

Dear Racer,

Thank you for registering for the **Shelburne Farms 5K, October 2, 2011**. There is not a prettier run anywhere in Vermont than this gallop along the **dirt roads and fields** of the historical Shelburne Farms, Shelburne, Vermont. The course passes the legendary Shelburne Inn and dairy barns as well as some breathtaking views of Lake Champlain and the Adirondack Mountains of New York State. This is the most beautiful course you will ever run!! **Please note that the course has changed for this year. Portions of the race are now off-road on either a grass or gravel path. The new race map is available online.**

**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 **Saturday, October 1 from noon until 4:00 pm.** You are welcome to pick up a packet for a friend or family member as long as that person does not have to sign a waiver. 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.

I want to give you a brief overview of the day so you can feel at home when you arrive at Shelburne Farms located off Harbor Rd. Shelburne, Vermont. Here is a breakdown of our day together:

**7:30 AM-** Check-in Begins at the Coach Barn  
**8:15 AM-** Check-in Ends  
**8:15 AM-** Pre-Race meeting  
**8:30 AM-** Race Start  
**8:48 AM-** First Finisher  
**9:15 AM-** Last Finisher  
**9:35 AM-** Awards

No pets are allowed on the grounds of Shelburne Farms.

Please observe the 25 mph speed limit while visiting Shelburne Farms.

**Many thanks to all the volunteers and sponsors (Shelburne Farms, Fleet Feet of Burlington, Shelburne Health & Fitness, Coca Cola, Vermont Teddy Bear, Shelburne Supermarket, Saucony, Shelburne Vineyards, Epic Hydration, and Team in Training, LifeTrak Personal Training) who make this race possible!!**

I look forward to seeing you on **Sunday, October 2, 2011**.

Be well,

Rayne Herzog  
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