

2022 VERMONT 100

ENDURANCE RACE

:: JULY 15 - 17 ::

Runner Handbook



(Ben Kimball Photography)

Benefitting



EVENT SCHEDULE

Friday, July 15

11:00 AM - 5:30 PM :: Runner Check-In and Race Expo (in Uphill Main Tent)

All **runners** must check in to get their race number, runner swag, and crew vehicle tag, unless alternative arrangements have been made.. **Pacers** will sign their waiver and pick up their pacer bib. Everyone should visit the sponsor tents and visit the race merchandise area!

11:00 AM :: Camping Opens (in designated field)

Please camp in the designated field, farthest from the road. DO NOT set up tents next to your vehicle!

5:30 PM :: Drop Bag Drop-off Cut-off (in Uphill Main Tent)

All drop bags must be labeled and dropped off by 5:30pm, otherwise unfortunately they will not be transported to the aid stations. Thanks!

3:30 - 6:30 PM :: Dinner in the main tent at Silver Hill Meadow

Options to sit and eat, or to take dinner to-go. We will provide to-go containers for those who wish to eat off site (or bring a tupperware to help reduce trash).

Reminder – VT100 is cup-less, so B.Y.O. Cup (or water bottle) for dinner

8:00 PM :: Quiet Hours if you are still up and want to chat, please come down to the main tent so that runners can sleep! ***No talking in the Camping area!***

Saturday, July 16

3:00 AM – 3:45 AM :: Check-in for 100 mile Runner (Downhill Main Tent)

All 100 Mile runners must check in with race administration before they start.

4:00 AM :: 100 MILE RACE START!!! (Next to Main Tent)

4:15 AM :: Brownsville Butcher & Pantry (in Main Tent)

will be on-site with breakfast items for sale to crew and pacers. Yum!!!

8:00 AM – 8:45 AM :: Check-in for 100km Runner (Downhill Main Tent)

All 100 K runners must check in with race administration before they start.

9:00 AM :: 100 KILOMETER RACE STARTS!! (Next to Main Tent)

6:35 PM – Men's 100km Course Record

6:47 PM – Men's 100 mile Course Record

7:08 PM – Women's 100km Course Record

8:42 PM – Women's 100 mile Course Record

TRAIL MARKING

The trail is marked with **10" yellow plastic plates** with black arrows. There are smaller 6" yellow plates marked with a "**C**" used as confidence markers between the large arrow signs. Lime white chalk (arrows on the ground) is used to mark certain intersections. Glow sticks are placed on the trail after dark. Please note that vandalism can occur, and our crews will be monitoring markers as best they can during the race. Please be aware of your surroundings. We do our best to make the marking consistent and easy to follow.

100k runners: The first approximately 6 miles of the 100 K of the course is **not** part of the 100 mile course and is marked with **light purple plates** with black arrows. From then on, the 100k runners follow the same yellow plates as the 100 Milers.

Note - the horse course splits from the runner course in a few places. In those instances, they follow white plates.

MEDICAL POLICY

The Vermont 100 medical policy is as follows::

- runners WILL NOT undergo a quick medical check-in on Friday during registration;
- runners WILL NOT need to check-in with medical at aid stations along the race;
- runners WILL be responsible for their own health, safety, and well being throughout the event; - Vermont 100 will provide first aid-level care only (i.e. bandages and ice packs) at Camp 10 Bear and Bill's;
- Vermont 100 will have an ambulance with EMTs on site for runners who need it, however any treatment or ambulance ride is at the cost of the runner (or their medical insurance) and not the event

Stations with medical staff will only provide basic care (e.g. patching up injuries, applying ice, and suggesting when a higher level of medical care/ambulance is recommended). Runners and their crew must take responsibility for themselves and be self-aware of their condition and needs.

DROP BAGS

Runners without a crew may have drop bags delivered to any of 8 designated aid stations on the course. These stations are;

Pretty House (#5), Stage Road (#7), Camp 10 Bear (#11), Margaritaville (#14), Camp 10 Bear (#17), Spirit of 76 (#19), Bill's (#22) and Polly's (#24).

Drop bags must be rugged, securely closed soft containers, clearly marked with the runner's bib #, last name, and aid station name where the runner wants them delivered. Excessively large or heavy drop bags will not be accepted or delivered to stations (drop bags must be smaller than 9"x9"x16", or they won't be accepted). All drop bags must be given to the designated volunteer in the **Registration Tent before 5:30 PM on Friday**. We will do our best to return all drop bags to the start/finish by 10:00 am on Sunday.

