

Thank you for registering for the Lewis Creek Covered Bridges 5K/10K & Half Marathon. All divisions will be treated to a course that is 85% country roads. The Half Marathoners follow the Lewis Creek River and pass through two authentic covered bridges.

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.

Parking:

Carpooling is highly recommended as parking will be limited. Race parking will be available EAST of the Quonset Hut.

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 Friday May 12th from 12:00 - 4:00pm. Fleet Feet Sports is located at 77 Pearl Street, Essex Junction. 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.

For those wishing to pick up their packets on race day, check-in opens at 6:40am and CLOSSES PROMPTLY 7:45am.

Shirts:

If you ordered a race shirt, it will be available for pick up on race day along with your bib OR at Fleet Feet for pre-race pick up. If you do not pick up your shirt by the time the award ceremony rolls around, it will be sold to another racer.

There will be a limited number (and sizes) of the LEWIS CREEK race shirts available for purchase for \$15 each.

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 8:03am. [Click here](#) for a list of the most up to date registrations. If anything is wrong with your listing, please email michelina@racevermont.com Please be sure to mention your bib number and what race you are registered for.

There are **NO** race day division changes allowed.

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

The Courses:

The 5K/10K courses are out and back.

The Half Marathon is a loop course.

Road Marshals will be stationed throughout the course in dark blue t-shirts, with RACEVERMONT (in big white block letters) written across the front.

Shelburne Police will be stationed at major intersections.

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

Timeline:

6:35 - 7:45 am Race Parking

6:40 - 7:45 am Registration begins at the All Purpose Room, next to the gym.

7:45 am Pre-race Meeting and head for a walk to the start line (approximately 3/10 mile)

8:05 am Race Start for Half Marathon division

8:08 am Race Start for 5K/10K (3 minutes after the Half Marathoners)

8:27 am Approximate time of first 5K finisher

8:54 am Approximate time of first 10K finisher

9:30 am Approximate time of first Half Marathoner

9:35 am Approximate time of last 10K finisher

9:55 am Approximate time of 5K/10K awards (you must be present to win)

11:00am Approximate time of the last Half Marathoner

11:20 am Approximate time of Half Marathon awards (you must be present to win)

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

The award ceremonies will acknowledge: Men's 1st, 2nd & 3rd place in each division; Women's 1st, 2nd & 3rd place in each division and 1st place age group awards in each division (5 year increments). Each age group finisher will receive a special pint glass, compliments of our sponsor Magic Hat.

Following the award ceremony for the Half Marathoners, a raffle will be held for ALL participants whose names are drawn randomly (must be present to win). Be sure to grab your raffle ticket before the drawing.

Refreshments and all post-race festivities will take place outside the gym near the finish line, weather permitting. Otherwise, they will be in the All Purpose Room. Racers will be treated to bagels/cream cheese by Bruegger's Bagels of Shelburne, oranges/bananas by Shelburne Market, water by Kinney's, delicious cookies by Vermont's very own, Cookie Love and ice cold chocolate milk.

The school has a very strict policy in place for recycling and composting. Please be respectful of their environment and use the appropriate bins provided.

Some important notes about race day and the race:

- Carpooling is HIGHLY RECOMMENDED for this race. Attendance will be high and finding parking will not be easy. DO NOT PARK IN A DESIGNATED FIRE LANE.
- Please do not park in front of the Quonset Hut.
- The use of personal music devices is allowed however we HIGHLY DISCOURAGE this for safety reasons. 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. There are NO strollers or baby joggers allowed for the Half Marathon division.
- 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 warnings, course signs, and instruction from the race director, race officials, volunteers, police, state and local traffic laws.
- You will be running against traffic both going out and coming back. Mile markers and water stations are on the LEFT side of the road.
- 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 timing 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 2017 Race Series. The great success of the RaceVermont.com Race Series is due to your continued participation, the volunteers who help support Racevermont.com, and all of our racers throughout the year.

We all look forward to seeing you many times and sharing your successes for another racing year.

Be well,

Rayne Herzog

Race Director

Rayne@racevermont.com

802-316-7142