



# PARTICIPANT HANDBOOK

SATURDAY, MARCH 13, 2021

MOHAWK HARBOR, SCHENECTADY, NY

PRODUCED BY

**ARE**  
EVENT PRODUCTIONS

# ★ **THE INAUGURAL ELECTRIC CITY 5 MILER** ★

**SATURDAY, MARCH 13, 2021**

**SCHENECTADY, NY**

## **RACING SAFELY**

**ARE EVENT PRODUCTIONS IS COMMITTED TO PRODUCING SAFE LIVE RACING EVENTS.** This is made possible through considerable modifications and meticulous planning in redesigning the event experience to be compliant with all CDC and NYS Guidelines and Requirements. These enhancements maximize the utilization of space at event venues to foster social distancing, significantly stagger the start, and also reduce the number of touchpoints at the event, along with numerous other experiential changes.

These methods were developed and implemented in 2020 at nearly a dozen live events, all of which were held without issue. Those races exceeded 2,000 attendees, many of whom are attending this event. We are indebted to you, our participants, who trusted in us and helped us prove that it is possible to create an environment conducive to safe racing.

This handbook provides a complete overview of how the event will be deployed. Please read it fully and remind friends and family participating with you to do the same. We look forward to enjoying a safe and inspiring day with you!

**YOU ARE REQUIRED TO HAVE A MASK WITH YOU AT ALL TIMES AT THE EVENT**  
**IT MUST BE COVERING YOUR MOUTH AND NOSE AT PACKET PICK-UP, THE RESTROOM, THE START, WATER REFILL, RECEIVING YOUR MEAL & WHEN UNABLE TO SOCIALLY DISTANCE, INCLUDING ON THE COURSE**

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## EVENT OVERVIEW

The Electric City 5 Miler is a new event created by ARE Event Productions. It starts and finishes at Mohawk Harbor in Schenectady, and offers a loop course that also runs through East Glenville and Scotia. The race begins at 9:30AM with up to 6 runners starting every 10 seconds. It will take approximately 20 minutes to start everyone. Complete details about how the race will start and your exact start time are in this handbook.

The significant spacing of the start will enable us to provide for a race with built-in social distancing. You'll still be able to enjoy the music, energy, and atmosphere that collectively make race day so special. Remember that you do need your mask with you at all times, and it must be used whenever not socially distanced from others. We hope that your experience at the event has you smiling underneath it, thankful for the opportunity to race.

Virtual race information and spectating information can be found at [www.ElectricCity5M.com](http://www.ElectricCity5M.com).

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## EVENT SCHEDULE

### Thursday, March 11, 2021

4PM to 7PM: Packet Pick-Up at ARE Event Productions ([21A Railroad Ave, Albany, NY 12205](#))

### Friday, March 12, 2021

5PM to 7PM: Packet Pick-Up at Druthers at Mohawk Harbor ([221 Harborside Dr, Schenectady, NY 12305](#))

### Saturday, March 13, 2021

8AM to 9:15AM: Packet Pick-Up\* at Druthers at Mohawk Harbor ([221 Harborside Dr, Schenectady, NY 12305](#))

*\*We respectfully request that you do your best to retrieve your packet before race day. Others can pick it up for you.*

### [Look-up your Start Time/Position Here](#)

*\* You must be in the staging area 4 minutes prior to the start of your group. \**

9:30AM: Race Start (Beginning with Group 1)

9:50AM: Final Starters (Group 11)

9:55AM: First Finisher expected

11:05AM: Course Cut-Off/Time Limit

## PACKET PICK-UP (PPU)

At PPU, you will receive an envelope with your bib, safety pins, commemorative shirt, and keychain.

