



Dear Racer,

Congratulations on successfully registering and training for the **Vermont Senior Games 5K/10K State championships and qualifier on Saturday, June 9, 2012.**

Pre-race Packet Pickup: As for all of our races, pre-registered 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 a friend as long as your friend doesn't need 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 scheduled for 9:45 am on Saturday. For those wishing to pick up their packets at Shelburne Health and Fitness, on race day, please arrive as early as you are able. Race-day check in will begin at 9:15 am on Saturday.

The Course: Both the 5K and 10K are out-and-back courses running along Harbor Road to the Ti Path and the Shelburne Bay Path and back in Shelburne, Vermont.

5K- The start line is in front of Shelburne Health & Fitness (5K/10K start together). The course is relatively flat and goes from SH&F, up Harbor Road to the Ti Path. Follow the Ti Path to the 5K turnaround and return back to SH&F. The Water Station for the 5K will be at the finish providing water and Epic hydration.

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 up across Bay Road onto the Shelburne Bay Path. This path is somewhat hilly. There is a Water Station at the 10K turnaround equipped with Epic hydration and water.

Awards

Awards Medals will be given to the 1st, 2nd, 3rd, and 4th place winners within each 5-year age group by gender. Medals will be awarded to 1st, 2nd and 3rd place winners.

National Senior Olympic Games Rules & Regulations **Qualifying Rules**

1. All first-, second-, third- and fourth-place winners **OR** athletes meeting this sport's NSGA minimum performance standards in competition at any 2012 NSGA qualifying games will qualify for the 2013 Cleveland Summer National Senior Games.

Entry Regulations

1. Athletes may enter only the event(s) in which he/she has qualified.
2. Individuals who want to qualify in the 5K and 10K Road Race must run the events separately. You cannot use your 5K split time from a 10K race to qualify for the 5K.

Format

1. In the 5K and the 10K all age divisions will run simultaneously.
2. Awards at the National Senior Games will be presented for 1st through 8th place for each event within each age division.

Sport Rules

1. All road race events will be conducted in accordance with USA Track & Field rules, except as modified herein. For a copy of these, rules please write or call:

USA Track & Field
132 East Washington St., Suite 800
Indianapolis, IN 46204
(317) 261-0500
www.usatf.org

ROAD RACE MINIMUM PERFORMANCE STANDARDS

Men	5K	10K	Women	5K	10K
50-54	19:10	43:30	50-54	24:25	54:47
55-59	19:23	45:06	55-59	26:50	56:46
60-64	20:02	46:29	60-64	27:21	59:05
65-69	22:07	49:45	65-69	28:09	59:33
70-74	23:42	53:22	70-74	33:20	1:10:40
75-79	29:10	1:02:24	75-79	37:50	1:40:00
80-84	35:58	1:27:18	80-84	46:58	1:50:00
85-89	43:30	1:45:20	85-89	53:50	1:50:00
90+	43:30	1:45:20	90+	57:30	1:50:00

MINIMUMS ARE BASED ON PREVIOUS NSGA RESULTS

(Shaded items indicate revised standards from the 2011 Summer National Senior Games)

VSGA State Championship and qualifying Race Day Timetable:

Race Day Timeline:

9:15 – 9:40 am- Race parking and bib pick-up

9:45 am- Pre-race Meeting

10:00 am- Race Start.

10:18 am- Approx. time of 5K finisher. Post-race refreshments begins.

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

11:30 am- Awards

Post- Race Refreshments: Water, fruit and bagels provided by Shelburne Supermarket, Ferrisburgh Bake Shop & Deli, Coca-Cola, and Epic.

Some important notes about race day and the race:

- Parking will be available at The Field House; however, **there will be a 5K/10K finishing up as you arrive, so please be follow instructions from road marshals and be very careful of runners who are entering the parking lot.**
- The use of personal music devices is strongly discouraged at this race. To enjoy all that our race has to offer and for the safety of all participants, Racevermont.com encourages a headphone-free environment during the running of The Shelburne 5K/10K. If you do choose to use a music device, **PLEASE REMOVE YOUR EARPHONES/EAR BUDS PRIOR TO ENTERING ATHLETIC DRIVE FOR YOUR APPROACH TO THE FINISH LINE.** Not only do we want you to hear traffic that may be headed your way, but the timing team may need to get your attention.
- Racevermont.com has no objection to and does not discourage the safe and prudent use of strollers or baby joggers during our races. Stroller or baby joggers or similar devices should be started in the back of the runners and walkers.
- Racers must be courteous to other racers, volunteers, race officials, spectators at all times.
- Racers must adhere to/abide by instructions, warnings, course signs from race director, race officials, volunteers, police, state and local traffic laws.
- The 5K and the 10K races will run simultaneously. All ages and genders will start at the same time.
- Please stay right on Harbor Road going out, and left when returning. On the Ti Path and Shelburne Bay Paths stay right going and right returning.
- All athletes must clearly display their bib #'s on the front of their body throughout the course
- **Race numbers MUST BE VISIBLE AT ALL TIMES, BUT ESPECIALLY WHEN APPROACHING THE FINISH LINE. Accurate race results depend on the timing team being able to see your bib number.**

Thank you for supporting the Vermont Senior Games.Racevermont.com 2012 Race Series. The great success of the Vermont Senior Games is due to your continued participation and to the volunteers who help support VSGA and all of our participants throughout the year. VSGA looks forward to seeing you many times during the 2012 games.

Be well,

Rayne Herzog
Race Director