



*RaceVermont.com...Where everyone can be a star!*

Dear Racers,

Spring's official start is just around the corner. Let's celebrate with the **Spring Fling 5K/10K on Saturday, March 22, 2014 at 9:00 am**. Read below for some important race-day and pre-race information.

**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, from noon until 6:30 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 8:45 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.

**5K-** The start line is in front of Shelburne Health & Fitness (5K/10K start together). The course is relatively flat and goes from SH&F, up Harbor Road to just before Bay Road where you will turn around and return to Shelburne Health & Fitness.

**10K-** The start line is in front of Shelburne Health & Fitness (5K/10K start together). The course is the same as the 5k but you keep going past the 5K turnaround up across Bay Road to the 10K turnaround. There will be a water station at the 10K turnaround.

**Timeline:**

<b>7:45-8:40 am</b>	Race parking and bib pick-up
<b>8:45 am</b>	Pre-race Meeting Upstairs in The Field House
<b>9:00 am</b>	Race Start for both 5K & 10K
<b>9:18 am</b>	Approximate time of first 5K finisher. Post-race food begins. Please take your time after the race enjoying a bagel courtesy of <b>Breugger's Bagels</b> and <b>RaceVermont</b> , fruit courtesy of <b>Shelburne Supermarket</b> , and water courtesy of <b>Baker Distributing</b> , while enjoying the company of the other racers. If you're just standing around, and it's not too cold out, why not come out and cheer on the other runners?
<b>9:35 am</b>	Approximate time of 10K finisher
<b>10:15 am</b>	Awards & post-race raffle (you must be present to receive your award or raffle prize) Prizes will not be mailed.

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

- Due to the number of racers already registered for this race, parking will be at a premium. 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.

- Due to the re-routing of this race, 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.
- 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.
- 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).
- 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 2014 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 2014 race season.

Be well,

Rayne Herzog  
Race Director