

LETTER #1 and RACE INFORMATION

**** Good Day Inaugural Womens Stowe 100 mile and 24 hour Maple Run Entrant! ****
(conjuring you up as an entrant 😊)

I am so excited to have you join me for what I *hope* is the BEST race ever (and I have been to some pretty amazing races out there including Umstead 100 miler, Western States 100 miler, Vermont 100 miler and so many other local to Maryland/Virginia/DC where I live(d) for 25 years.

I have owned a house in Stowe Vermont for about 5 years and have been going to Stowe since 2006 when I ran the Stowe Marathon, so I like to think I have deep roots and know the town which I want to share with you.

Contents

COURSE INFORMATION	2
DAY COURSE/NIGHT COURSE.....	2
RECREATION TRAIL SURFACE/DESCRIPTION	2
BATHROOMS AND WATER FOUNTAINS	3
HEADQUARTERS/MAIN AID STATION	3
RIVERSIDE INN AID STATION & DROP BAG	3
RV AID STATION DROP BAG & WATER STOP.....	3
PACERS/CREW	4
PACKET PICK UP	4
FOOD/BEVERAGE	5
POST RACE PARTY.....	5
RULES.....	5

COURSE INFORMATION

This race has a 32:05 hour time limit (weird because I want to ensure if there is any type of bottleneck at the start no one DNF's off a slightly late start).

The race starts at 5 a.m. Friday June 12th and finishes at 1:05 p.m. Saturday June 13th.

DAY COURSE/NIGHT COURSE

This race will have a day course that runs the full length of the 5.3 mile Stowe Recreation Trail which includes several street crossings that you will be responsible for crossing yourself. This course has the headquarters about 1/3 of the way long the Rec trail and traverses from the covered bridge at the top and downtown Stowe at the bottom. The two turn arounds will have a piece of paper to note your time if you would ultimately like splits or just check off. Both turn arounds will essentially be the honor system although my RV does have a EUFY security camera that I use when I am RV-ing.

The night (and day 2) course is an abbreviated section of the rec trail that does not include any street crossings and is mostly run in the woods with only the section from Riverside Inn to the night turn around having some stores/civilization.

The course is a paved but NOT lit recreation trail. It is requested you have a headlamp and some reflective gear both front and back (this can be clothing with the reflective tape on it). Throughout the race you are welcome to run on the side of the paved surface which will include either grass or dirt-with unfortunately a few segments with roots.

RECREATION TRAIL SURFACE/DESCRIPTION

This race will be run entirely on the paved Stowe Multi-use Recreation Trail (we call it the "Rec Path"). But you can run along the side on a surface that varies from a dirt path, some gravel, grass and a bit rooty dirt surface. Along the course you parallel the West Branch the river that goes through Stowe. You are WELCOME to go into the water to cool off or if you want to simulate a future race that has river crossings.

There are about 10 bridges that cross the river during the 5.3 mile rec trail. Some are pretty flat with minimal incline leading in/out. A few you will have the tiniest hill that by the end of the race will feel like something between K2 and Mt Everest. I will make sure to call the department of public works to actually build up/extend the height of the bridges while you are running (hahaha just kidding!!)

BATHROOMS AND WATER FOUNTAINS

Along the recreation trail there are porta potties that are maintained by the village of Stowe. Other than leaf peeping season, the British Invasion car show weekend and July 4th they tend to be clean, well stocked and infrequently have any line. This race is held during the “shoulder season” so you should not have too long a wait if you are using any of the porta potties.

In addition to porta potties along the rec trail at many parking lots and access points there are water fountains with city water that you can drink from or refill your bottles.

HEADQUARTERS/MAIN AID STATION

At the main headquarters there will be 10 rental porta potties and a hand washing station very close to the 50 foot tent where the main race start/finish headquarters is.

This location will serve as the packet pick up on Thursday afternoon as well as super early Friday morning.

Additionally, this is where the bulk of the food and beverage will be located. And will also be where the post race pizza party and award ceremony will occur at 1 p.m. on Saturday afternoon

RIVERSIDE INN AID STATION & DROP BAG

This aid station is just a short pop off the recreation trail through a gate that shall be open. It is the AWESOME RIVERSIDE LODGE where cats, horses, lambs and other critters are welcome guests!! There will be at least one room set aside for the drop bags as well as for refilling water, going to a real running water bathroom and even a few beds if you need to take a moment to reconsider your poor life decisions.

Food and water shall be available but not necessarily as much as the main aid station.

