

Dear Racer,

Thank you for registering for the **Shelburne Farms 5K, October 6, 2013**. 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. This loop 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 may be the most beautiful course you will ever run!! Please note that **portions of the race are off-road on either a grass or gravel path. The 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 5 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. 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.

This race will be chip-timed, but we continue to also time the race manually, so **PLEASE MAKE SURE YOUR BIB NUMBER is very clearly displayed on the FRONT of your body outside of your shirt or jacket.** The timing team needs to be able to see your number when you cross the finish line.

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

We look forward to seeing you on **Sunday, October 6, 2013.**

Be well,

Rayne Herzog

Race Director/Owner

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