

Thank you for registering for the Shelburne Farms 5K, October 2, 2016. This is a RaceVermont.com classic complete with views, history, friendly competition and familiar faces.

## Pre-race Packet Pickup:

Racers will be able to pick up their numbers and other relevant items at Fleet Feet Sports in Essex Junction, VT on Saturday October 1st from 12:00 - 4:00pm. Fleet Feet Sports is located at 76 Pearl Street (across the street from the Champlain Valley Fairgrounds). 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. Those who pick up their packet the day before the race do not need to arrive until just prior to the Pre-race meeting. For those wishing to pick up their packets on race day, please arrive as early as you are able.

## The Course:

This is one of our most popular and scenic races on our series. The 5K run begins and ends at the Shelburne Farms Coach Barn. Run past Lake Champlain, through the quaint farm grounds and on to the trails and fields before making your way past the Inn at Shelburne Farms, former home of William Seward and Lila Vanderbilt Webb, on your way to the finish line back at the Coach Barn.

## Race Day Timeline:

6:45 AM- Check-in Begins at the Coach Barn 7:45 AM- Check-in Ends 7:50 AM- Pre-race meeting 8:00 AM- Race Start 8:18 AM- First Finisher 8:50 AM- Last Finisher 9:15 AM- Awards

Please be sure your bib is positioned on the **<u>FRONT</u>** of the shirt you plan on crossing the finish line in. Although this is a chip timed race, our timing team will still need to see your number as you cross.

Post race food will be provided by Bruegger's Bagels and Shelburne Market.

Join us for our awards ceremony where will recognize 1st, 2nd and 3rd place winners for both Men and Women. We will also recognize the winner of each age group, in 5 year increments. We will finish up the race with a raffle but you need to be there to win.

Please be respectful of the grounds, including the posted speed limits. We are very fortunate to have this as a race venue and plan on continuing for years to come.

As always, thank you for your continued support. Without our racers, sponsors and volunteers none of this would be possible.

**Next race:** <u>Muddy's Buddies</u> on Sunday, October 16th at Vermont Teddy Bear. Help us make a difference for our fury friends.

We look forward to seeing you on Sunday!

Be well,

Rayne Herzog Race Director rayne@racevermont.com (802) 316-7142