

Dear Racers,

The end of the school year is here and we are kicking off another Vermont summer with the **11<sup>th</sup> Annual Champ Run on Sunday, June 9, 2013. The fun run starts at 8:30 am and the 5K/10K starts at 9:00 am.** We are excited to bring chip timing to the Champ Run for the first time!

**Pre-race Bag Pickup:** Racers will be able to pick up their numbers and race giveaways at The Charlotte Central School on **Saturday, June 8<sup>th</sup> from 9:00 am – 11:00 am.** Charlotte Central School is located at 408 Hinesburg Road in Charlotte. Those who pick up their bibs 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 bibs on race day, please arrive as early as you are able. **PLEASE NOTE: Racers arriving after 8:20 am will need to access the school via Mount Philo Road. The intersection of Church Hill Road and Hinesburg Road will close at 8:20 am.**

**The Courses:** The fun run will take place on Hinesburg Road in front of the school. Both the 5K and 10K are out-and-back courses running along Mount Philo Road.

**Fun Run:** The fun run will start on the east side of the school and head west on Hinesburg Road. After passing Charlotte Central School, you will turn around at the intersection of Hinesburg Road and Church Hill Road and finish behind the school. Racers who are registered for the Fun Run will receive bibs that are a different color than the 5K/10K racers. These bibs will not have chips attached because the Fun Run will not be timed. **IMPORTANT: If you are registered for the Fun Run, and you change your mind and want to participate in the 5K/10K, you MUST let registration know so that you are issued the correct bib color/type.**

**5K-** The start line is on the east side of the school (5K/10K start together). The course is relatively flat and goes from Charlotte Central School, up to the intersection of Hinesburg Road and Mount Philo Road. At the intersection, head north up Mount Philo Road to just before McGuire Pent Road where you will turn around and return to the school.

**10K-** The start line is on the east side of the school (5K/10K start together). The course is the same as the 5k but you keep going past the 5K turnaround to the intersection of Lime Kiln Road. The course continues east on Lime Kiln to the 10K turnaround. This turnaround will be equipped with a water station.

**Timeline:**

**7:30-8:45 am-** Race parking and bib pickup

**8:30 am-** Fun run start

**8:45 am-** Pre-race meeting

**9:00 am-** 5K/10K Race start

**9:18 am-** Approximate time of 5K finisher

**9:32 am-** Approximate time of 10K finisher

**10:15 am-** Awards

**Post-Race Refreshments: Water provided by Culligan, fruit by Shelburne Supermarket, bars by Wholesome Cravings, muffins and protein bars by Healthy Living Market, chocolate milk by Rise 'N Shine, coconut water by La Villa Bistro, and additional beverages provided by Hannaford, Shaw's, and Price Chopper.**

**Be sure to pack your water bottle to reduce waste. Culligan Water is providing filling stations.**

**Some important notes about race day and the race:**

- Parking will be available on the west side of the Charlotte Central School. Parking officials will be present to assist. Attendees will be directed to overflow parking if needed.
- **Racers arriving after 8:20 am will need to access the school via Mount Philo Road. The intersection of Church Hill Road and Hinesburg Road will close at 8:20 am.**
- The use of personal music devices is NOT PERMITTED at this race. Not only do we want you to hear traffic that may be headed your way, but race volunteers or the timing team may need to get your attention. In addition, there will be several children running in the 5K, and we would like for everyone to be watching out for their safety.
- Race Vermont 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, and spectators at all times. Unsportsmanlike behavior will result in disqualification.
- 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.
- 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.**

**Raffle tickets will be available for purchase on both Saturday and Sunday. More than 50 local businesses have generously contributed! (5) tickets for \$10 and (10) tickets for \$20 You do NOT need to be present to win.**

Thank you for supporting the 11<sup>th</sup> Annual Champ Run and the Charlotte Central School. We are happy to assist in kicking off the second decade of the Champ Run!

See you at the Run!

Rayne Herzog  
Race Director