The Vermont 100 is not responsible for lost, stolen or damaged bags or belongings. If you are unable to retrieve your drop bag by 10:00 am on Sunday, make arrangements with a fellow runner or friend to grab it for you. The VT100 will not mail forgotten drop bags.

NO DOGS, PLEASE!

We love our furry friends! However, because of problems we have had in the past with dogs on the course and at the request of certain landowners, we must insist.

NO DOGS ALLOWED AT SILVER HILL, ON THE COURSE OR IN CAMP!!! SORRY!

We realize that some horse ride crews bring dogs — an old riding custom that we are working to phase out at Vermont 100. But because of the larger number of runner spectators, that some people are afraid of dogs, and because of the issues they have caused in the past, we regrettably cannot have them at the Vermont 100.

A friendly reminder to all participants and guests: please be respectful of the beautiful environment which surrounds you and attempt to keep it green! Please help us patrol for litter all through the event!

GENERAL RACE RULES & INFORMATION

1. **NUMBERS:** Runner numbers must be worn on the front and outside of whatever clothes you are wearing. If we cannot see your number, we cannot score you at the aid stations. It is the responsibility of the individual runner to make sure that your number has been noted and you have been checked in at all manned aid stations.
2. **ABSOLUTELY NO LITTERING WILL BE TOLERATED!!**
3. **DROPPING:** Any runner dropping out must immediately notify appropriate race personnel at an aid station or the finish line and turn in their race number.
4. **CUT OFFS:** Cutoff times at aid stations are non-negotiable, runners must be out of the aid station before the cutoff time.
5. **HEADPHONES/SPEAKERS:** The use of headphones or personal speakers (ipods, mp3 players, walkmans, radios, etc.) is prohibited. Their use presents a major safety hazard and will result in disqualification.
6. **RUNNERS GETTING LOST:** Runners who get lost during the race must return, without transportation assistance from others, to the spot where they left the trail to continue.
7. **NO RIDES:** Any runner accepting a ride for any reason is deemed out of the race.
8. **NO AID FROM VEHICLES:** No aid is allowed from a vehicle. Runner and Crew must be outside the vehicle and at an acceptable location (i.e. crew aid station) when assisting a runner. Pacing a runner from a vehicle is prohibited.
9. **AID AT CREW ACCESS STATIONS:** No aid or assistance is allowed other than at designated crew access stations. Race officials have the right to disqualify any runner who does not abide by this rule.
10. **CREWS/PACERS TAKE NOTE:**
 - a. No vehicle shall follow a runner at night, assisting with headlights.
 - b. No "muling" (pacers carrying runners' gear.)
11. **NO PETS:** Pets are not allowed at aid stations or Silver Hill Meadow, except certified service animals, which should be marked as such.
12. **TREKKING POLES:** We discourage the use of "trekking poles". Their use will result in disqualification unless their use is pre-approved by the Race Director.

Violating any rule will be grounds for disqualification. Race management reserves the right to bar any runner from competing in this or any future Vermont 100 Mile Endurance Race.

PACER RULES

Above crewing, you are here to guide your runner in for the last several miles (and hours) to get them to the finish line — and we're glad you'll get to enjoy the course also! Please pay attention to your runner, and help encourage them to be smart, fuel and hydrate as needed, and to reach the finish line safely.

Know that, as a pacer, you are a direct reflection of your runner. Failure to follow the rules can **result in disqualification** of your runner.

1. **ONE PACER AT A TIME:** Each participant is allowed only 1 pacer at any time.
2. Pacers must sign a waiver to obtain their pacer bib. Pacers must wear their pacer bib when they are pacing.
3. **CHANGING PACERS:** Pacers can change out at any designated crew station. Since each participant will only have one pacer bib for their race number, if a pacer is changed out then the pacer bib must be passed along to the next pacer.
4. **PACERS CAN START AT:** Participants are allowed to have a pacer at any time after Camp 10 Bear #2 (i.e. for the last 30 miles of the race). Camp 10 Bear, second pass is ~mile 70 for the 100-mile runners, and ~mile 32 for the 100-km runners.*
5. **NO PACER PARKING:** No pacer parking is allowed at Camp 10 Bear or any aid station. **Free shuttle service** will be offered from Silver Hill Meadow and will take you to the designated crew stations, which are: Camp 10 Bear, Spirit of 76 and Bill's.
6. **NO MULING:** Pacers may not mule for their runner (i.e. carry water, fueling, clothing, etc.). Pacers may not run ahead at aid station to refill bottles for their runner.
7. **NO LITTERING:** Littering is not allowed. Pacers should take note to not litter and watch out (and pick up) after their runner if needed.
8. ***FOR RUNNERS OVER 60:** Runners over 60 may have a pacer at any time on the course if they would like.

