

BERLIN POND FIVE MILER

Thursday, August 5, 2010 -- 6:00 pm

Race #6 in the 2010 Central Vermont Runners - Onion River Sports Race Series

- LOCATION:** Registration at Berlin Town Hall, 108 Shed Rd, Berlin, VT
- PARKING:** Parking at Town Hall only. **No parking along race course.**
- REGISTRATION:** 4:45 pm - 5:45 pm, August 5, Berlin Town Hall
RACE DAY REGISTRATION ONLY -- NO PRE-REGISTRATION
- ENTRY FEE:** \$5.00
- START TIME:** 6:00 pm
Note: Race start is one-half mile from the registration venue. Registration will close at 5:45 pm.
- COURSE:** 5-mile counter-clockwise loop around Berlin Pond on dirt roads w/ one water stop. First half very hilly; second half not. USATF certified course VT05001RF.
- AWARDS:** Top 3 overall male and female
Age group awards male & female: 0-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+ (1 to 3 deep per category based on number of registrations)
***** NEW THIS YEAR *****
Special awards for the King and Queen of the Hills. First male and female to reach highest point on course (~ 1.75 miles). Must finish in top 10 overall for gender.
- QUESTIONS:** For additional information, visit www.cvrrunners.org
Or contact race directors Jeff Prescott jeffp_cvr@myfairpoint.net
or Sue Emmons sue.emmons@comcast.net
- DRIVING DIRECTIONS:** Exit 7 from I-89 onto VT 62 for 0.9 miles. Right on Paine Turnpike for 0.3 miles. Right on Crosstown Rd for 0.1 miles. Right on Shed Rd.
- RULES:** No baby joggers. No headphones. No dogs.

It's a sweet little race. -- Nancy R