

Dear Racer,

Thank you for registering for the **RaceVermont.com Fall Half Marathon, November 3, 2013**. This race has definitely become a premier half marathon in Vermont! The course passes the legendary Shelburne Farms, the Shelburne Shipyard, and returns on the historic Ti Trail (for those of you who are not familiar, this trail was used to transport the Ticonderoga from the waters of Lake Champlain to its resting spot at Shelburne Museum). It is a beautiful run. You can find a course map on the Maps page of the RaceVermont.com website.

**Pre-race Packet Pickup:** For this race, as for all of our races this year, racers will be able to pick up their numbers and other relevant items at Fleet Feet Sports in Essex Junction, VT prior to 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, November 1 from 3 – 7 pm**  
**Saturday, November 4 from 10:00am to 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 (if they registered on active.com, you may pick up their stuff). Those who pick up their packet prior to race day do not need to arrive until just prior to the Pre-Race meeting. **We are asking for as many of you to pick up your bibs at Fleet Feet as possible so that the start of the race is not delayed.** For those wishing to pick up their packets on race day, please arrive as early as you are able.

Here is a tentative Race Day timeline:

<b>6:30</b>	Shuttle service begins between Vermont Teddy Bear (located just south of Shelburne Village on Route 7) and The Field House. <b>There is NO PARKING at The Field House.</b>
<b>6:45 – 7:45</b>	Racer Check-in at The Field House (Please enter through the doors marked “The Fields”. <b>Do not use the main doors of Shelburne Health and Fitness. Shelburne Health &amp; Fitness will not be open to racers until AFTER the race.</b> ) <b>We have drastically increased the number of portable toilets this year. There will be 5 portable toilets outside of The Field House, and 2 toilets in the outbuilding in the parking lot at The Field House. Please do not use the facilities inside of the health club.</b>
<b>7:20 – 7:40</b>	Volunteer meeting at Shelburne Health & Fitness
<b>7:45 – 7:55</b>	Pre-Race Meeting and Announcements at The Field House (please be sure to attend as there could be very important last-minute changes)
<b>8:00</b>	Start of race (mass start)
<b>9:30</b>	First Finisher (1½ hrs +/-)
<b>10:00</b>	Lunch starts. You're going to be treated to a fantastic meal by Moe's Southwest Grille.
<b>10:30</b>	Awards – Top 3 men, Top 3 women
<b>11:00</b>	Last Finisher - there is a time limit of 3 hours for this race.
<b>11:15</b>	Awards – Age group and raffle (you must be present to win a raffle prize).

**Other things to know and keep in mind:**

- **Please park at Vermont Teddy Bear located on Route 7 just south of the Village of Shelburne.** There will be bus service to transport you both to and from The Field House (busses will be operating from 6:30am-12:30pm). **There will be NO race parking at The Field House.** If you choose, you may park at Shelburne Community School, Davis Park, the Lake Champlain Waldorf School, or the Shelburne Train Station (locations are marked on the race map).
- You will be running on the left-hand side of the road against traffic for the entire race, with the exception of the final short portion up Athletic Drive. No more than 2 runners may run abreast during the race.

- For your safety as well as the safety of others, please do not use a portable music device. We are not prohibiting them, but we would prefer if you not use them.
- Runners should run no more than 2 abreast or more than 6' into the road. **If you are caught running more than 2 abreast OR you are caught running across the yellow line, you will be disqualified.**
- You'll be treated to a high-carb post-race lunch prepared by Moe's Southwest Grille. This food is for racers only. You will need to show your bib number for lunch.
- **There is a 3-hour time limit for the race.** You may continue to run at your own risk after the 3-hour limit, but your results will not be recorded or published.
- There will be 3 water stations on the course (again, marked on the race map) providing both water and a Nuun electrolyte drink.
- There will be one portable toilet on the race course at water station #2 at mile 6.6.
- **VERY IMPORTANT – Daylight savings time begins on November 3. Please schedule your time accordingly.**

**Many thanks to all the volunteers and sponsors (TD Bank, Fleet Feet of Burlington, Shelburne Health & Fitness, Coca Cola, Vermont Teddy Bear, Shelburne Supermarket, Saucony, Shelburne Vineyard, Nuun Hydration, LifeTrak Personal Training) who make this race possible!!**

I look forward to seeing you on **Sunday, November 3, 2013.**

Be well,

Rayne Herzog  
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