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Dear Racer,

Thank you for registering for the **Cider House Run/Walk on Sunday, September 29, 2013**. You are about to run/walk one of the premier cross county courses in Vermont. You will be treated to a picturesque course that winds its way around the apple trees of Shelburne Orchards. **This a fun family event!!**

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, 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. Please note that you will have to pick up your apple bag from the registration table at the race. Apple bags and t-shirts will not be available at Fleet Feet.

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

- 9:45 AM-** Registration/Check-In Begins at the big tent
- 10:45 AM-** Registration/Check-In Ends (Please do not wait until the last minute to check in. There is plenty to see and do while you wait for the race to start.)
- 10:50 AM-** Pre-Race meeting
- 11:00 AM-** Race Start
- 11:15 AM-** Approx. time **2 Mile** first Run finisher
- 11:26 AM-** Approx. time **4 Mile** Run finisher
- 11:35 AM-** Approx. time last finisher
- 11:45 PM-** Awards
- 12:00 PM-** Time to pick apples (you will receive a bag to pick for every paid registration)

Water and Bagels will be available at the end of the race.

There are some very important things you need to know about this race.

- Your race number is VERY IMPORTANT to providing you with reliable race results. You **MUST** wear your race bib on the front of your shirt/jacket (whichever is going to be in full view of the timing team). Please make sure to securely fasten your bib number with the 4 safety pins provided.
- If you have someone coming to cheer you on, **PLEASE MAKE SURE THEY DO NOT APPROACH THE FINISH LINE** if they are running you in at the end. Anyone crossing the finish line who is not registered can have adverse effects on the results.
- Please stay away from the timing mats once you've crossed the finish line. Do **NOT** cross the finish line more than once.
- You will be provided with a bib number and a wrist band. Please secure the wrist band around one of your wrists as the timers and volunteers will be looking for them along the way. This wristband will need to be on you to pick up any post-race food.

- For those participating in the 4-mile run, PLEASE watch for the volunteer(s) who will be directing you to the 2nd lap. Do not follow the 2-mile racers into the finish area until after your 2nd loop.
- We strongly discourage our racers to switch divisions after the race has started (2 mile to 4 mile or vice versa). If you must switch, you MUST tell the timing team so that your results are true. If you are registered for the 4-mile and you only finish 2 miles, your time in the 4-mile will be far too fast and will place you much higher in the results than you should be.
- We greatly appreciate your cooperation with our volunteers and our race staff.

Many thanks to all the volunteers and sponsors (Moe's Southwest Grill, TD Bank, Shelburne Orchards, Fleet Feet of Burlington, Shelburne Health & Fitness, Coca Cola, Vermont Teddy Bear, Shelburne Supermarket, Saucony, Shelburne Vineyards, Nuun Hydration) who make this race possible!!

We look forward to seeing you on **Sunday, September 29, 2013.**

Be well,

Rayne Herzog
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