



2023

PARTICIPANT

HANDBOOK

☆ **THE 4th ANNUAL UPSTATE CLASSIC** ☆

SUNDAY, NOVEMBER 19, 2023

ALTAMONT FAIRGROUNDS, NY

Welcome to the 4th Annual Upstate Classic!

This event debuted in 2020 as both an opportunity to offer a welcoming, rural racing experience just outside of New York's Capital, as well as to fill the void of having had nearly all other races canceled. Staged from the vast grounds of the Altamont Fairgrounds, the venue provides a superb setting that naturally facilitates having ample space to maximize safety and also the infrastructure for an overall great experience.

The event has grown into a favorite of many, showcasing a unique and scenic area of our region, with sweeping views and lightly trafficked roads.

Upon reading this handbook you will be fully prepared to make the most of being part of the Upstate Classic!

Appreciatively,

Josh Merlis and the team at ARE Event Productions

TABLE OF CONTENTS

<i>Event Overview</i>	3	<i>Water Stops and Toilets</i>	8
<i>Event Schedule</i>	3	<i>At the Finish</i>	9
<i>Packet Pick-Up</i>	4	<i>Timing, Results, Awards</i>	9
<i>About Your Bib</i>	4	<i>Medical and Weather</i>	10
<i>Arriving at the Event</i>	5	<i>Event Cancellation Policy</i>	10
<i>The Course</i>	6	<i>Additional Resources</i>	10

EVENT OVERVIEW

The Upstate Classic offers Kids Races (½ Mile and 1 Mile), a 5K, and a Half Marathon (13.1M). All races are held on the same day, with the Kids Races at 8:30am, the 13.1M at 9:00am, and the 5K beginning 10 minutes later at 9:10am. The half marathon is a single loop around Guilderland, mostly on backroads, with sweeping views. The 5K is an “out-and-back” that uses the first 1.55M of the half marathon before turning around.

We hope that you enjoy the atmosphere of the event, including the music and announcing, along with the energy and general excitement that we collectively create. Spectating information can be found [here](#).

EVENT SCHEDULE



Wednesday, November 15, 2023

6pm: Injury Prevention Seminar with Dr. Tim Maggs ([1028 Broadway, Albany, NY 12204](#))

Friday, November 17, 2023

4pm to 6pm: Packet Pick-Up at ARE Event Productions ([1028 Broadway, Albany, NY 12204](#))

Saturday, November 18, 2023

There is no packet pick-up on Saturday, nor any other event activities.

Sunday, November 19, 2023

7:30am to 8:30am: Packet Pick-Up at the Altamont Fairgrounds ([129 A Grand St, Altmt, NY 12009](#))

8:30am: Kids Races Start

9:00am: 13.1M Start

9:10am: 5K Start

12:30pm: Entire Course Cut-Off (All event operations cease.)

PACKET PICK-UP (PPU)

At PPU, you will receive your bib, safety pins, and, *if you ordered any*, your merchandise item(s).

Date	Hours	Location
Fri, 11/17	4pm to 6pm	Albany (at the ARE Event Productions Office): 1028 Bdway, Albany, NY 12204
Sat, 11/18	There is no PPU on Saturday.	
Sun, 11/19	7:30am to 8:30am	Altamont Fairgrounds: 129 A Grand St, Altamont, NY 12009

RECEIVING YOUR ITEMS

You must know your bib number, which you can [find here](#). If someone else is picking up your items, please forward them your confirmation email that shows your bib number.

If you do not attend the event, your items are **not** shipped to you. You **MUST** get them from PPU.

Items not picked up by 8:30am on Sunday, 11/19, will be made available to those looking to exchange sizes/items.

ABOUT YOUR BIB

1. The bib must be worn on your front, outermost layer, and be visible throughout the event.
2. The back has a thin sticker on it. This is your timing strip. Please do not bend nor modify it.
3. Do **not** reproduce your bib nor enable anyone else to do so.
4. **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.
5. All who registered by November 5th have their bib customized (if they provided text [ie. name] for it).