### **\* PLEASE GET YOUR PACKET BEFORE RACE DAY \***

*While we are offering a race day pick-up option, we are only doing so as a **last resort** for anyone with absolutely no other viable option to get their packet. Please get it before race day. Yes, you can send someone else.*

Date	Hours	Location
Thur, 3/11	4PM to 7PM	<a href="#">ARE Event Productions Office</a> - <a href="#">21A Railroad Ave, Albany, NY 12205</a>
Fri, 3/12	5PM to 7PM	<a href="#">Druthers at Mohawk Harbor</a> - <a href="#">221 Harborside Dr, Schenectady, NY 12305</a>
Sat, 3/13	8AM to 9:15AM	<a href="#">Druthers at Mohawk Harbor</a> - <a href="#">221 Harborside Dr, Schenectady, NY 12305</a>

## RECEIVING YOUR ITEMS

**You must have a mask on, covering your nose and mouth.**

**You must know your bib number, which you can [find here](#).** Your items will be pre-stuffed into an envelope. If someone else is picking up your items, please forward them your confirmation email that shows your bib number.

## PLEASE NOTE

1. If picking up on race day (respectfully discouraged), aim to retrieve your packet at least 30 minutes prior to your scheduled staging area report time. There is absolutely NO pick-up available after 9:15AM on race day.
2. If you do not attend the event, your items are **not** shipped to you. You **MUST** get them from PPU.

## EVENT SPONSORS

*As companies committed to supporting racing events in the Capital District, we encourage you to consider the following businesses if they suit your needs.*



*Viewing this on a device? Click a logo to visit the website.*

## ABOUT YOUR BIB



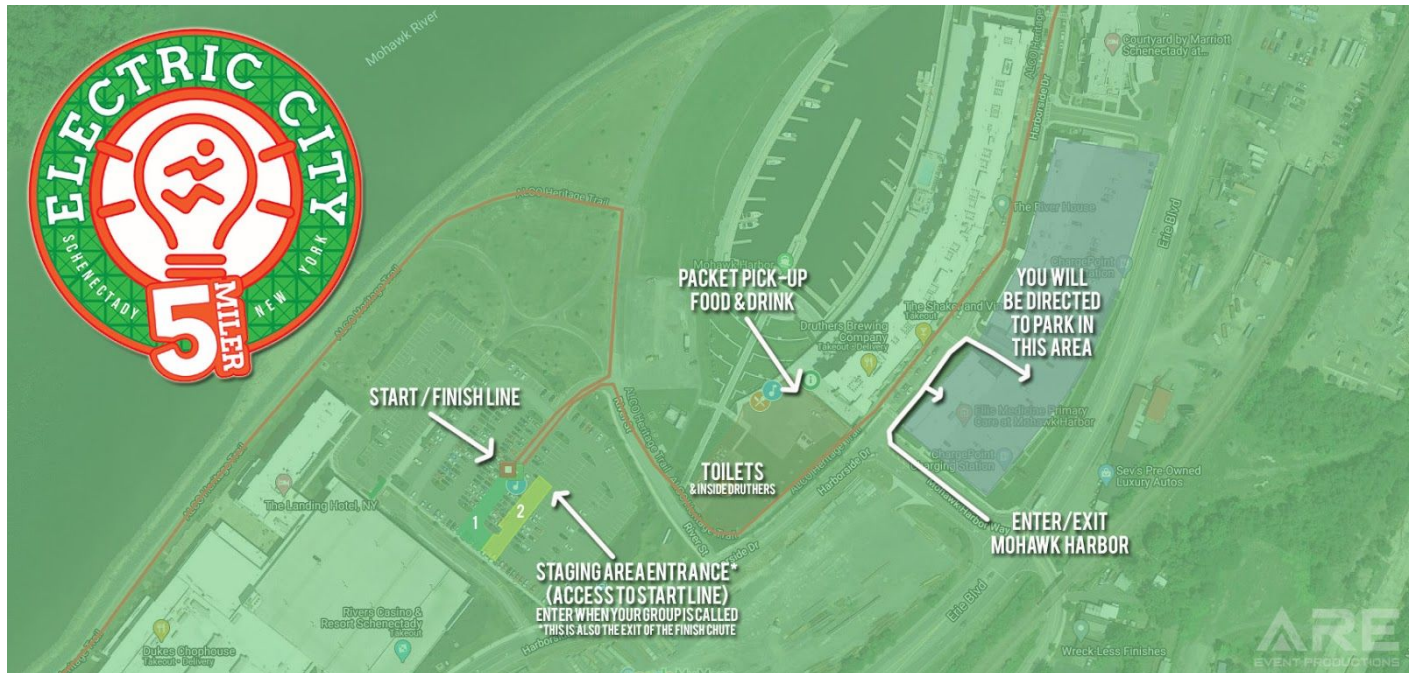
1. This bib must be worn on your front, outermost layer, and be visible throughout the event.
2. At the top right, it indicates both your GROUP and your START POSITION.
3. Your GROUP refers to when you will be called to the staging area. (Each group is individually called to the staging area every 2 minutes, and then started in groups of 6 every 10 seconds. This is described later in this handbook.) You may **not** change groups. You may **not** change positions. There are **no** exceptions.
4. The back has a thin sticker on it. This is your timing strip. Please do not bend nor modify it.
5. Those who registered on or before March 1 also have their first name appearing underneath the bib number.
6. There is a lower section of the bib (not pictured above) with pull tags for your free meal and free beer (21+).  
*The meal ticket must be used at the event for the boxed lunch. Due to NYSLA restrictions that remain in effect due to COVID-19, the usage of the beer ticket requires being a patron of the restaurant and purchasing food. The beer ticket is valid through 8/31/2021 at any [Druthers location](#).*
7. Do **not** reproduce your bib nor enable anyone else to do so.
8. **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.



