

Dear Racer,

Thank you for registering for the **RaceVermont 5K/10K or the Vermont Senior Games 10K Championship coming up on Saturday, July 20, 2013 at 8:00 am**. This is final 5K/10K combo for this year (don't miss the Shelburne Farms 5K in early October which fills up very quickly). Following is a lot of information regarding pre-race and race-day procedures. This should answer a lot of your questions, but if it doesn't, feel free to contact us.

Pre-race Packet Pickup: Again this year, 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, July 19, from noon until 6:00 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 7:45 am on Saturday. 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 Road then turning on to the Ty Path.

5K- The start line is on Athletic Drive in front of Shelburne Health & Fitness (5K/10K start together). The course is relatively flat on Harbor Road then turning onto the Ti Path. The 5K turnaround is just before Bay Road and runners return to Shelburne Health & Fitness.

10K- The start line is on Athletic Drive in front of Shelburne Health & Fitness (5K/10K start together). The course is relatively flat on Harbor Road, then turns onto the Ti Path, CROSSING Bay Rd and connecting on to the Shelburne Bay Path. At the corner of the Bay Path and Harbor Rd. runners turnaround and return to Shelburne Health & Fitness. The turnaround water station will be stocked with Nuun Natural Hydration and Water.

Timeline:

7:00-7:40 am- Race parking and check-in (no need to check in if you already picked up your bib/chip from Fleet Feet Sports)

7:45am- Pre-race Meeting

8:00am- Race Start

8:18am- Approx. time of 5K finisher. Post-race food begins.

8:32am- Approx. time of 10K finisher

9:15am- Race Vermont Awards

Post- Race Refreshments: Water by Coca-Cola, fruit provided by Shelburne Supermarket, bagels provided by Ferrisburgh Bake Shop, and Nuun Natural Hydration beverage provided by Nuun.

Some important notes about race day and the race:

- Please park at the Shelburne Community School, Shelburne Town Hall or at the Shelburne Rail Road Station. All are an easy walk to/from The Field House. Parking will not be allowed at Shelburne Health & Fitness due to the danger that exiting cars pose to our racers who are still finishing.
- The use of personal music devices is PERMITTED at this race. Please be very cautious. 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.
- RaceVermont 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. 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. For those participating in the 5K, please be aware of where the turn-around is and pay attention to the volunteers. We've had 5K racers blow past our volunteers, not able to hear the volunteer because they were listening to music, who missed the turn-around. We cannot adjust times based on this mistake.
- On the main road (Harbor Rd) stay right going out and left returning (you'll always be running on the north side of Harbor Road). On the Ti and Shelburne Bay paths always stay on your right.
- **All bib numbers have microchips attached to the back of them. Please do not crumple, bend, or otherwise damage this chip, otherwise your chip may not read when you cross the mats.**
- 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.

Thank you for supporting the RaceVermont 2013 Race Series . The great success of the RaceVermont 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 2013 race season.

Be well,

Rayne Herzog
Race Director