

Thank you for registering for the Adams Apple Orchard Walk/Run on Sunday, September 25, 2016. This is a great family event as you either walk or run through the orchard, enjoying gorgeous views along the way and the very best Vermont has to offer. Pick your own apples after the race and enjoy some special Adams treats.

Bib Packet Pickup: Racers can pick up their numbers on race day. Registration will be open at 7:45am and close at 8:45am. **There will be NO pre-race day pick up at Fleet Feet for this event.**

This is a SELF-TIMED RACE. We will provide the race clock for your own timing but there will be no official results.

Apple bags will be available at the registration table. Please be sure to check in with our Timing/Registration team **before** the race for your bag. You will also want to pick up your raffle ticket for the postrace raffle.

The Divisions:

There are 2 divisions for this race: 2 Mile and 5K. [Click here](#) for the most recent listing of registered racers and to confirm your division. If you would like to change your division or notice an error in your registration, please contact: michelina@racevermont.com

Race Day Timeline:

7:45 AM	Registration/Check-in (at the actual orchard NOT the Adams Market)
8:50 AM	Pre-race meeting
9:00 AM	Race start ALL runners (both divisions)
9:03 AM	Race start for WALKERS
9:14 AM	Approx. time 2 Mile first Run finisher
9:21 AM	Approx. time for first 5K finisher
9:22 AM	Approx. time for last 2 Mile finisher
9:40 AM	Approx. time last 5K finisher
9:45 AM	Raffle - you need to be there to win
10:00 AM	Time to pick apples (1 bag per paid registration)

The Course:

This is a loop course, in and around the orchard. Be sure to watch your footing, as it may be tricky in some places.

For the 2 Milers: you will walk/run the loop 4 times
For the 5K: you will run the loop 6 times

Water will be provided at the end of the race by [Kinney Drugs](#).

Awards

We will recognize the top 3 finishers in each division. Top 3 finishers will receive a card at the finish line, indicating their rank, and be recognized at the start of our raffle. We will be holding a raffle at the end of the race where everyone will be eligible to win something BUT you need to be there to win. Don't forget to grab your raffle ticket from the registration table **before** the race start. Only 1 raffle ticket per racer please.

There are some very important things you need to know about this race:

- We strongly discourage our racers to not switch divisions after the race has started (2 mile to 5K or vice versa) as this can impact our finisher results. If you must switch, you **MUST** tell the timing team **before** the race starts.
- This course is a 2-mile or 5K cross country race. Please note that the exact distance may be slightly off from that.
- The course will be mowed fairly low. If you run in the high grass you are off course. Note that the ground is uneven. The course will be marked by stakes with directional signs and orange cones. There will be a few volunteers along the course.
- We greatly appreciate your cooperation with our volunteers and our race staff. Any foul language, disorderly conduct, or disrespect to the surrounding environment will result in automatic disqualification.

Many thanks to all the volunteers, sponsors and Adams Apple Orchard for making this race possible. Our great success is due to your continued participation of the Racevermont.com race series. We all look forward to seeing you for the remainder of the 2016 race season. Please feel free to call me 802-985-4410 (w) 802-316-7142 (c) or email me rayne@racevermont.com with questions.

Be well,

Rayne Herzog
Race Director
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