## ARRIVING AT THE EVENT

Arrive between 35 and 65 minutes prior to your group's **staging** time, with the following conditions:

1. Do not arrive after 9AM.
2. If you need to get your packet on race morning (respectfully discouraged) - give yourself an extra 15 minutes.



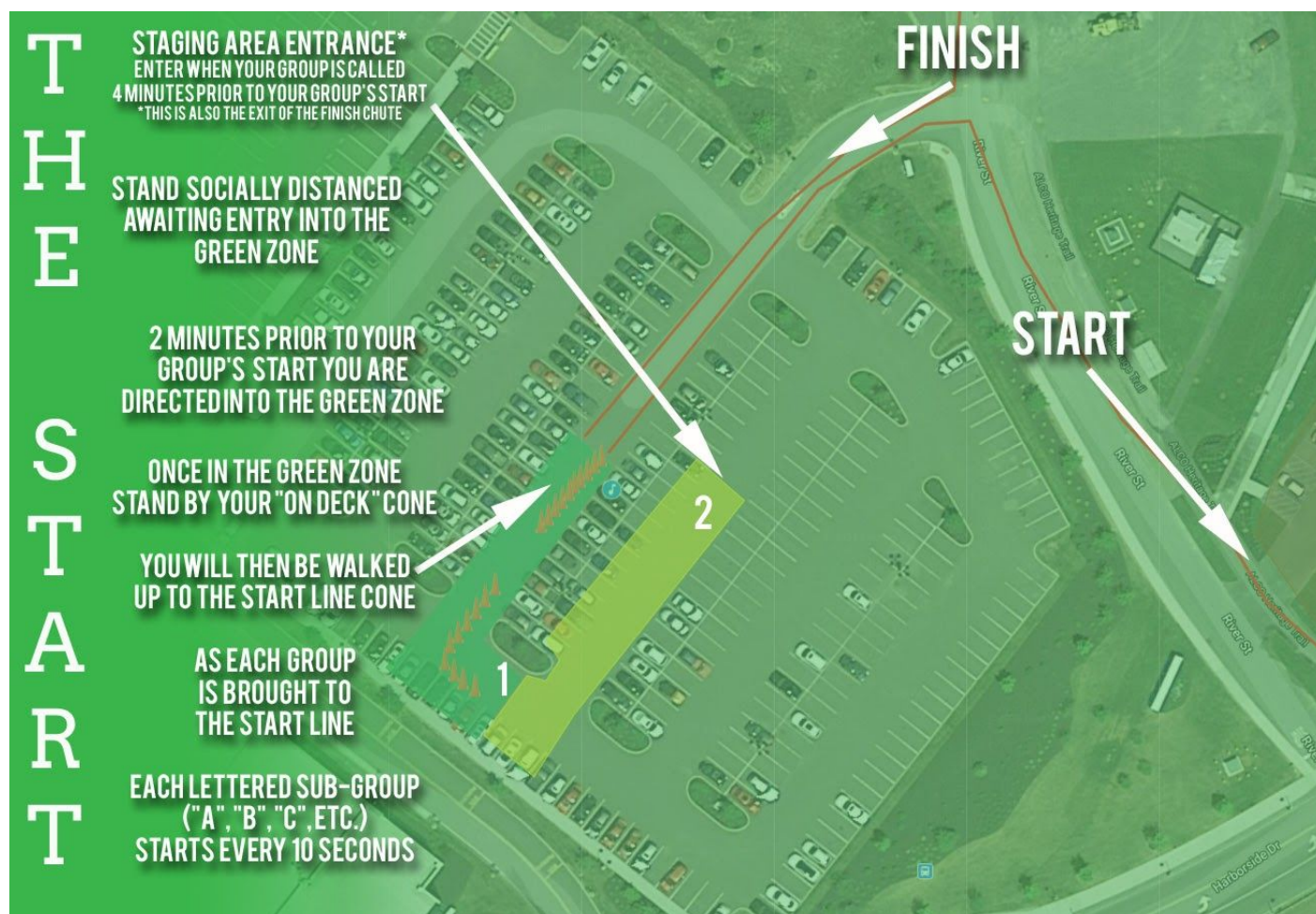
*This schematic is further explained later in this handbook.*

