

RACE DAY INFO



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Dear Racers,

Welcome to the 2014 Spring Half Marathon and 5K/10K! Please read below for important information regarding pre-race pickup, race day procedures, course information and more.

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 **Friday, May 9 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 or HIPAA form. (If you signed up via active.com, no signatures are needed.) Those who pick up their packet the day before the race do not need to arrive until just prior to the Pre-Race meeting (7:50 am). For those wishing to pick up their packets on race day, please arrive as early as you are able.

The 5K Course: A 3.1 mile out and back course starting and finishing at Shelburne Health & Fitness at The Field House. The turnaround is on the Ty Path just before Bay Rd.

The 10K Course: A 6.2 mile out and back course starting and finishing at Shelburne Health & Fitness at The Field House. The turnaround is where the Shelburne Recreation Path meets Harbor Road.

The Half Marathon Course: A 13.1 mile loop course starting and finishing at Shelburne Health & Fitness at The Field House. The race map for all of our races can be found at <http://www.racevermont.com/maps/>. Just click on the Spring Half Marathon link. You will be treated to breathtaking views of Lake Champlain on this course which is both on and off road. **Note that the Half Marathoners start 5 minutes after the 5K/10K runners.**

Parking: Please park in the lots at Shelburne Town Hall (Route 7), the Shelburne Railway Station, and Shelburne Community School. You'll find these lots marked on the race map.

Race Day Timeline:

6:45-7:45 am – Race Day registration and packet pickup (Race day registration is an additional \$10)

7:50 am – Race Director announcements at Shelburne Health & Fitness at The Field House

8:00 am – Start of Race for 5K/10K

8:05 am – Start of Half Marathon

8:18 am – Approx. 5K First Place Finisher

8:38 am – Approx. 10K First Place Finisher

8:30 am – Food and refreshments offered

9:35 am – Approx. Half Marathon First Finisher (1½ hrs +/-)

11:05 am – Last Finisher (3 hrs +/-) **RACE COURSE CLOSED AFTER 3 HOURS.**

10:45 am – Awards and raffle.

Post- Race Refreshments provided by Shelburne Supermarket, Coca-Cola, Brueggessr Bagels

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 The Field House due to the danger that exiting cars pose to our racers who are still finishing.
- The use of personal music devices is strongly discouraged at this race. To enjoy all that our race has to offer and for the safety of all participants, Racevermont.com encourages a headphone-free environment during the running of our races. If you do choose to use a music device, **PLEASE REMOVE YOUR EARPHONES/EAR BUDS PRIOR TO ENTERING ATHLETIC DRIVE FOR YOUR APPROACH TO THE FINISH LINE.** Not only do we want you to hear traffic that may be headed your way, but the timing team may need to get your attention.
- Racevermont.com 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.
- Racers must adhere to/abide by instructions, warnings, course signs from race director, race officials, volunteers, police, state and local traffic laws.
- 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. Accurate race results depend on the timing team being able to see your bib number.**
- **Runners can only run two abreast.** This will be enforced by the Race Director, course volunteers, and Shelburne Police. The future of this event depends on your cooperation.

Thank you for supporting the Racevermont.com 2014 Race Series . The success of the Racevermont.com Race Series is due to the continued participation of racers like you, the support of our sponsors volunteers, and to the many volunteers who help support Racevermont. We all look forward to seeing you many times during the 2014 race season.

Be well,

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