



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

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Thank you for registering for the 16th Annual Basin Harbor 5K. This race is dog and stroller friendly, and a portion of the proceeds contribute to Lacey's Fund - an organization whose goal is "to assist (K9) handlers with the resources needed to enable retired police dogs to live out the remainder of their days in good health."

We couldn't be more excited to be a part of the great race, great cause and great venue! A special thanks to our sponsor, [Basin Harbor](#), for allowing us to host our event at this beautiful vacation destination.

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:**

Please park at the Red Mill Restaurant, upon entering Basin Harbor.

**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 June 23rd 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 7:45am and CLOSSES PROMPTLY 8:45am.

**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 race shirts available for purchase for \$10 each.

**The Division:**

There is only 1 race division for this race. [Click here](#) for a list of the most up to date registrations. If you notice anything 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 also be a FREE Kids fun run taking place at 8:40am, just before the 5K begins. Come join us cheer the future athletes on.

## The Course:

The course takes you through and around the grounds of Basin Harbor. It's a relatively flat course so get ready for a PR best.

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

## Timeline:

7:15 - 7:45 am	Race Parking
7:45 - 8:45 am	Registration begins by the Red Mill Restaurant
8:40 - 8:45 am	Kids Fun Run
8:45 - 8:55 am	Walk to the start line (approx. 3/10 mile)
8:55 am	Pre-race Meeting
9:00 am	5K Race Start
9:20 am	Approximate time of first 5K finisher
10:00 am	Approximate time of last 5K finisher
10:20 am	Approximate time of awards (you must be present to win)

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.

A post awards 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 at the Bruegger's Bagels food table.

Refreshments and all post-race festivities will take place outside the Red Mill Restaurant. Racers will be treated to bagels/cream cheese by [Bruegger's Bagels](#) of Shelburne, oranges/bananas by Shelburne Market, water by Kinney's and delicious cookies by Vermont's very own, [Cookie Love](#).

For those wanting to enjoy a nice lunch while on property, Basin offer 3 great venues onsite to choose from. Be sure to bring your appetite!

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 park in the designated area.
- Please be respectful of the Basin Harbor grounds and the guests staying there.
- If you are planning on bringing your dog, please pick up after them.
- The use of personal music devices is allowed however we HIGHLY DISCOURAGE this for safety reasons. Not only do we want you to hear any potential 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.

- 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.
- 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!

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.

A special thanks to all of our sponsors who helped make our 2017 series possible. Be sure to check out their websites and store fronts.

Our next race, the Basin Harbor Sprint Triathlon on July 8th, is fast approaching. Be sure to register before July 4th to save the extra race day \$\$\$. [Click here](#) to register.

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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