



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

Dear Racer,

Thank you for registering for the **RaceVermont.com Fall 5K, 10K & Half Marathon, November 2, 2014**. This race has definitely become a premier half marathon in Vermont. In fact, **active.com recently voted this half marathon course as one of the top nine most scenic half marathons on the east coast!** The half marathon 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). The 5K/10K course goes runs out Harbor Road and turns onto the beautiful Ti Path. 5K runners will turn around before hitting Bay Road. 10K runners will cross Bay Road and continue on the Shelburne Bay Path to the water station father up on Harbor Road before turning back around. Both courses offer a beautiful run. You can find a course maps 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 bibs 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, October 31 from 12 – 6:30 pm
Saturday, November 1 from 10:00 am 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 before 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 early 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. **VERY IMPORTANT – Daylight savings time begins on November 2. Please schedule your time accordingly.**

Here is a tentative race day timeline:

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 (**mass start**)
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 +/-)
9:50 am – 5K/10K Awards Ceremony
11:05 am – Last finisher (3 hrs +/-) **RACE COURSE CLOSED AFTER 3 HOURS**
11:25 am – ½ Marathon Awards Ceremony

Other things to know and keep in mind:

- **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).
- For Half Marathon racers, 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 or more than 6' into the road.**
- For 5K/10K racers, stay right going out on Harbor Road and left returning on Harbor Road (you'll always be running on the north side of Harbor Road). On the Ti and Shelburne Bay Paths always stay on your right.
- 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 GU 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 2. Please schedule your time accordingly.**

Many thanks to all the volunteers and sponsors (Moe's Southwest Grill, Dee Physical Therapy, Fleet Feet Sports (Essex Junction & Plattsburgh), Shelburne Health & Fitness, Shelburne Field House, Vermont Teddy Bear, Saucony, Balega, Fuel Belt, Tifosi, Shelburne Vineyard, Nathan, and LifeTrak Personal Training, who help to make this race possible!!

I look forward to seeing you **Sunday, November 2, 2014.**

Be well,

Rayne Herzog
 Race Director/Owner
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