

The Spring Fling is here...are you ready to S-P-R-I-N-G to the finish line and have a great run through the freshly fallen snow?

Please take a moment to read the 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.

Bib Packet Pickup: Racers will be able to pick up their bibs at [Fleet Feet Sports](#) located in Essex Junction, VT on Friday March 17th from Noon - 4:00pm. Fleet Feet is located at 77 Pearl Street (just past the Champlain Valley Fairgrounds) in the Essex Shopping Plaza. You can pick up a friend's bib while you're there **as long as they do not have a waiver to sign**. Those who pick up their packet prior to race day, do not need to check in at registration the day of the race. Just be sure to arrive **BEFORE** the pre-race meeting at 8:50 am

You can also pick up your race bib on race day morning. Registration will open at 8:00 am and closes **PROMPTLY** at 8:45am.

[Click here](#) for the most recent listing of registered racers. If you notice an error with your registration, please contact: michelina@racevermont.com

Event Parking:

Please park at the Shelburne Community School, Shelburne Town Hall or at the Shelburne Railroad Station. All are a short walk to/from the Field House. Parking will not be allowed at the Field House due to the safety of our racers still on the course. The furthest parking distance is approximately 4/10 mile walk to the Field House. We recommend bringing a bag to carry your gear.

The Course:

The 5K: Out and back on Harbor Rd and returning to the Shelburne Field House. The course is relatively flat on pavement with a slight uphill at the turnaround by Shelburne Farms.

The 10K: Out and back on Harbor Rd and returning to the Shelburne Field House. The course is hilly and challenging on pavement.

For a map of the course, [click here](#).

Race Day Timeline:

8:00- 8:45 am Race parking and bib pick-up at the Shelburne Field House

8:50 am Pre-race meeting

9:00 am Race start for everyone

9:18 am Approximate time of first 5K finisher

9:40 am Approximate time of the first 10K finisher

9:45 am Approximate time of the last 5K finisher

10:20 am Approximate time of the last 10K finisher
10:45 am Awards Ceremony and Raffle (you must be present to win)

Award Ceremony

There will be an award ceremony immediately following the race. We will acknowledge: Men's 1st, 2nd & 3rd place; Women's 1st, 2nd & 3rd place and the 1st person in each age group awards (5 year increments).

Raffle

Be sure to pick up your raffle ticket at the Overtime Sports Bar. Raffle tickets are randomly drawn for a chance to win some great prizes. You must be present to win.

Refreshments

Join us at Overtime - the sports bar at the Field House, for a pancake breakfast with delicious VT maple syrup from [Palmer's Sugar House](#). We would like to thank [Bruegger's Bagels](#), Shelburne Market, [Kinney Drugs](#), [Vermont Smoke & Cure](#) and [Cookie Love](#) for their donations.

Racer Rules

We want everyone to have an enjoyable experience. Please take a moment to review the "[RACER RULES](#)" before the race.

As a special added bonus: Be sure to take advantage of the Sugar on Snow coupon you'll be receiving from our friends at [Palmer's Sugar House](#). No better way to enjoy the very best VT has to offer....delicious maple syrup on snow. Check out the fun:

Sugar on Snow

When: Weekends through 4/16, Noon - 4 pm

Where: 332 Shelburne Hinesburg Road, Shelburne
(802.985.5054)

March 25 & 26 is Vermont State Open House 9am - 5pm

Join Palmer's for Sugar on Snow, maple demonstrations, family fun, live music, maple goodies, walking trails, horse rides and a traditional VT experience!



Our next race, the [Easter Hop 5K](#), is scheduled for Saturday April 15th. We hope to see you there and look forward to a great racing season!

Be well,

Rayne Herzog

Race Director

Rayne@racevermont.com

802-316-7142