ATHLETE WITH DISABILITY RULES

We welcome Visually Impaired and Mobility Impaired athletes to participate in the Vermont 100. Full details of the rules and accommodations are listed at vermont100.com/faqs, under 'Athletes with Disabilities'.

CREW RULES

We know that you're here to help your runner, we're glad that you're here. Our event is only able to continue as long as everyone involved is kind and courteous to the local residents and the volunteers who operate our aid stations. This counts doubly for the crews. Crews are seen by our neighbors more than the runners and you have more of a chance to make an impact on the locals' impression of our event.

Your positive attitude when dealing with locals and volunteers is imperative to the continuation of this event.

Know that, as a crew, you are a direct reflection of your runner. Failure to follow the rules can **result in disqualification of your runner.**

1. Each participant is allowed only **1 crew vehicle on course.**
2. **CREW VEHICLE PASS:** All crew vehicles MUST have and display a Crew Vehicle Pass in order to access the aid stations. One crew vehicle pass will be given to each runner when they get their bib #.
3. **NO PASS, NO ACCESS:** Vehicles without the crew vehicle tag will not have access to any crew aid station.
4. **FOLLOW DRIVING DIRECTIONS:** Crews must follow the crew directions provided (on the following pages) and stay off "closed to event traffic" or "local traffic only" roads.
5. **FOLLOW RACE OFFICIALS AND AID STATION DIRECTIONS:** Crews must follow the directions of race officials and aid station personnel.
6. **NO LITTERING:** Littering is taken seriously in Vermont – please help keep Vermont green! Historically, crews are the biggest offenders!!!
7. **PARKING:** Parking in undesignated areas will not be permitted. This is any place where the event doesn't specifically authorize you to park. Do not block roads or driveways. Do not park on lawns! If you leave your vehicle in an unapproved area, it will likely be towed at your expense.
8. **NO CREWING FROM VEHICLE:** Offering aid to runners from a vehicle anywhere other than an official "crew access" aid station is strictly prohibited.
9. **CREW-ACCESS STATIONS ONLY:** Being at an aid station that is not an official "crew access" station is strictly prohibited.
10. **DO NOT SET UP IN ROAD:** All roads are still open to the public at all times (with the exception of designated 'closed to event traffic' roads). Do not set up on the road and do take care when crossing the road.
11. **FOLLOW SPEED LIMITS:** The local police love out-of-state plates and will pull you over if you drive too fast. Speed limit on any unmarked dirt road is 30 mph.
12. **SLOW DOWN:** Be respectful of runners and horses on the roads and SLOW DOWN when near them. Your vehicle will kick up dust as you drive by, and running this far is tough enough!
13. **IF YOUR RUNNER DROPS:** If your runner drops from the race, be sure that they (or you) tell an aid station captain (or volunteer doing timing) and turn in their race number.

100 MILE RUNNERS :: AID STATION ACCESS FOR CREW

Aid Station							Aid Station	
#	Name	MILEAGE	OPEN	LEADERS	24-HOUR	CLOSE/ CUT-OFF	TYPE	
5	Pretty House	21.2	6:30 AM	6:45 AM	8:30 AM	10:20 AM	AHDP	
7	Stage Rd	30.5	7:45 AM	8:05 AM	10:40 AM	1:00 PM	AHDP	
11	Camp 10 Bear	47.4	10:00 AM	10:45 AM	2:30 PM	6:00 PM	AHDP	
14	Margaritaville	58.7	11:30 AM	12:05 PM	5:20 PM	9:30 PM	AHDP	
17	Camp 10 Bear	69.4	1:00 PM	1:45 PM	8:00 PM	1:00 AM	AHDP	
19	Spirit of 76	76.5	2:00 PM	3:00 PM	10:00 PM	3:00 AM	AHDP	
22	Bill's	88.2	3:30 PM	5:00 PM	11:55 PM	6:30 AM	AHDP	
24	Polly's	94.5	4:30 PM	6:00 PM	2:45 AM	8:30 AM	AHDP	
	FINISH LINE	100	5:00 PM	7:00 PM	4:00 AM	10:00 AM	AHDP	
U = Unmanned A = Manned H = Handler Access D = Drop Bags P = Porta Potty								
Dogs are not allowed at ANY aid stations or at Silver Hill Meadow.								