ARRIVING AT THE EVENT

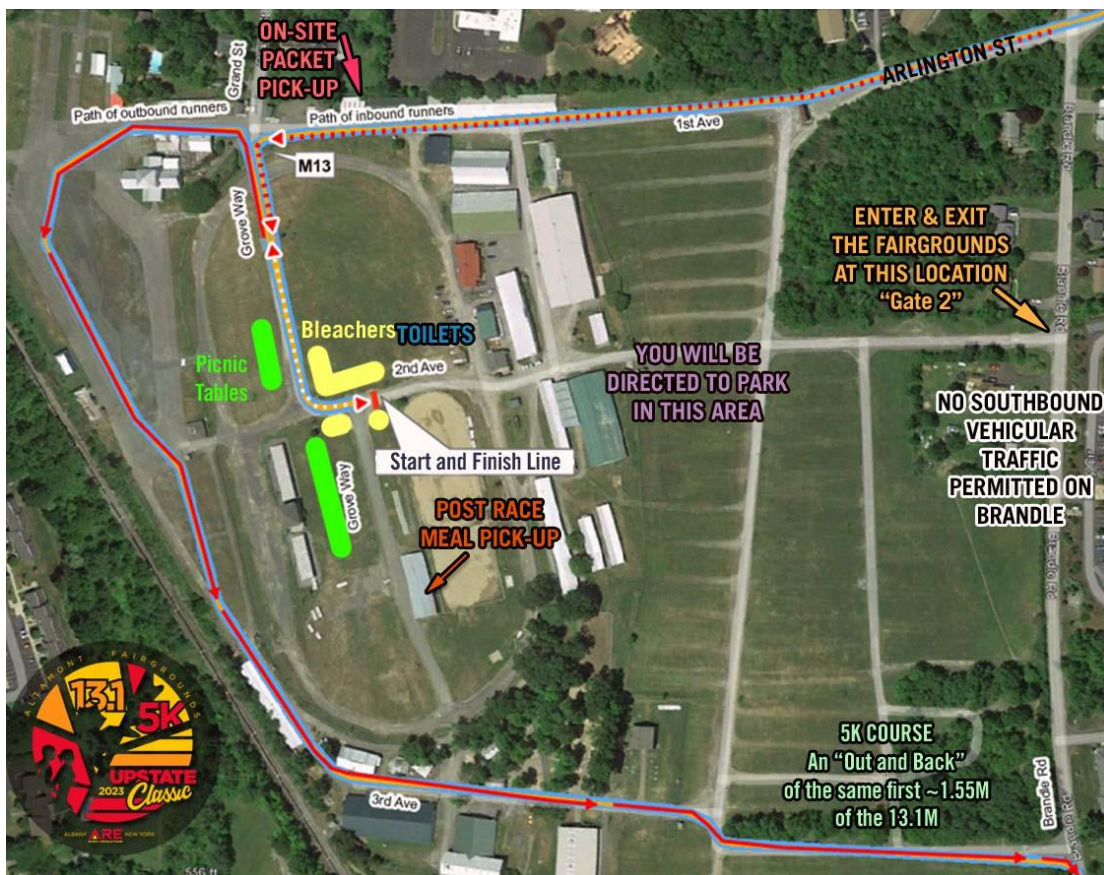
Aim* to arrive by 8:15am. If you need to get your packet on race morning, give yourself an extra 15 minutes.

**Kids race participants should be on-site by 8am.*

Key locations to note:

1. On-site Packet Pick-up (near the top center of the map)
2. Where to drive into the fairgrounds (near the right-center of the map at "Gate 2")
3. Toilets (near the Start and Finish Line towards the center of the map)
4. Post Race Meal Pick-up (just below the Start and Finish Line)

Water is also available here.



THERE IS NO GEAR (BAG) CHECK

If you have additional layers of clothes or other items that you don't want to run the race with, either plan to leave them in your car or have someone with you that you can give them to.

THE COURSE

COURSE MAPS - <http://www.upstateclassic.com/#coursesxt>



What you need to know about the courses:

- Both races start and finish in the exact same location in the center of the Altamont Fairgrounds.
- The 13.1M course is **USATF certified (NY20006JG)**.
- The 5K is an out & back on Brandle Road, using the first 1.55M of the 13.1M.
- The event does cross railroad tracks. These tracks are inactive on weekends.

Course Safety and Directional Information:

- The course is open to traffic.
- When a shoulder is present, you are to run in the shoulder.
- When a shoulder is not present, you are to run on the white line, staying to the side of the road.
- The course will primarily be marked with cones.
- Volunteers, Police, and EMS will be present on the route.

COURSE CUT-OFF

1. The 5K does not have a cut-off time, but if you expect to take longer than 50 minutes, please make us aware at Packet Pick-up.
2. There is an entire event cut-off of 12:30pm. (3:30 running time for the 13.1M.)

RUNNING ETIQUETTE

For the first 1.5M of both races, you have the width of the southbound lane to run (running “with” traffic, but no traffic is expected), but please stay to your right. For the 5K, At 1.55M you will turn around and run in the northbound lane to loop back on the course.

