



## April 14, 2019 Runners Guide

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**The race starts at 10 am at Essex Middle School!**

### Ready....

#### Race Day Schedule

- 8:00am-9:45am: Same Day Registration & Bib pick up at Essex Middle School
- 10:00am: Dream Big 5k: Run, Walk, Roll 5k and 1k Start
- 11:00am: Fun Run Start
- Awards and Bib Raffle immediately following Fun Run (approximately 11:05am)

#### Bib Pickup

Essex Middle School, 60 Founders Rd, Essex, VT US 05452

**8:00 - 9:45 a.m.** on Sunday, April 14th

Race day registration will also be available at this location for Adult(\$35), Youth(\$20), Student(\$20), Adaptive(\$20)

#### Race Shirts

If you registered before March 24, 2019 you are guaranteed a shirt. We will do our best to accommodate those who registered after March 24th.

Shirts may be available for purchase for \$10 after the race starts at the registration table. Quantities and sizes will be limited.

#### Inclimate Weather

The race will be held rain or shine!

#### Refund Policy

No refunds will be issued for this race. If you are unable to race, you may transfer your entry to next year's event.

## Set...

### Parking

Free parking will be available at the Essex Middle School. Please do not park in the coned off area.

### Restrooms

Restrooms will be available inside Essex Middle School before and after the race. Portable restrooms will NOT be available on the course.

### Water Stops

Water will be provided at the starting area and at one water stop at the cul-de-sac around 1.5 miles.

### Dogs

Dogs are NOT permitted on the race course for safety reasons.

### Strollers

Strollers are allowed. Please start the race near the back of the starting chute.

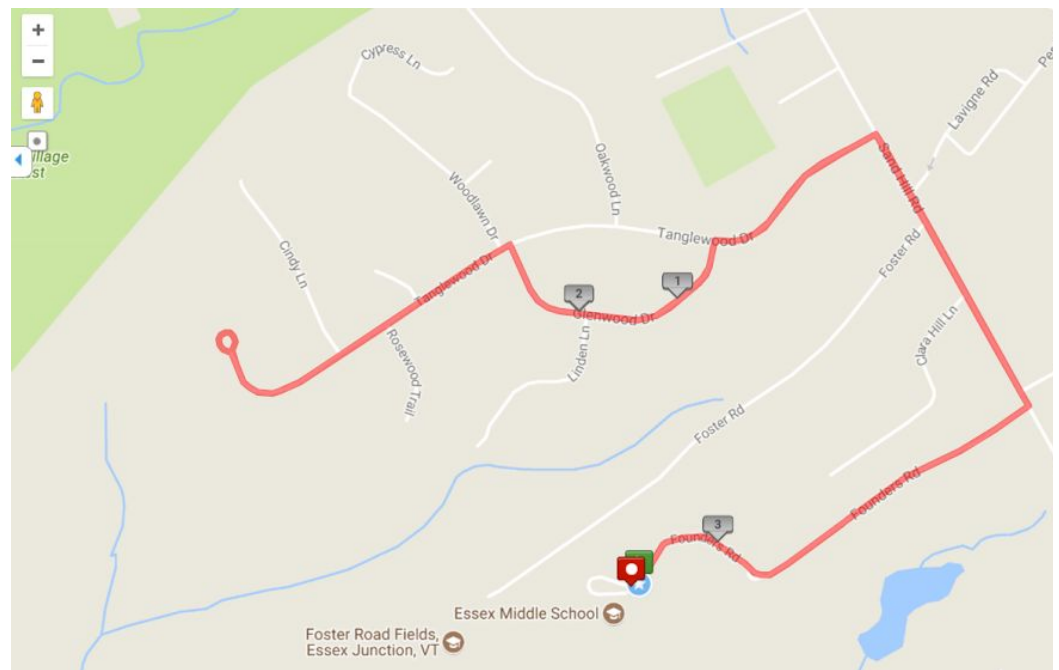
### Bibs and Timing Chips

When you pick up your bib at registration you will be given a bib affixed with an electronic timing strip. If you are picking up for more than one person, make sure that each person gets the correct bib. When you receive your bib and safety pins, please write your name on the bib and make sure that you wear it on the front of your body where it can be seen at all times by race officials.

## Go!

### Course Description

Our flat and fast, out and back course, weaves through quiet neighborhoods. The race starts at Essex Middle School, travels up Founders Rd, left on Sand Hill Rd, left on Tanglewood Dr, Left on Glenwood Dr, left back on to Tanglewood, around the cul-de-sac, and then reverses back to the start/finish line.



## **Traffic**

Please keep in mind that the course is open to traffic. Always run on LEFT side of the road and stay on the sidewalk breakdown lane whenever possible. Where the course is coned, try to stay to the LEFT of the cones. Volunteer flaggers will be at every intersection stopping traffic and waving you in the right direction.

## **Say Cheese!**

A photographer will be taking photos along the course, so be sure to flash them your best smile! Photos will be posted on our [website](#) and [Facebook page](#) when they're available.

## **After!**

### **Post Race Food**

Once you cross the finish line, grab a water bottle, a snack and soup! Soup has been generously donated by Gilfeathers Fine Provisions. Water and snacks have been generously donated by Patrick Richardson's family, Cabot Creamery and Hannaford.

### **Awards for the speedy**

Prizes will be awarded to the 1st, 2nd, and 3rd place males and females in the following categories: Overall, Children (0-9), Youth(10-19), Adult, Masters, Adaptive Sitting, Adaptive Standing. The awards ceremony will take place immediately after the Fun Run.

### **Bib Raffle**

Stick around after the awards for a bib raffle! We will call the winners of the raffle by name/bib number. **MUST BE PRESENT TO WIN!** Prizes donated by Essex Cinemas, Farmhouse Group, Fleet Feet, Hammerfit Gym, Ski Rack, Skida Vermont, Sweet Clover Market, Turner Toys and Vermont Nut Free.

### **Feel Good**

All funds raised through the Dream Big 5K will support Eric D. Dettenrieder (EDD) Memorial Fund Adaptive Sports programs. The EDD Memorial Fund works to level the playing field for children and adults with disabilities through skill-clinics and sports programs, partnering with volunteer athletes from Castleton University and St. Michael's College to lead our Vermont programs. We believe that sports can be a vehicle to build self-confidence and purpose, in addition to providing physical activity. Learn more at [www.eddfund.org](http://www.eddfund.org).

**Thank you for helping us to level the playing field  
for athletes with disabilities!**

Special Thank you to...

All of our runners, volunteers and sponsors!

**Gold Sponsors**

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**Silver Sponsors**



**Bronze Sponsors**

Rosalie Higgins

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