100 KILOMETER RUNNERS :: AID STATION ACCESS FOR CREW

Aid Station							Aid Station
#	Name	MILEAGE	OPEN	LEADERS	16-HOUR	CLOSE/ CUT-OFF	TYPE
11	Camp 10 Bear	9.5	10:00 AM	10:15 AM	10:50 AM	6:00 PM	AHDP
14	Margaritaville	20.89	11:30 AM	11:55 AM	2:45 PM	9:30 PM	AHDP
17	Camp 10 Bear	31.5	1:00 PM	1:45 PM	4:10 PM	1:00 AM	AHDP
19	Spirit of 76	38.6	2:00 PM	3:00 PM	6:15 PM	3:00 AM	AHDP
22	Bill's	50.3	3:30 PM	4:30 PM	9:10 PM	6:30 AM	AHDP
24	Polly's	56.6	4:30 PM	5:40 PM	11:25 PM	8:30 AM	AHDP
	FINISH LINE	62.1	5:00 PM	6:30 PM	1:00 AM	10:00 AM	AHDP
U = Unmanned A = Manned H = Handler Access D = Drop Bags P = Porta Potty							
Dogs are not allowed at ANY aid stations or at Silver Hill Meadow.							
Except for service dogs							

100 MILE CREW DRIVING DIRECTIONS

These directions are written in sequence. If you skip an aid station, the directions will most likely only confuse you. To get directions from Silver Hill to any single Crew Station, other than Pretty House, see the Race Director at Silver Hill/Main Tent.

Please don't use your GPS, follow the CREW DRIVING DIRECTIONS; there are very bad, impassable roads that your device won't know about. Also, there are roads that we cannot use due to landowner sensitivity, and we need to keep vehicles off runner routes as much as possible (as it kicks up dust that the runners don't want to breath in!). At a few particularly tricky locations there will be supplementary signage, including red 10" plastic plates with white reflective arrows to get you to the aid station.

100 Kilometer Crews

Use the directions at the end of this section labeled 100 KILOMETER CREW DRIVING DIRECTIONS "Silver Hill to Camp 10 Bear" (your first crew support station), then follow the directions below for Margaritaville and onward.

100 Mile Crews

Please don't arrive at Pretty House more than 30 minutes before your runner (as the station gets crowded!). In no case should crews arrive prior to the 6:45 a.m. station opening; this only interferes with the volunteers who are setting it up. A runner on a 15-hour pace wouldn't arrive until about 7:15. **A 24-hour runner wouldn't arrive until about 9:00, and a 28-hour runner at 10:00**, so get some breakfast in:

Breakfast spots

- **HARTLAND DINER** :: Hartland at the Hartland Diner (which is opening at 4:30 a.m. on Saturday just for you),
- **WINDSOR DINER** :: Windsor at the Windsor Diner, which opens at 7:00 am
- **SOUTH WOODSTOCK COUNTRY STORE** :: Woodstock at the South Woodstock Country Store at 10673 South Rd. (which is opening at 6:00 am) You'll pass it about one-third of the way to Pretty House, and again on your way back from Stage Rd. to Ten Bear.
- **MAPLEFIELDS** or **MAC'S MARKET** :: Also in Woodstock at Maplefields or Mac's Market.
- **TEAGO STORE** :: Closer to Pretty House is the Teago Store, which opens at 7:00 am

5. Pretty House

40 – 45 minutes: approximate driving time from Silver Hills Meadow to Pretty House

- From the race start, proceed uphill
- Bear right onto Bryant Rd (go 1.0 mi./1.6 km)
- Turn right onto Rush Meadow Rd (go 2.2 mi./3.5 km.)
- Continue straight onto Morgan Hill (go 1.6 mi./2.5 km.)
- Turn right onto Rt. 106 North (go 5.2 mi./8.3 km.) and turn right at Woodstock Green.
- Turn left onto Elm Street (which becomes Rt. 12) (go 1.1 mi./1.7 km.)
- Bear right onto Pomfret Rd (go 2 mi./3.2 km.)

