



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

Congratulations on being a part of The Fall 5K/10K & Half Marathon on Sunday November 5th. 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.

#### **Racer Rules:**

We want everyone to have an enjoyable experience. Please take a moment to review the

["RACER RULES"](#) before the race.

#### **Pre-race Packet Pickup:**

Racers will be able to pick up their numbers and pre-ordered tshirts at Fleet Feet Sports in Essex Junction, VT on Saturday November 4th from 12:00 - 4:00pm. Fleet Feet Sports is located at 77 Pearl Street in the 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.

Save time and save \$\$ by picking up your bib on Saturday. Fleet Feet is offering 15% off your entire purchase for those racers picking up their bibs on Saturday November 4th. This is ONLY valid for November 4th. You'll need to show your bib at the register.

For those racers who pick up their packet the day before the race do not need to arrive until just prior to the Pre-race meeting.

***We strongly encourage you to pick up your bib on Saturday. We are expecting 500+ racers Sunday morning so lines will be long. Please plan accordingly and note the parking will be offsite.***

#### **Race day bib pick up:**

For those wishing to pick up their packets on race day, check-in opens at 6:45am 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\*\****

#### **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 race starts, it will be sold to another racer.

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

#### **Event Parking:**

Please park at the Shelburne Community School, Shelburne Town Hall, Shelburne Shopping Center 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 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 Ti-Haul Trail, Crossing Bay Road, then to the 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 GPS.

[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 first 425 racers at the finish line.

Please be sure your bib is positioned on the **FRONT** of the shirt you plan on crossing the finish line in. Although this is a chip timed race, our timing team will still need to see your number as you cross. **DO NOT CRINKLE OR FOLD YOUR RACE NUMBER** as this could affect your timing chip.

#### **When you get back from your run:**

Racers will be treated to bagels/cream cheese by [Bruegger's Bagels](#) of Shelburne, oranges/bananas by Shelburne Market, delicious cookies by Vermont's very own, [Cookie Love](#) and water provided by [Kinney Drugs](#).

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.**

#### **Awards:**

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).

***We will also be selling race shirts from previous years at \$5/each. It's a great opportunity to pick up some extra 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.***

Our last race of the season will be here in just a few weeks. If you want to be guaranteed a spot, be sure to register soon. This is a self-timed, let's spread some holiday cheer and be merry with our neighbors kind of race. Let's end the 2017 series on a high note and with our closest racing friends.

- [Jingle Jog](#) on Saturday November 25th: Let's burn some pumpkin pie calories and spread some holiday cheer in the streets of Shelburne

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, our sponsors and to the volunteers who help support us throughout the year.

Our 2018 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,

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Race Director

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