

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.

<u>Click here</u> 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 <a href="Palmer's Sugar House">Palmer's Sugar House</a>. We would like to thank <a href="Bruegger's Bagels">Bruegger's Bagels</a>, Shelburne Market, <a href="Kinney Drugs">Kinney Drugs</a>, <a href="Vermont Smoke & Cure">Vermont Smoke & Cure</a> and <a href="Cookie Love">Cookie Love</a> for their donations.

### **Racer Rules**

We want everyone to have an enjoyable experience. Please take a moment to review the <u>"RACER</u> 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 <a href="Palmer's Sugar House">Palmer's Sugar House</a>. No better way to enjoy the very best VT has to offer....delicious maple syrup on snow. Check out the fun:

# Sugar on Snow

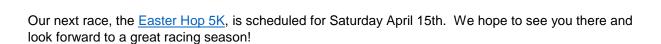
When: Weekends through 4/16, Noon - 4 pm

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!



Be well,

Rayne Herzog



Race Director

Rayne@racevermont.com

802-316-7142