Note - Teago Store is at this corner (great crewing food and ice!)

- Bear right to continue on Pomfret Rd (there will be a red plate here) (go 3.8 mi./6 km.)

Note - Watch out for runners.

- Turn right onto second entrance to Galaxy Hill Road (there will be a red plate)
- Go 0.6 mi./0.9 km.) up to the parking (on left).

7. Stage Road

20 minutes: approx. driving time from Pretty House to Stage Rd.

- Go back the way you came up on Galaxy Hill Rd.
- Turn left onto Pomfret Rd. (go 3.8 mi./6 km.)
- Bear right at **Teago Store** on Library Road (short cut-through street) (red plate here)
- Turn right onto Stage Road
- Go 1.6 mi./2.5 km. to aid station, park in field **Note - watch out for runners.**

Please crew your runner from the grassy field behind the aid station.

Do not set up along Wild Apple Road OR Stage Road!

11. Camp Ten Bear (1st time)

100 kilometer runners: see 100k crew driving instructions: Silver Hill Meadows to Camp 10 Bear

35 minutes: approx. driving time from Stage Rd. to Camp Ten Bear

- Retrace your route back on Stage Rd. (go 1.6 mi./2.5 km.)
- Bear right onto Pomfret Rd. (go 2 mi./3.2 km.)
- Bear left onto Rt. 12. (go 1.1 mi./1.7 km.)
- Turn right and circle $\frac{3}{4}$ of way around Green.
- Turn right onto Rt. 106 (go 9.3 mi./14.9 km.)

Note - you will drive past Lillian's Aid Station on Rt. 106. This is NOT a crew station. Please do not stop, as there is only enough parking for the aid station volunteers.

- Turn right onto Whitmore Circle (there will be a red plate here)

Note - Watch out for runners. One way traffic. Do not park where posted.

Please do not plan on staying here until your runner returns again. They have 23 mi. to run: thus, someone on an 18 hr. pace would take over 4 hours. 26 hr. pace – 6 hours. There simply isn't enough room for such 'long-term' parking.

14. Margaritaville

100 kilometer runners: second aid station

40 minutes: Approx. driving time from Camp Ten Bear to Margaritaville

- Continue to the right out Whitmore Road as directed by volunteers (0.6 mi./1.0km)
- Turn left onto Bailey Mills Road (go 1.2 mi./1.8km)

Note - runners will be on the roadway for the above portion of this route.

- Turn right onto Rt. 106 South (go 6.9 mi./11 km.)
- Turn right onto Rt. 131 (there will be a red plate) (go 5.8 mi./9.4 km.)

Note - Downer's Store is at this corner (great crewing food and ice!)

- Turn right onto Whitesville Road (there will be a red plate) (go 0.3 mi./0.5 Km.)
- Turn right onto Center Rd (go 1.2 mi./1.9 Km.)
- Turn left onto Town Farm Rd. (go 2 mi. /3.2 Km)
- Aid station will be at the intersection with Brook Rd

17. Camp Ten Bear (2nd time)

40 minutes: Approx. driving time from Margaritaville to Camp Ten Bear

- Retrace your route back to Town Farm Rd (go 2 mi./3.2 km.)
- Turn right onto Center Rd. (go 1.2 mi./1.9 km.)
- Turn left onto Whitesville road (go 0.3 mi./0.5 km.)
- Turn left onto Rt. 131. (go 5.8 mi./9.4 km.)
- Turn left onto Rt. 106. (go 8 mi./13 km.)

Note - Watroba's General Store is at about 4 miles (great crewing food and ice!)

- Turn left at second Whitmore Circle entrance (there will be a red plate).

Note - Watch out for runners

19. Spirit-of-'76

35 minutes: approx. driving time plus walking time from Camp 10 Bear to Spirit-of-76

- Continue to the right out Whitmore Road as directed by volunteers (0.6 mi./1.0km)
- Turn left onto Bailey Mills Road (go 1.2 mi./1.8km)

Note - runners will be on the roadway for the above portion of this route

- Turn left onto Rt. 106 (go 5.5 mi./8.8 km.)
- Sharp right onto Morgan Hill, after equestrian show grounds. (go 1.6 mi./2.5 km.)

