Here's a list of some other locations you may want to cheer from. Please note the following:

1. **These locations have either highly limited parking or absolutely no parking.**
2. Spectating by bicycle is recommended to avoid parking issues, but please do **not** bike on the rail trail.
3. Race-related road closures may cause you significant delays in driving to and/or from these locations.
4. If desiring to use any of these locations, visit them in advance of race day to plan accordingly.



Entering the Rail Trail - Mile 2.1

71 Voorheesville Ave, Voorheesville, NY 12186

Leaders: 8:10AM · Mid Pack: 8:20AM · Back of Pack: 8:30AM

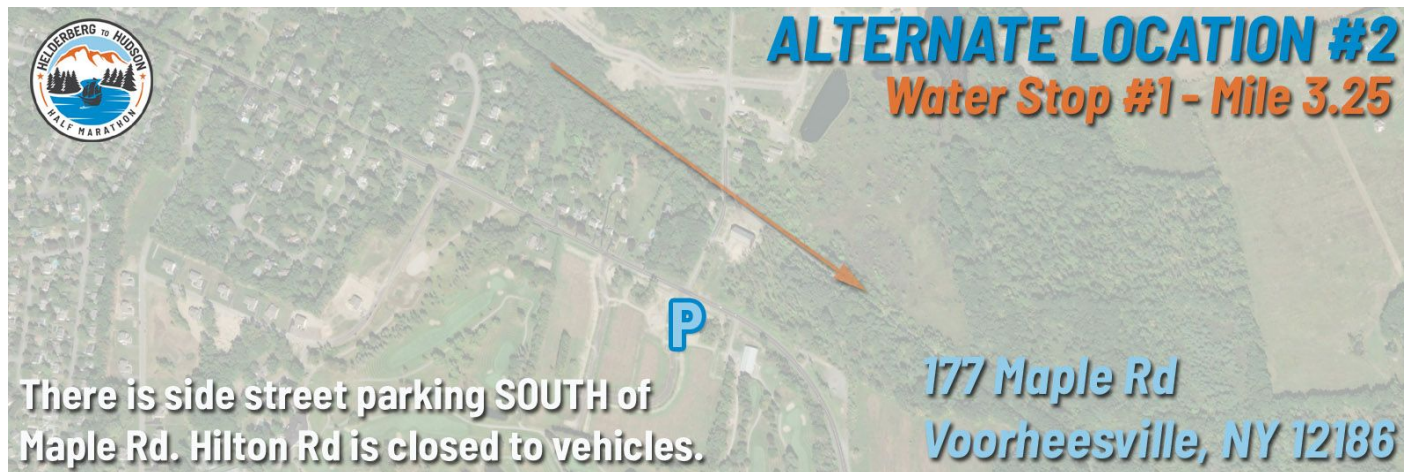
Parking is **very limited** at this location.

Runners begin their nearly 9 miles of uninterrupted scenic running by entering the newly established Albany County Helderberg-Hudson Rail Trail. Be aware that Pine St will be closed, as will Voorheesville Ave, along the race route. We recommend you find a spot north of the course and use Route 155 as your bypass when you want to leave. We do not recommend this location unless you are a local who knows the roads in this area.



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Water Stop #1 at Hilton Rd. Crossing - Mile 3.25

177 Maple Rd, Voorheesville, NY 12186

Leaders: 8:15AM · Mid Pack: 8:35AM · Back of Pack: 8:50AM

There is **no parking available on Hilton Rd.** You may only park on the side street south of Maple Rd (Route 85).

The first road crossing along the rail trail is the site of Water Stop #1 at the historic Hilton Barn.



90 Adams St - Mile 7.25

Leaders: 8:37AM · Mid Pack: 9:15AM · Back of Pack: 9:55AM

The fourth and final road crossing on the rail trail. This viewing location is a 12 minute drive from the start and about a 15 minute drive to the Riverfront Garage located near Jennings Landing. This spot has ample nearby parking and is easy to access.



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THANK YOU

We appreciate your support of our event. Your involvement will elevate the experience for the participants you know as well as for all others present. We look forward to a high-energy, motivating, and rewarding day.

With thanks,

The Helderberg to Hudson Half Marathon Production Team