### **Need water or the bathroom?**

You must have a water bottle with you and bring your own water. Water refill will be available near the pavilion with the post race meal. There are portable toilets available as shown above and also bathrooms available inside of Druthers Brewing Company, which is the building immediately adjacent to the outdoor packet pick-up.

## THE START - YOU MUST BE MASKED IN THE ENTIRE START AREA

4 minutes prior to your group's start time, you are to enter the staging area. It has an arch across its entrance that says "Staging Area" and also a yellow flag. 2 minutes later, you will be directed into the green zone (the next group then enters the yellow zone). You should then stand by the cone corresponding to the start position letter on your bib. Roughly 1 minute before your start, an event staff member will then walk your group up to the cones by the start line.



## THE CONES AT THE START LINE

When you are headed to your cone, you will notice that there are 6 lanes. You can choose the lane you desire among the other (up to) 5 participants who are starting at the same exact time as you. **Every 10 seconds we start another group of (up to) 6 runners, and then everyone standing next to a cone proceeds one cone forward.**

*The next page has a link you can click to check your specific start group and start time information.*

## STAGING AREA ENTRY TIMES BASED UPON GROUP

**KNOW THE TIME AT WHICH YOU ARE TO ENTER THE STAGING AREA**

**[YOU CAN LOOK IT UP HERE](#)**

**Your start assignment cannot be changed.**

GROUP	ENTER STAGING AREA	START TIME OF POSITION A
1	9:26:00	9:30:00
2	9:28:00	9:32:00
3	9:30:00	9:34:00
4	9:32:00	9:36:00
5	9:34:00	9:38:00
6	9:36:00	9:40:00
7	9:38:00	9:42:00
8	9:40:00	9:44:00
9	9:42:00	9:46:00
10	9:44:00	9:48:00
11	9:46:00	9:50:00

### THERE IS NO GEAR (BAG) CHECK

If you have additional layers of clothes or other items that you don't want to participate with, either plan to leave them in your car at least 5 minutes in advance of when you need to enter the staging area or have someone with you that you can hand them to before you enter the staging area. Once you enter the staging area 4 minutes prior to your group's start, you may only have with you what you will be wearing/need for the race.



# THE COURSE

**[COURSE MAP](#)** (Elevation information is also available at this link.)



## Course Safety and General Information:

- The entire route is marked by cones.
- Volunteers will be at all intersections, with police also present at key locations.
- The course is run on three primary surfaces:
  - Bike/foot paths (no vehicles allowed)
  - Sidewalks (no vehicles allowed)
  - Roads open to traffic (with either a lane or shoulder coned off for participants)
- 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 is generally flat with just a few relatively short inclines and declines.