Note - Watch out for runners and watch your speed

- Stay straight at intersection with Reeves Rd. (go 0.2 mi./0.4 km.)
- At road split, bear left onto Rush Meadow Rd. (go 0.1 mi./0.2 km)
- Enter driveway on left at Spirit-of-'76 sign. Red plate here.
- Park 150 yards in, then 5 min. walk down to station.

22. Bill's

40 minutes: Approx. driving time plus walking time from Spirit-of-76 to Bill's

- Proceed out of parking area
- Turn left onto Rush Meadow (go 5.9 mi./9.4 km.)

Note - Runners from 0.9 to 3.0 miles.

- Turn left onto Rt. 44 East (there will be a red plate) (go 5.3 mi./8.5 km.)
- Turn left onto Estey Road (go 0.5 mi./0.8 km.)
- Turn left onto Brook Road (go 0.1 mi./0.2 km.)
- Turn right onto Hewett Rd. (go 1.5 mi./2.4 km.)

Note - runners from 0.5 to 1.5 miles

- Turn left onto Hunt Road (go 0.7 mi./1.1 km.)
- Turn left onto Stillson Road (there will be a red plate before the turn)

Note - runners coming at you part of the way

- Park in field on Right. Walk down to station in barn.

24. Polly's

20 minutes: Approx. driving time from Bill's to Polly's

- Retrace back out Stillson Road
- Turn right onto Hunt Rd (go 0.7 mi./1.1 km)
- Turn right onto Hewett Rd. (go 1.4 mi./2.1 km)

Note - Runners coming at you part of the way

- Turn left on Brook Rd (go under 0.1 mi/0.1 km)
- Take quick right on Estey Rd (go 0.5 mi./0.9 km)
- Turn right onto Rt. 44 West (go 2.2 mi./3.5 km.)
- Turn right on Brownsville Rd. (go 3.7 mi./5.9 km.)
- Drive past the 1st entrance to Hammond Hill Road
- Turn right onto 2nd entrance to Hammond Hill Road (go 0.6 mi./1 km)
- Aid Station personnel will direct you to the parking area, slightly to the right.

Note - Runners coming at you part of the way

Finish/Silver Hill Meadow

20 minutes: Approx. driving time from Polly's to finish/Silver Hill Meadow

- Retrace back down to Brownsville Rd. (watch for runners)
- Turn left onto Brownsville Hartland Road (go 1.5 mi./2.4 km.)
- Turn right onto Silver Hill Rd. (go 1.7 mi./2.7 km.)
- Bear right at triangle and straight into Finish area meadow.

Congratulations, you have just driven over 125 miles/200 km. in support of your 100 mile runner, or 85 miles/135 km. in support of your 100K runner. They sincerely appreciate your dedicated assistance, though in their post-race state they may forget to show their gratitude.

100 KILOMETER CREW DRIVING DIRECTIONS

Please note that even the fastest runner will take **at least 75 minutes to get to Camp 10 Bear**, and you share a portion of this drive with the runners. Please give them at least a 30 minute head start so you don't kick dust up as you drive by. Also, your next crew station (after Camp 10 Bear) is Margaritaville.

Silver Hill Meadow to Camp Ten Bear

25 minutes: Approx. driving time from Silver Hill Meadow to Camp 10 Bear

- Drive up to the top of Silver Hill Rd.
- Bear right onto Bryant Rd. (go 1 mile /1.6 Km.)
- Turn left onto Rush Meadow Rd. (go 2.5 mi. /4 Km.)
- Turn right onto Shattuck Hill Rd. (go 0.9 mi. /1.4 Km.)
- Turn right onto Rt. 44. (go 0.5 mile /0.8 Km.)
- Turn right onto Rt.106 North (go 3.2 mi.)

Note - you will drive past Lillian's Aid Station on Rt. 106. This is NOT a crew station. Please do not stop, as there is only enough parking for the aid station volunteers.

- Turn left at the SECOND Whitmore Circle entrance (there will be a red plate).
- Follow directions of parking volunteers.

100 Kilometer Crew: then follow directions (previous pages) to Margaritaville – Finish

Camp 10 Bear to Silver Hill Meadow (finish)

25 minutes: Approx. driving time from Camp 10 Bear to Silver Hill Meadow

- Continue along Whitmore Circle towards Rt. 106
- Turn right onto Rt. 106 (go. 3.0 Mi./4.8 Km.)
- Turn left onto Rt. 44 East (go 0.5 mile /0.8 Km.)
- Turn left onto Shattuck Hill Rd. (go 0.9 mi. /1.4 Km.)
- Turning left onto Rush Meadow Rd. (go 2.5 miles /4 Km.)
- Turn right onto Bryant Rd. (go 1.0 mile /1.6 Km.)
- Bear left at the triangle at the top and enter the start/finish meadow.

