



## RACE PLAN

### 9.14.25

#### Background

RunVermont is a 501(c)(3) organization, established in 2004 as an expansion of the entity originally formed in 1989 to produce the Vermont City Marathon, that exists to promote running as a lifelong activity. This is done through complementary programs, such as races throughout the calendar year and programming for youth, that celebrate the athletic spirit. RunVermont races are recognized nationally and embraced by the Vermont community.

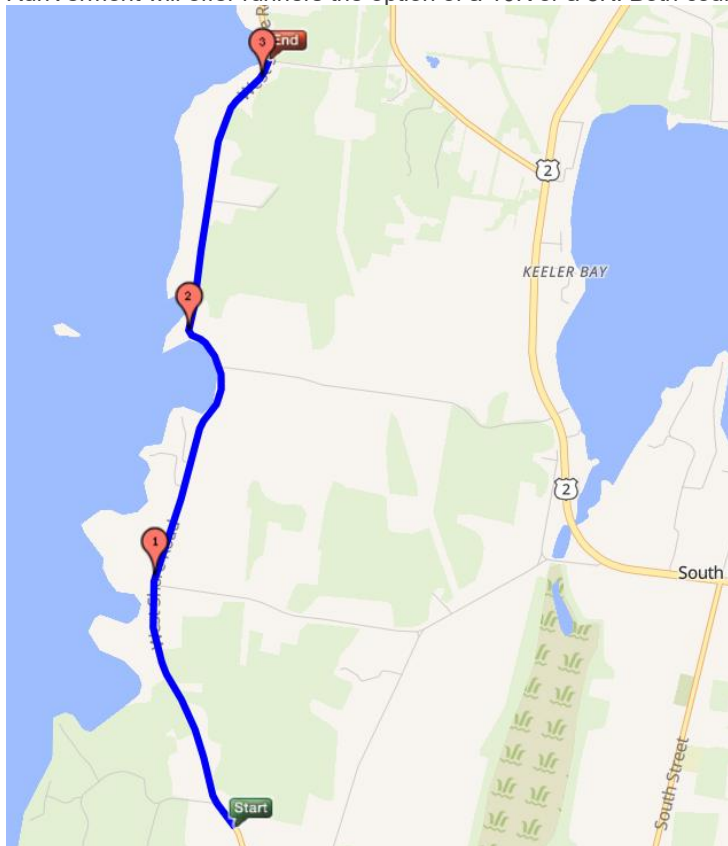
This mission is actualized through events and programs such as the M&T Bank Vermont City Marathon & Relay, Half Marathon Unplugged, Island Vines Road Race (10K and 5K), Mini Milers, Mini Marathon, Vermont City Two Mile, and race series such as the Freezy Cheeks 5K series. Additionally, training programs and race services are provided to both the general public and other race organizations.

#### Event Plan

The 2025 race plan proposes a traditional start format as used most recently in September 2024 and in all years except 2020 (due to COVID-19 precautions). The proposed date is Sunday September 14, 2025, with Snow Farm Vineyard as the host and home base. Runners in both the 10K and 5K will start at 9:00 am. Last finishers would be expected back at Snow Farm by 11:05 am, with the majority of finishers back by 10:15 am.

#### Course

RunVermont will offer runners the option of a 10K or a 5K. Both courses will be out-and-back on West Shore Road.



The 5K runners will turn around near Wright Lane and the 10K runners will turn around near Eagle Camp Road. Traffic control will be provided, as has been done in past years, at the south and north ends of the course and at Station and Sunset View Roads. The start will be on West Shore Road and the finish will be on the Snow Farm Vineyard lawn.

Large yellow Traffic Delay signs will be installed on Monday September 8, 2025, at key locations on the course to warn local residents of the race. These signs include our office number in case residents have any questions or need assistance with travel plans ahead of time.

## Registration and Packet Pickup

1. **Registration** All registration will be conducted online. Race day registration will be available if the race capacity has not been hit. Race capacity for the 10K and 5K combined (so exclusive of the youth fun run that takes place completely within Snow Farm Vineyard) is proposed to be 600 registrants. Last year there were 463 registrants (up from 355 in 2023) and a realistic expectation for 2025 is ~550 registrants.
2. **Race Materials Pickup** Race materials will be available, pre-race, at Skirack on Friday, September 12<sup>th</sup>, and Saturday, September 13<sup>th</sup>. Race day pickup will be available at Snow Farm Vineyards prior to 9:00 am.

## Water Station

There will be one on-course water station for runners in the 10K. It will be located at about the 2 and 4 mile marks. Volunteers will fill cups from coolers and all trash will be packed out.

## Traffic Control

Traffic control will be provided by a professional flagging company at higher impact locations: Route 2/Sunset View Road and West Shore Road/Lakeview Road. Volunteer Course Monitors will be stationed at the same six lower impact locations as last year: along West Shore Road at Snow Farm Vineyard, Station Road, 5K turnaround, Sunset View Road, and 10K turnaround/Eagle Camp Road and at the intersection of Station Road and Lake View Road (along the vehicle detour route). Vehicular traffic on West Shore Road will be limited to local traffic only between 8:55 am and 10:20 am. We anticipate some minor delays for local residents between 8:55 am and 9:15 am, but otherwise do not expect any issues with access to homes on the course.

## Finish Line and Post Race Food & Beverage Services

- Finish on the grass at Snow Farm Vineyard will keep West Shore Road clear.
- We will provide water and Gatorade at the finish.
- We plan to bring in up to three food trucks for complementary food for the runners and food sales for spectators.
- All trash and recycling will be removed and additional porta potties from Wasted\* will be on site.

## Event Medical and Safety Operations

RunVermont, in conjunction with licensed medical professionals and municipal fire/EMT partners, has developed an extensive event wide medical response plan with the capability to serve all event attendees including athletes, volunteers, and staff. On site resources will be trained and ready to respond to any first aid needs or medical emergency at the home venue and to any location on the course. We expect that we will once again have volunteers with medical training as some of the bicycle escorts that will be on the course.