## COURSE CUT-OFF

You must maintain a pace of 15:00 minutes per mile and finish by 11:05AM. This is effective with the time of the final starter, which will be at 9:50AM. Road conditions must be returned to non-race status based upon that rolling timeline. If you fall behind pace based upon your location when approached by either event staff or police, you may be asked to take a short-cut back or offered a (masked) ride to the finish. Please respect the instructions of event staff and police.

## ADDITIONAL COURSE INFORMATION & RUNNING ETIQUETTE

**You must have your mask on at the start line.** After you start, you may lower your mask. It may remain lowered except for when passing/being passed when social distancing is not possible.

The highly staggered start is required to be compliant with CDC and NYS Guidelines and Regulations *but also* therefore leads to a race that will be run essentially single-file. As such, decisions have been made regarding the course and we respectfully ask that you make **every effort to run single-file**. Portions of the race take place on open roads (facing traffic, within a cone line) that require you to run inside the shoulder or against the curb. Please do so.

There is construction occurring near the 4 mile mark of the course, which is on the bike path in Riverside Park. Please be aware that the footing may be “tricky” in this section (ie. clumps of mud/wet) from the construction equipment. We are doing our best to work with Schenectady on addressing this but cannot guarantee perfect footing in that section.

Both river crossings will have you running on the wide sidewalks on the bridges that cross the Mohawk.

**Be respectful of others when passing.** If space permits, move as wide as you can to maximize the distance between you as you pass. Your compliance is what is making races possible right now.