DIRECTIONS TO SILVER HILL MEADOW - RACE START

Please follow the directions below. There are roads that are closed to race traffic for the weekend. Use of LOCAL ONLY roads by anyone associated with the event can jeopardize the future of the VT100. We appreciate your compliance!

From the North on Interstate 91 (coming South from Rt. 89 and White River Junction)

- Take Exit 9 Hartland-Windsor.
- Go North (right) onto Route 5 North (go just over 1 mile)
- Bear left onto Route 12 N (go 1.2 miles to the 4-way intersection)
- Go left onto the Brownsville-Hartland Rd (go 5.2 miles)
- DRIVE PASS JENNEVILLE RD. (Do not turn onto Jenneville Road)**
- Turn right onto Silver Hill Rd (go 1.7 miles)
- Bear right at triangle to stay on Silver Hill Road
- You'll then be in an open meadow, which is your destination.

From the South on Interstate 91 (coming from Massachusetts)

- Take Exit 8, turning right onto Route 131 East (go short distance to traffic lights)
- Go left onto Route 5 North (go 1.2 miles)
- Bear left onto Route 44A (go 2.8 miles)
- Bear left onto Route 44 West (go 2.6 miles into Brownsville)
- Turn right onto the Brownsville-Hartland Rd (go 2.2 miles)
- Turn left onto Silver Hill Rd (go 1.7 miles)
- Bear right at triangle to stay on Silver Hill Road
- You'll then be in an open meadow, which is your destination.

From Woodstock, Vermont

- From the Green on Route 4 (in the center of town), take a right onto Route 106 South
(**Note** - sign is sometimes obscured by tree). (Go 12.2 miles)
- Turn left onto Rt. 44 East (go 4.2 miles)
- Turn left onto Brownsville-Hartland Road (go 2.2 miles)
- Turn left onto Silver Hill Rd (go 1.7 miles)
- Bear right at the triangle to stay on Silver Hill Road
- You'll then be in an open meadow, which is your destination

ABOUT VERMONT ADAPTIVE SKI & SPORT

The VT 100 Endurance Race is one of Vermont Adaptive Ski & Sports' largest fundraisers. The race fundraising & Team Run 2 Empower athletes make it possible for people with disabilities to experience the thrill of sports that is often taken for granted by able-bodied athletes. Please consider donating!

Vermont Adaptive was founded by Laura Farrell in 1987, operating at Ascutney Mountain Resort as the Vermont Handicap Ski Foundation. It was the first disabled skiing program in Vermont that worked with people of all ages and abilities and promoted the beneficial aspects associated with sports and recreation.

During this same time, Laura and her running and equine friends and dedicated supporters of the organization established the VT 100 and the VT 50 races to subsidize operating expenses.

In 1989, the Ski Foundation grew to include summer activities such as canoeing and rock climbing in Southern Vermont. By 1991 the adaptive skiing program expanded to Northern Vermont, beginning operations of our winter program at Sugarbush Resort. By 1996 the organization offered full-time statewide programs and the name Vermont Adaptive Ski and Sports was adopted with the mission to provide year-round recreational opportunities to individuals with disabilities.

In 1998, Vermont Adaptive expanded its programming by collaborating with Lake Champlain Community Sailing Center to bring an extensive Adaptive Water Sports program to the Champlain Valley. Vermont Adaptive moved its southern programs and operational headquarters to Pico Mountain Resort in 1999, centralizing administration.

In the spring of 2000, Vermont Adaptive played a large part in the development and creation of the first inclusive camp in Chittenden County. "Partners in Adventure" pairs able-bodied and disabled campers ages 11-17 together for adventure and activities.

In 2002 Vermont Adaptive developed, trained and sponsored a disabled alpine ski team to participate in the Diana Golden Race Series held throughout the Northeast. The series is designed to allow disabled athletes to become familiar with the sport of alpine ski racing in a fun and supportive environment.

