



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

Congratulations on being a part of The Shelburne Field House Fall 5K/10K & Half Marathon on Sunday November 6th. 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, please don't hesitate to get in contact with us.

#### **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 November 5th from 12:00 - 4:00pm. Fleet Feet Sports is located at 77B Pearl Street (directly across from the previous location, in Essex Plaza). 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.

***We strongly encourage you to pick up your bib on Saturday. We are expecting 600+ racers Sunday morning so lines will be long.***

For those wishing to pick up their packets on race day, check-in opens at 6:30am and closes PROMPTLY 7:45am. Please arrive early to avoid lines.

**Daylight savings is this weekend. Don't forget to turn your clocks back on Saturday.**

#### **The Divisions:**

There are 3 timed divisions for this race: 5K/10K and Half Marathon. The Half Marathon will start at 8:00am. The 5K/10K divisions will start at 8:05am. If you'd like to make sure you're registered in the correct division, please [click here](#) for a list of the most up to date registrations. If anything is wrong with your listing, please email [michelina@racevermont.com](mailto:michelina@racevermont.com). Please be sure to mention your bib number and what race you are registered for.

**There will be NO RACE DAY DIVISION CHANGES ALLOWED.**

There is a 3 hour completion time limit for the Half Marathon.

### **The Course:**

**The 5K:** Out and back on Harbor Rd and Ti-Haul Trail and returning to the Shelburne Field House. The course is relatively flat on pavement and packed gravel. A great course for a PR. **NO BANDITS ALLOWED!**

**The 10K:** Out and back on Harbor Rd then the Ty Haul Trail then Shelburne Rec Path and returning to the Shelburne Field House. The 10K continues by the 5K turnaround on Ti-Haul Trail then cross Bay Road to catch the Shelburne Rec Path. There is a water station where the Shelburne Rec Path connects at Harbor Rd (1/2 way turnaround). The course from Bay Rd to Harbor Rd is rolling and challenging. There are great views of Lake Champlain. **NO BANDITS ALLOWED!**

**The Half Marathon:** A loop course leaving and returning to the Shelburne Field House. The course is a mix of flats, hills, pavement, and packed gravel. There are great views of Lake Champlain and the Adirondack Mountains. **NO BANDITS ALLOWED!**

All three courses have been measured by a civil engineer.

[Click here](#) for a map of the race.

### **Timeline:**

6:30 -7:45 am	Race parking and bib pick-up at Shelburne Field House
7:45 am	Pre-race Meeting inside The Field House
8:00 am	Race Start for Half Marathon division
8:05 am	Race Start for 5K/10K division
8:23 am	Approximate time of first 5K finisher
8:40 am	Approximate time of first 10K finisher
8:45 am	Approximate time of last 5K finisher
9:25 am	Approximate time of first 1st Half Marathoner
9:25 am	Approximate time of last 10K finisher
<b>9:45 am</b>	<b>Awards for 5K/10K</b>
11:00 am	Approximate time of the last Half Marathoner
<b>11:25 am</b>	<b>Awards for Half Marathon awards followed by a product raffle</b>

Race medals will be awarded to all finishers at the finish line.

There will be 2 award ceremonies: one for 5K/10K and one for the Half Marathon. Each ceremony will acknowledge: Men's 1st, 2nd & 3rd place in each division; Women's 1st, 2nd & 3rd place in each division and 1st person in each age group awards (5 year increments). Raffle prizes are awarded post-race to participants whose names are drawn randomly (must be present to win).

Refreshments and all post-race festivities will take place in the Field House, Field #1. Please take a moment after the race to enjoy post race snacks courtesy of: water by [Kinney Drugs](#), bagels by [Bruegger's](#), fruit by Shelburne Market and cookies by [Racevermont.com](#)

All racers, of legal drinking age, will be treated to 1 beer as part of their registration fee. Please bring proper ID and your bib to the bar. **NO ID = NO BEER.**

Coffee, beer, breakfast treats will be for sale for non-racers.

***We will also be selling race shirts from previous years at \$5/each. It's a great opportunity to pick up some extra tech shirts for your training. Sizes are limited and shirts are available on a first come, first serve basis. We have long and short sleeve shirts available.***

#### **Some important notes about race day and the race:**

- Please park at the Shelburne Creamery, TD Bank (off of Rt. 7), Shelburne Plaza, Town Hall, Rail Road Station, Shelburne Community School and Waldorf School. All are an easy walk to/from The Field House. Parking will not be allowed at Shelburne Field House due to the danger that exiting cars pose to our racers who are still finishing.
- The furthest parking distance is approximately 4/10 mile walk to The Field House. You may want to consider bringing a back pack with all your race gear. You will be able to leave your pack in The Field House however there will be no one monitoring the your personal items.
- **Car pooling is HIGHLY RECOMMENDED for this race.** Attendance will be high and finding parking will not easy.
- Due to the fact that you will be running entirely on a road, the use of personal music devices is HIGHLY DISCOURAGED at this race. Not only do we want you to hear traffic that may be headed your way, but race volunteers or 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. Unsportsmanlike behavior will result in disqualification.
- Racers must adhere to/abide by instructions, warnings, course signs from race director, race officials, volunteers, police, state and local traffic laws.
- You will be running against traffic both going out and coming back.
- **Do not run more than two abreast.**
- **All athletes must clearly display their bib #'s on the front of their body throughout the course. Do not fold or crumple your bib as this may have an effect on your bib chip.**
- Race numbers MUST BE VISIBLE AT ALL TIMES, BUT ESPECIALLY WHEN APPROACHING THE FINISH LINE.

- **HAVE FUN and SMILE!** SkiPix photographers will be positioned along the course(s) for some memorable action pictures.

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.

Our 2017 race calendar is starting to shape up. We all look forward to seeing you many times and sharing your successes for another racing year.

Be well,

Rayne Herzog

Race Director

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