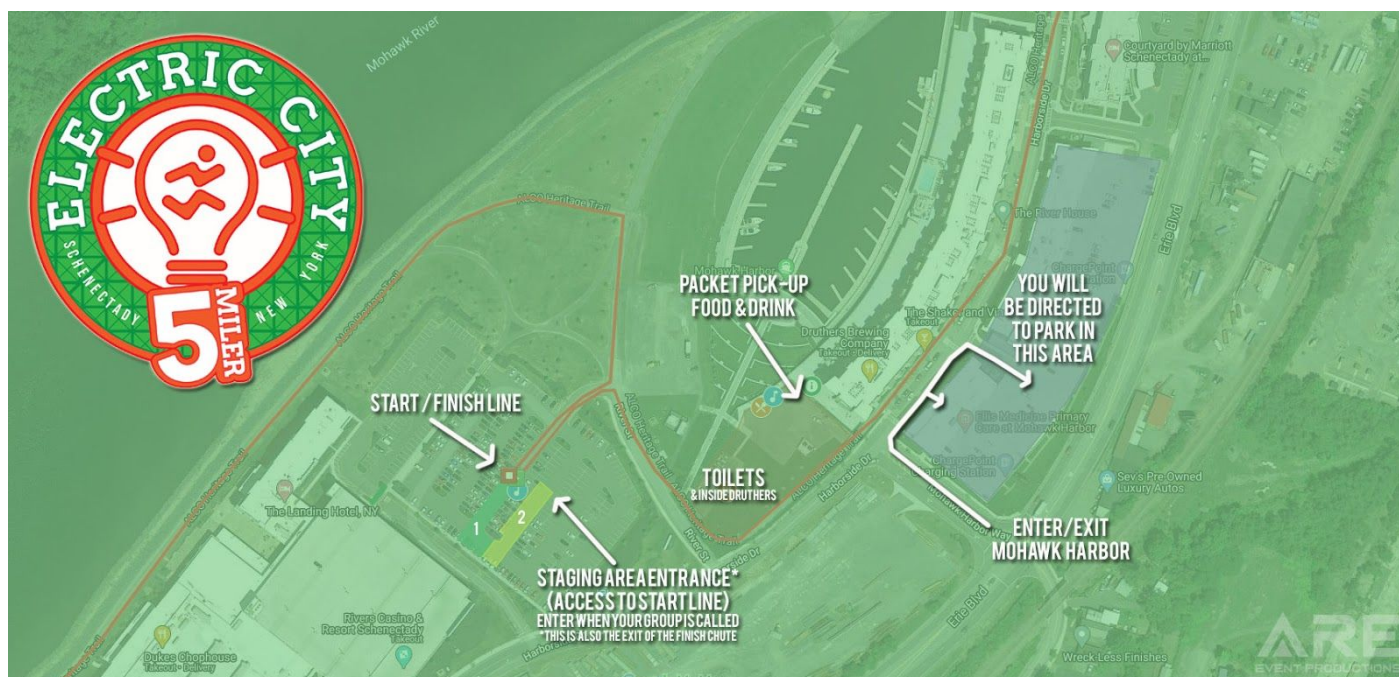
## HEADPHONE USAGE

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.

## ON-COURSE WATER & TOILETS

There are no water stops or toilets provided on the course. If you desire to have water or other supplements during the race, you must carry it with you. There are toilets available before and after the race near and in Druthers.

## THE FINISH



*This same image appears earlier in this handbook.*

### Upon finishing:

1. What a rush! Congratulations! You ran a live road race!
2. Catch your breath in the finish chute, but then please keep moving through it to exit the chute.
3. Use your meal ticket outside Druthers to get your complimentary lunch. In-restaurant dining (with purchase of a meal - a requirement of the NYSLA) allows for the usage of the free beer ticket (valid through 8/31/2021).
4. Relax at a spaced out picnic table or elsewhere in socially distanced fashion throughout the venue.
5. Check out your [results](#) on your phone (they will be streaming live; we will not be printing them on-site).
6. Enjoy the atmosphere from a safe distance as we keep the energy going for all of our participants.

## TIMING AND RESULTS

- ARE Event Productions is fully directing, producing, and timing the event.
- Live results will be available at <http://electriccity5m.com>
- The results will include a live timing split at the halfway point of the course.
- All placings and data are based on NET time (from the time *you* start to the time *you* finish).

## AWARDS

All finishers receive a keychain keepsake. There are no age group awards. The results (sorted by NET time) will still allow for you to see your placing within customary 5 year age groups. Due to the staggered start, placings will not be final until everyone has finished. The top 3 male and female finishers will be granted complimentary entry for the 2021 event.

## MEDICAL

**The event is being conducted in compliance with all CDC and NYS Guidelines and Recommendations to prevent the spread of COVID-19. If you are feeling ill or have been exposed to someone in the past 14 days who has tested positive, do not attend the event. Additionally, your presence is only permitted if you have the legal right to be present in a public setting in NY.**

We are working with Schenectady County, Schenectady, Glenville, and Scotia to ensure and attend to your safety.

## RACE DAY WEATHER - [CLICK TO VIEW THE LATEST FORECAST FOR RACE DAY](#)

The past three years have looked like this (at 10AM):

2020 - 46°, light rain, 12 MPH wind

2019 - 38°, clear skies, 3 MPH wind

2018 - 32°, light snow, 3 MPH wind

The forecast for race day (as of 3/4) calls for a cloudy day in the low 40s with light winds.




## 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 course marshals who will inform you as you reach them. 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.

## ADDITIONAL RESOURCES


Your best resource for staying connected is the event website at [www.electriccity5m.com](http://www.electriccity5m.com). Any vital items race week will be 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 [events@areep.com](mailto:events@areep.com).




**ARE**  
EVENT PRODUCTIONS

**SUPPORT THE SPORT RACING WITH AREEP**

**ARE Event Productions is thrilled to have its debut Electric City 5 Miler as the kick-off race to the 2021 USATF Grand Prix Series**



**USATF**  
ADIRONDACK



**Be part of the year round action by joining at [USATF.org](http://USATF.org)**

**Get for more Grand Prix action at these AREEP timed events:**

**Sat, 3.27 - Schenectady Firefighters' Run 4 Your Life 5K**

**Sat, 6.5 - LifeSong 5K**

**[WWW.AREEP.COM](http://WWW.AREEP.COM)**