In 2004, Vermont Adaptive aligned itself with the US Paralympics as an official partner and Paralympic Sport Club. Paralympic Sport Clubs are responsible for promoting awareness for the Paralympic Games and for developing programs and events which expose physically disabled athletes to competitive Paralympic sport. The US Paralympics is the sanctioning body for the US Olympics and hosts the Paralympic Games.

Vermont Adaptive and United States Association for Blind Athletes first partnered in 2007 to offer the first National Winter Festival "learn to ski, learn to race and Nordic event" for visually impaired and blind athletes. This partnership and annual event continue to this day.

In 2008 Vermont Adaptive expanded to a third winter program location, Bolton Valley Resort. Because of its proximity to Burlington and Chittenden County, our programs at Bolton Valley are very popular and growing quickly.

DEDICATED TO: The many amazing and dedicated Vermont 100 volunteers

Every year, the Vermont 100 welcomes over 500 athletes to participate, however it takes over 550 volunteers to support these athletes. That means that there is more than 1 volunteer per runner/rider - which is incredible!

Some of these volunteers you will see along the course, supporting you at aid stations, keeping you cool, refilling water bottles, and cheering you on. However, many of the volunteers work behind the scenes and provide equally important roles. They help mark the race course (heck, they make the course markers!), they maintain the trails and cut trees as needed. They cook up pounds of potatoes in the week leading to the race! They register you on Friday, or direct the parking. Then, they also clean up the entire race course and site on Sunday, divvying up the left-over food to be donated, and scrubbing the water jugs. There are so many behind the scenes tasks that are so critical and that many of you might never be aware of.

Especially this year, due to COVID, volunteers have been more challenging to find. This makes us that much more grateful for the incredible folks who have decided to donate their time to this event. I tip my hat to everyone who is volunteering! It was incredibly touching to have dropped runners who offered to volunteer (to still participate in this year's race), or to have participating runners offer to help out on Friday before their race. This is a perfect example of why the ultra community is such a magical group of people.

Beyond that, the race is organized by a dedicated committee who spend months planning out and coordinating every aspect of the event. Most of them are unseen, yet provide so much knowledge and enthusiasm for the VT100 that makes it successful. I couldn't direct this race without such a strong support system in the race committee. From the bottom of my heart, I thank each of them for their support, dedication, and passion for the race.

I hope that each of you takes the time throughout the event to thank the incredible volunteers. This race does not happen without them! They are amazing, and I am so grateful!

With a huge hug (or high five) to each of them,
-Amy Rusiecki and the VT100 Race Committee

AID STATION CREWS — GIVE A HIGH FIVE!

These groups, running clubs, and organizations from throughout New England have adopted aid stations along the course – they staffed them, decorated them, and are waiting to take care of you. (Of course, they are all supported by so many other volunteers!)

So, a huge thanks to:

Taftsville Bridge :: Sugarloaf Mtn. Athletic Club (aka SMAC)

Pretty House :: Shenipsit Striders

Stage Road :: Family of Race Director
(captained by Peter Lane/Amy's Dad)

Rt. 12 :: Western Mass runners

Lincoln Covered Bridge :: Trail Monsters

Lillian's :: Vermont Adaptive Board of Directors

Camp 10 Bear :: Trail Animals Running Club (aka TARC)

Pinky's :: Acidotic Racing

Birmingham's :: Locals (captained by Tracy Reusch)

Margaritaville :: Frozen Fins

Puckerbrush :: Vermont Adaptive Volunteers (North)

Brown School House :: Vermont Adaptive Volunteers (South)

Seabrook :: Friends of Race Director (captained by Jen Fields)

Spirit of '76 :: 413 Trail Runners

Cowshed :: Locals (captained by Eric and Teresa Bauernschmidt)

Bill's :: Locals and Gilly's Athletic Club (aka GAC)

Keating's :: Locals (captained by Jessie Farnham)

Polly's :: Red Cross Volunteers and Six03 Endurance

Finish Line :: Beast Coast Trail Running

Also, a **huge high five** to:

- The Green Mountain Bike Patrol acting as course sweeps
- The CT Valley FM Association for providing emergency communications!

Be sure to thank the volunteers along the way!



THANK YOU, LANDOWNERS!

A huge thank you is due to the landowners, who allow the events of the Vermont 100 to use their property each year. They are awesome, and generous, and we can't do the race without their permission!

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Tina Barr Tuckerman	Garret and Kit Mead
Matt Birmingham	Wynn and Betsy Medinger
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