RV AID STATION DROP BAG & WATER STOP

My RV will be at the located at the downtown Stowe Parking lot. It is bright pink and very noticeable. All runners will need to go close to it to check off that you made it to this turn around. You can put your time if you would like us to know your splits at various locations but via the honor system just a check will be sufficient.

The RV will have drop bags in the main compartment and the water will be in the “trunk” area. I will likely duct tape near the license plate or handle reminding you of the water access.

PACERS/CREW

Crew is welcome to crew you throughout the duration of the race ensuring you are parked legally. There are many parking lots along the course including the Brook Road Covered bridge (upper turn around), Thompson Park, Chase park, Events field and downtown Stowe.

PACERS are welcome for ALL runners after 6 p.m. or once a runner gets to mile 50. If you would like a pacer earlier please contact me and I am amenable to a pacer earlier (this can be based on age, health issue or other rationale based on the RD discretion). I want to ensure safety, fairness and success for ALL!

Pacer/Crew can be ANY gender, males, females or other are welcome! Additionally while one pacer can be with a runner at a time, different pacers can be utilized throughout the race. HOWEVER EACH pacer MUST sign a liability waiver.

Pacers may mule for runners and can run alongside, in front or behind the runner. Please be respectful of the non-race rec trail uses and at most run 2 abreast when the recreation trail has folks using it (I suspect overnight the runners/pacers will be the only ones using the rec trail)

Additionally multiple crew members are welcome; however, please ensure your crew is not impeding other runners progress and is not negatively affecting users of the recreation trail. THANK YOU!

PACKET PICK UP

Packet Pick up will occur on Thursday afternoon from 2 p.m. until 5 p.m. at the Stowe Farmers Market. You can familiarize yourself with the course, the start/finish area and if you would like leave non-food items (so change of clothing??). This area will not be manned overnight—although you can car camp in the field if you would like having access to the porta potties and handwashing station (but please no HOB0 baths).

Packet pick up will resume about 4:15 a.m. on Friday morning. You/your crew will need a headlamp for this as the farmers market field is not lit (the interior of the tent will be)

FOOD/BEVERAGE

The race will have PLENTY of food. This will include vegan/vegetarian items such as hummus, stuffed grape leaves, potatoes, peanut butter/Nutella/jelly sandwiches as well as many other standard ultra fare: chips, candy, ramen noodle, coffee, cocoa, soda.

The sports drink will be Gatorade and we will have plenty of water for you to make your own powdered sports beverage.

Speciality food including cider donuts, piecaso pizza and maple products to go with pancakes/waffles will be provided at random times during the race.

POST RACE PARTY

All are welcome to the post race party at the Stowe Farmers Market at 1p.m. on Saturday. This party welcomes and includes runners, pacer/crews, volunteers, the Stowe Police and EMTs/Firefighters. If you would like to donate \$\$ to defray the cost of the pizza/beverages we would welcome contributions or we want to remind you that the 3 charities that this race supports whole heartedly are: Vermont Adaptive Ski and Sports, Stowe Land Trust and the Mansfield Nordic Ski Team some of which will have volunteers at the race.

RULES

The most important rules are BE SAFE and RESPECTIFUL!

- 1) Runners must be respectful of other trail users including both runners and walkers, joggers, bikers and others on the rec trail
- 2) My volunteers must be treated with kindness and appreciation. They are giving up days of their lives to help you accomplish your goals.
- 3) Please treat my friend Kay/Julians motel room Aid Station respectfully and keep it tidy. If you need to nap on the bed or change your shoes you are welcome to do so. There should be plenty of space to nap or sit but it will be communally shared with runners (and if pacers are sitting/sleeping please ensure pacers are giving up seats/bedspace for runners)
- 4) Overnight please have access to an operational headlamp and reflective gear
- 5) PACERS of any gender are welcome and encouraged after mile 50 or past 8 p.m. They will need to sign a waiver and will also need a headlamp and reflective gear.
- 6) If you see another runner (or other person on the rec trail in distress) HELP THEM. Note the time you are helping and if you end up being in overtime I will ensure that you are given credit for the time you were assisting others

- 7) Going to the turn arounds and noting your time/putting a check box will be on the spreadsheet will be based on the honor system. I will have a EUFY security camera but please be aware this can have glitches.
- 8) Well behaved pets including leashed (or under verbal command) dogs, cats, lambs, sheep, rabbits etc. are welcome (including in pet strollers are welcome.
- 9) If anyone brings a pet lemur I will comp both your entry and your lemur(s) entry for life!
- 10) Please put your EMERGENCY contacts number on the back of your bib in CLEAR BLOCK print. Ideally please do not make us use it 😊
- 11) This list of rules may be updated as the race gets closer but it will be “standard issue” rules that most races have.