

**Welcome to the 43rd Annual GMAA Green Mountain Marathon and
Green Mountain Half Marathon!
Best of luck and *bon chance* to all of the runners!**

Race Day Instructions

PARKING:

There is a limited amount of parking in the Folsom School lot. Parking attendants will direct participants within the parking lot and when the lot is full participants will be directed to more parking past Folsom School, across and adjacent to Allenholm Farm as well as satellite areas on RT 2. There will be a van to shuttle runners and spectators to and from the start and finish (approximately ¼ to 1+ mile from parking areas). If the weather is wet, **please** use extra caution when parking in order to preserve the grass. **Parking is not permitted** anywhere on South Street, on street parking, or the side of the road. The fire hydrant in the parking lot next to the school needs to be clear for emergency vehicles. **Please do not park** in the fire lane blocked off by orange cones. We need to be respectful of the neighbors, the safety of the runners and the community. The closest lots will fill early so please arrive at a time that allows time for shuttle or short walk to Folsom School.

BATHROOMS:

There will be many port-a-potties located at the school, 2 at the parking area on South Street, 2 more at Allenholm Farm and 4 on the course. The bathrooms in the Folsom School will not be available for use. There will be 4 port-a-potties along the course at approximately miles 2 (White's Beach), Mile 6(Eagle Camp), Mile 8 (Fishing Access), Mile 12 aid station and the corresponding return miles.

THE COURSE:

The start is about 1000 feet south of The Folsom School on South Street and the finish is in front of the school. (When coming out of the school turn left to get to the start). **The start is at 8:30 sharp!** There is no early start permitted. The Half Marathon and Full Marathon will have a simultaneous start. The majority of roads are lightly traveled and caution signs will be posted, but care must be taken as always when running on roadways. Running on the left side of the road is always safest. Note that VT Route 314 is busy and we recommend runners stay on the lake side of the street (left side heading out and right side heading back). In the interest of your safety and that of other runners, please remember that **pets, baby joggers and headphones/iPods are not allowed in the race.** There will be vehicles on the course prepared to return you to the school if you require assistance. Finishing the marathon is certainly everyone's goal, but please be safe. The course will close at 2:30pm.

DISPLAY OF BIB NUMBER:

Please have your race bib visible at all times. On the course we will have bib checks, particularly at the half marathon location. We understand if it gets obscured by clothing coming on and off, but please be able to display quickly when asked by the volunteers. **NOTE:** USATF and GMAA rules do not allow unofficial runners in the marathon (in whole or part)-**all runners must be registered and wear a bib.**

CHIP TIMING:

The races will be chip timed. The chip is attached to the back of your bib. You must wear the bib in order to receive an official time. There will be timing mats at the start, 13.1 and at the finish.

AID STATIONS:

Water and Lemon Lime Gatorade will be offered at all aid stations, located approximately every 2 miles beginning at mile 2 and ending at mile 24. The Islands are beautiful-please help us keep it that way by leaving cups close to aid stations to help volunteers with clean up duties. Pack out all food and gel wrappers or leave them in the trash at aid stations. You can leave clothing at aid stations and the aid station workers will return them to The Folsom School after the race. The communities along the route are very supportive of this race-let's keep it that way for years to come!!! Look for the SymQuest tent at The Folsom School and that is where all items left at aid stations will be.

FINISH LINE:

The finish line is directly in front of the school. Please make sure your bib number is visible when you finish. There will be a large clock with your unofficial time as you approach the finish. Refreshments and warmth will be inside the gym of the school.

AWARDS:

The ceremony for the half marathon will be held inside The Folsom School at approximately 11am. The Marathon Awards ceremony will be at approximately 12:30. The Marathon and Half Marathon awards go to the top three Male and top three Female overall finishers, top Male and Female Master as well as the top Male and Female in each age group.

T-SHIRTS:

All runners will receive a t-shirt when you get your bib number. You will only be permitted to pick up the size that you signed up for. If you are unhappy with your shirt, you may trade it in for a different size after the race, providing there are any left.

RESULTS:

Race results will be posted at www.gmaa.net following the race. Results will be sent to The Boston Athletic Association to be used to verify Boston Marathon Qualifying Times.

THINGS TO DO FOR FAMILY MEMBERS AND FANS:

Allenholm Farm and Hackett's Orchards are within walking distance of Folsom School (south along South Street) and both sell a variety of items. Allenholm Farm also has a petting zoo. Owner Ray Allen was one of the early race directors and his father knew Clarence DeMar, the legendary 7 time Boston Marathon winner. There is also a small playground behind Folsom School. A ride on the ferry across Lake Champlain is also a scenic way to see the lake first hand. The ferry dock is between miles 7 and 8 on the marathon course.

RUNNER SUPPORT:

If driving out to see runners on the course, please respect the runners and drive carefully. **You must use RT 2 and the various east-west roads to access the course.** There will not be any room on South Street and West Shore Rd for the first 7 miles of the race for vehicular traffic- as the half marathon has over 400 runners and will be traveling in two directions. **Please DO NOT drive alongside or behind your runner.**

WEATHER FORECAST:

We are all hoping for stellar weather but please be prepared for anything. Throw-away shirts, gloves and hats will make your first few miles on a chilly day more comfortable. Please discard them at aid stations and not in people's front lawns or on the road side.