In the 13.1M, at near 2 miles, the course turns LEFT onto Route 156 and becomes essentially single-file in the coned off narrow shoulder on that main road. You will run facing traffic. At approximately 5.5 miles, the course returns to rural backroads where you are to still stay to your left, but have a little more room to spread out. The last 2 miles of the 13.1M are run on Route 146 in the coned off shoulder.

HEADPHONE USAGE

It is strongly recommended that you do **not** run with headphones nor any type of sound listening device. If you must, only utilize a headphone in a single ear, and keep the volume low so that you can remain fully alert to the sound/instruction of other runners, event staff, and vehicles.



WATER STOPS AND ON-COURSE TOILETS

We strongly encourage you to provide your own water containing device. (ie. Bottle, hydration pack, etc.)

Yes, we will have cups for you if needed, but for the sake of reducing litter and waste, we discourage your reliance on them. These stations will all provide water - any additional items/nutrition you must provide yourself. You are permitted to receive support from your friends/family. (There is no on-course water provided for the 5K.)

There are 4 water refill stations on the 13.1 course. These refill stations will **not** have any other supplies; you must carry any additional supplements, (ie. nutrition) you may need.

TOILETS

There are portable toilets available at every water refill location.

#	Distance	Gap	Location
1	3.2	3.2	156 and Gardner
2	6.2	3.0	Hennessey just south of RR tracks
3	8.7	2.5	Depot and Alexander
4	11.1	2.4	Hawes and 146



Participants are permitted to receive aid (ie. water, nutrition, etc.) from spectators.



THE FINISH - The Feeling of Achievement!

1. Feel the satisfaction and allow yourself to be thankful for what you've accomplished!
2. Half Marathoners receive a finisher's medal. (There is not a medal for the 5K.)
3. Head 50 yards south of the finish line to the pavilion to pick up your post race meal.

Offerings included boxed lunches containing TURKEY | HAM | VEGETARIAN | VEGAN | GLUTEN FREE options.

4. Check out your [results](#) on your phone (they will be streaming live; we will not be printing them on-site).

If you placed in the top 3 in your division, head to the Results Tent to claim your award. (Must be picked up on-site.)

5. Enjoy the atmosphere as we keep the energy going for all of our runners.

TIMING AND RESULTS - LIVE RESULTS AT UpstateClassic.com/results

- ARE Event Productions is fully directing, producing, and timing the event.
- Live splits for the 13.1M will be provided at WS #2 (6.3M) and WS #4 (11.15M)
- All placings and data based on NET time (except for the overall winners, which are based on GUN time).
- NET time refers to how long it takes each participant to run the course with their time not starting **until** they cross the start line. GUN time refers to one's time from when the air horn blows to start everyone.

MEDALS & AWARDS

Medals are given to all finishers in the 13.1M

The first 3 male & female finishers in each race (GUN time basis) place in their age group and, as a top 3 finisher, also receive complimentary entry to any AREEP-owned event of their choosing in 2024. Age groups are based on NET time and award the Top 3 M/F in each age category listed below.

5K and 13.1M Age Groups: 10 year age groups (14-u,15-19/10 year groups/80+)

The awards include your choice of merchandise items or a \$10 gift certificate to ZippyReg.

You must claim your award **on-site** at the results tent near the finish line.

Awards are not mailed.



MEDICAL

We are working in partnership with the Town of Guilderland EMS to ensure and attend to your safety.

RACE DAY WEATHER

The forecast as of November 14:

Sun, 11/19: 37° at 9:00am (13.1M Start) with some clouds, going up to 40° at 12pm. Winds between 7 and 10 MPH.

EVENT CANCELLATION POLICY

We promise to continue to make every effort to offer you a safe and exciting event. It will be held rain, snow, or shine. It is possible that the event may need to be further modified or canceled due to the impact of COVID-19 or significantly inclement weather and/or temperature, or some other unforeseen reason. In the event of a modification *while the race is in progress*, we will alert our water station captains who will inform you as you reach a water stop. We will also update our Social Media channels and website. Ultimately any decision to modify the event will be made in concert with police, fire & rescue, and medical personnel as appropriate.

You can view our policies concerning event cancellation in the [FAQ on the event website](#).

ADDITIONAL RESOURCES

Your best resource for staying connected is the event website at www.UpstateClassic.com. Any vital race week items are posted at the top of the website. We also encourage you to [follow us on Facebook](#). If you have a question or concern that is not addressed on the event website, email us at director@upstateclassic.com.

