

Dear Racers,

It's officially Spring and time to kick-off the Racevermont.com 2011 Race Series with the **Spring Fling 5K/10K this Saturday, March 26, 2011 at 9:00am.**

Pre-race Packet Pickup: This year, for all of our races, racers will be able to pick up their numbers and other relevant items at Fleet Feet Sports in Essex Junction, VT the day before the race. Fleet Feet Sports is located at 76 Pearl Street (across the street from the Champlain Valley Fairgrounds) and hours of pickup for this particular race will be **Friday, from noon until 6:30 pm.** You may pick up your own packet as well as that of friends as long as your friend doesn't need to sign a waiver or HIPAA form. Those who pick up their packet the day before the race do not need to arrive until just prior to the Pre-Race meeting. For those wishing to pick up their packets on race day, please arrive as early as you are able.

The Course: Both the 5K and 10K are out-and-back courses running along Harbor Rd in Shelburne, Vermont.

5K- The start line is in front of Shelburne Health & Fitness (5K/10K start together). The course is flat up to mile 1.2 then a gradual up hill to mile 1.55. From the turnaround at 1.55 the course is downhill to flat back to the finish line at SH&F. The Water Station for the 5K will be at the finish. The Epic hydration team will be handing out product sticks and a bottle of Dasani water provided by Coca Cola.

10K- The start line is in front of Shelburne Health & Fitness (5K/10K start together). The course is the same as the 5k but you keep going past the 5K Turnaround. There are two fairly steep hills on the course beyond the 5K Turnaround and plenty of flat and downhill grades. There is a Water Station at the 10K Turnaround equipped with Epic hydration and water.

Timeline:

7:45-8:40 am- Race parking and registration

8:45am- Pre-race Meeting

9:00am- Race Start.

9:18am- Approx. time of 5K finisher. Post-race food and massage begin.

9:32am- Approx. time of 10K finisher

10:15am- Awards

Post- Race Refreshments: fruit provided by Shelburne Supermarket, healthy muffins by Lisa's Field House Café, water by Coca-Cola, and Epic hydration by Epic.

Lisa's Field House Cafe is now located in the same building as Shelburne Health & Fitness. The café serves sandwiches, soups, smoothies, salads, baked goods and more (most made to order so it's incredibly fresh)!! You might want to bring a credit card or cash to purchase food and refreshments for after the race or for your ride home.

Some important notes about race day and the race:

- Due to the large number of racers already registered for this race, parking will be at a premium. Please carpool if necessary and consider parking at the Shelburne Town Hall, or the Shelburne Train Station if parking is full at The Field House.
- Do NOT park along Athletic Drive. Parked cars pose an incredible hazard to racers on this road.
- **Race numbers MUST BE VISIBLE TO THE TIMING TEAM WHEN APPROACHING THE FINISH LINE. If your number is not visible, you may not receive a time for your run.**

Thank you for supporting the Racevermont.com 2011 Race Series . The great success of the Racevermont.com Race Series is due to your continued participation and to the volunteers who help support Racevermont.com and all of our racers throughout the year. We all look forward to seeing you many times during the 2011 race season.

Be well,

Rayne Herzog
Race Director