

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

Congratulations on being a part of the Charlotte Covered Bridge Half Marathon & 5K/10K. It's a great Fall event that many look forward to every year.

Please take a moment to read the pre-race and race-day information below so you know what to expect. If you have any questions, you can always give us a call or send us an email.

**Pre-race Packet Pickup**: As with past races, racers will be able to pick up their numbers and other relevant items (shirt if pre-ordered) at <u>Fleet Feet Sports</u> 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, September 9th from noon until 4:00 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 7:50 am on Saturday, September 10th. For those wishing to pick up their packets on race day, check-in opens at 6:30 am and closes PROMPTLY at 7:45 am. **THERE WILL BE NO RACE DAY REGISTRATION.** 

Race Day Parking: Parking is at Shelburne Orchards at the corner of Greenbush & Orchard Road, approximately 1/2 mile away. Any overflow will be at the top of Beach Road. Please allow yourself time to get to the beach for the race start. <u>WE HIGHLY RECOMMEND CAR POOLING IF POSSIBLE.</u> You may also want to bring a back pack to carry your items to the beach.

# The Divisions:

There are 3 divisions for this race: Half Marathon, 5K & 10K. If you'd like to make sure you're registered in the correct division, please <u>click here</u> for a list of the most up to date registrations. If anything is wrong with your listing, please email <u>michelina@racevermont.com</u>. Please be sure to mention your bib number and what distance you have registered for.

# The Course:

**Race start:** 8am from Shelburne Beach. All runners travel up the hill on Beach Road by Police escort, take a right on to Bostwick Rd, then to Orchard Rd.

**5K:** Runners turnaround at Water Station #1 (mile 1.55) on Orchard Rd and head back to Shelburne Beach.

**10K:** Runners continue by Water Station #1, take a right on to Lake Rd, then turnaround at Water Station #2 (mile 3.1) at the pedestrian crosswalk located at Charlotte Beach and head back to Shelburne Beach.

**Half Marathon:** Runners travel by Water Stations #1 and #2, then through the Charlotte Covered Bridge, then turnaround at Water Station #3 (mile 6.55) and back to Shelburne Beach. \*\*THERE IS A 3 HOUR TIME LIMIT FOR THE HALF MARATHON\*\*

# **Race Day timeline**

6:30-7:45am- Race Day packet pick up at Shelburne Beach

7:50am- Race Director announcements

8:00am- Start of Half Marathon, 5K & 10K - this will be a MASS START

8:18am- Approximate 5K Finisher

8:38am- Approximate10K Finisher

8:30am-Food and refreshments offered

9:35am- Approximate Half Marathon finisher

9:50am- 5K & 10K Awards Ceremony

11:00am- Last half marathon finisher. RACE COURSE CLOSED AFTER 3 HOURS

11:20am- Half Marathon Award ceremony

### Awards:

Our awards ceremony will recognize: Men's & Women's 1st, 2nd and 3rd overall for the 5K 10K and Half Marathon divisions. First place in each age group will be recognized for all divisions. Raffle prizes are awarded post-race to participants whose names are drawn randomly (must be present to win).

Awards will be handed out post-race and are provided by the following sponsors: RaceVermont.com (pint glass), Vermont Teddy Bear (teddy bear), Shelburne Vineyards (wine), Tifosi (glasses), Balega (socks), Saucony (shoes) and raffle prizes from Fleet Feet and Sierra Trading. You must be present to win.

Refreshments and all post-race festivities will take place in the gazebo at the beach. Please take your time after the race to enjoy a bagel with the fixings and egg sandwiches for the first 200 racers courtesy of <u>Bruegger's Bagels</u>, fruit courtesy of Shelburne Supermarket and water courtesy of <u>Kinney Drugs</u>, while enjoying the company of the other racers.

# Some important notes about race day and the race:

- Due to the number of racers participating in this race, parking will be at a premium. Parking is at Shelburne Orchards, approximately 1/2 mile away from Shelburne Beach.
- Smile! Our friends from SkiPix will be photographing this race. You will be notified via email when the photos are available for viewing.
- 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 RE-ENTERING SHELBURNE BEACH 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 may depend on the timing team being able to see your bib number.

- Runners can only run two abreast and run against traffic. This will be enforced by the Race Director, course volunteers, and Shelburne Police. The future of this event depends on your cooperation.
- Race Prizes will not be mailed. You must be present to receive your race prize (thank you for
  your understanding with this.) If you must leave early, hopefully you can have someone at the
  finish pick up the award for you.
- There will be a limited number of race t-shirts available for purchase. Cost is \$25.

Our next race is the Adams Apple Orchard 2 mile walk/run or 5K run. Join us on Sunday, September 25th for a great family event as you either run or walk through the fields of the orchard. All registrants will receive a small pick your own apple bag for the end of the race. This is a self-timed event. For more information click here.

Thank you for supporting the Racevermont.com 2016 Race Series. The great success of the RaceVermont.com 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 again.

Be well,

Rayne Herzog

Race Director

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