

# **32nd Annual Vermont 50 Mountain Bike or Ultra-Run**

**September 28, 2025**



## **Volunteer Handbook**



**Website:** <https://vermont50.com/>

[Runner Handbook](#)

[Mountain Bike Handbook](#)

[Crew Handbook](#)

**Contact email:** [Mike Silverman](#), Race Director

Held at Ascutney Mountain Outdoors

Base Camp: 450 Ski Tow Road, Brownsville VT 05037 for your GPS

## Table of Contents

Table of Contents	1
Vermont 50 Quick Guide	3
<b>Welcome</b>	<b>5</b>
• Obey all speed limits (dirt roads 30 mph, paved roads as low as 25 mph)	5
• Keep noise levels reasonable	5
• Do not litter — leave no trace	5
• Operation of Bicycles Operation Of Bicycles	5
• Share the Road Booklet Share The Road Booklet	5
Quick Weekend Checklist	5
Saturday, Sept 27 — Registration & Events	5
Sunday, Sept 28 — Race Day	6
Schedule of Events	6
Saturday, Sept 27	6
Sunday, Sept 28 — Race Day	7
Race Start Waves	8
Start Rules:	8
Finish Line & Post-Race	8
Key Resources	9
Aid Station Operations Manual	9
1. Safety & Communication	9
2. Volunteer Guidelines	9
3. Station Set-Up	10
4. Hydration Management	10
5. Key Reminders	11
Aid Station Volunteer Guide	11
UnTapped™ Waffles & Pure Vermont Maple Syrup	11
Gatorade™ & Drinks	11
Nut Allergies	12
Grilled Cheese	12
Homemade Items	12
Good Food Service Practices	12
Drop Bags	12
Dropped Clothing on Course	12
Important	13
Relay Teams Overview	13
Mountain Bike Relay	13
Run Relay	13
Crew— Aid Station Rules	14
Volunteer Instructions	15
Recycling & Trash Guide	15
	1

Preparation for Runners & Bikers – Aid Station Guidelines	16
Runners’ Food Boxes	16
Refreshing Your Aid Station	16
Drinks Setup	16
Aid Station Setup Resources	16
Directions to Aid Stations	16
Important Rules	17
Timing & Scoring Instructions for Aid Stations	17
Volunteer Roles	17
Drops / Did Not Finish (DNF)	17
Equipment Issues	18
Closing the Station	18
Key Reminders	18
Aid Station Shutdown Checklist	20
Packing & Cleanup	20
Closing Procedure	20
Other Notes	20
SAG Policy & Procedures	21
Sweep Rider	21
Race Marshal	21
SAG Wagon	21
Other Race Information	
Course Markers	22
General Volunteer Sign Up Sheet	24
Thank You for Volunteering!	24
WALK UP Volunteer Contact Information	25
Aid Station Summary	26
Vermont Adaptive Ski & Sport	27
Aid Station Volunteers-are ROCK STARS	28
Thank you Vermont 50 Landowners!	28
Sponsors of the Vermont 50	28
Friends of the Vermont 50	28
Move United Waiver & Release of Liability Agreement	28
Move United Media Release Agreement	30
Annual VT50 Kids Trail FREE Fun Run or Ride “Our Next Generation”	32

# Vermont 50 Quick Guide

32nd Annual Vermont 50 | September 28, 2025 📍 Ascutney Outdoors, 450 Ski Tow Rd, Brownsville VT 05037

## Pre-Race Essentials

- Bib/Bike Plaque Pickup: Saturday, Sept 27 (12–7 PM) — No pickup on race day
- Drop Bags: Drop at Registration Tent by 7 PM Saturday (≤10 lbs, labeled with Name + Bib #)
- Crew Vehicle Tags: Required for crew access to aid stations. Pick up Saturday
- Camping: Limited tent sites nearby (\$40 cash donation). No RVs

## Weekend Schedule

### Saturday, Sept 27

- 12–7 PM – Registration (bib/plaque, swag, crew tags, drop bags)
- 12–5 PM – Vendors & merch
- 12–4 PM – Kids races & treasure hunt
- 5–8 PM – Pre-race dinner (Holiday Inn Club Vacations, reservation required)

### Sunday, Sept 28 — Race Day

- 5:00 AM – Parking opens
- 5:30 AM – 50M rider & runner meeting
- 7:30 AM – 50K runner meeting
- 6:10–8:00 AM – Wave starts (see below)
- 11:45 AM–6:45 PM – Finish line, BBQ, merch
- 1–3 PM – Awards
- 6:30 PM – Course closes (strict cutoff)

### Start Waves (Sunday)

- 6:10 AM – MTB Expert, Singlespeed
  - 6:15 AM – MTB Sport (18–44), Senior I/II, Veteran
  - 6:20 AM – MTB Sport (45+), Juniors, Masters, Relays
  - 6:25 AM – MTB Novice, Tandem, Clydes
  - 6:30 AM – 50M Runners & Relay
  - 8:00 AM – 50K Runners
- Chip starts on crossing the mat. Early start = 20 min penalty

## Course & Rules

- 50M: ~8,900' vertical | 67% trails, 30% gravel, 3% pavement
- 50K: ~5,600' vertical | 58% trails, 37% gravel, 5% pavement
- Course closes 6:30 PM sharp (pace ~14:24 min/mi)
- Stay right, single file. Roads are open to traffic
- No trekking poles, muling, or littering

## Aid Stations

Stocked with water, Gatorade, mapleaid, soda, snacks, ramen, grilled cheese (late).

**Key Crew Access Points (one car per runner):**

- #3 Skunk Hollow (~12 mi)
- #7 Greenall's (~32 mi)
- #10 Johnson's (~47 mi)

**Drop Bags**

- Allowed at: Ralph's (#2K, no crew), Skunk Hollow (#3), Greenall's (#7), Johnson's (#10)
- Label: Name + Bib # + Station
- Pick up after station closes (transport back to tent)

**Clothing & Gear**

- Dropped clothing allowed at all aid stations except Garvin Hill (#4) & Cady Brook (#5)
- Returned to Registration Tent after station closes
- Bike/body rinse-off hoses at Holiday Inn Club Vacations

**Post-Race**

- Meal: 11:45 AM–6:45 PM (included for runners; wristband/tab required)
- Awards:
  - MTB top 3 ~1 PM
  - Runners top 3 ~2 PM
  - Age/Bike class winners: check awards table

**Quick Reminders**

- Carpool if possible — parking is tight
- Respect neighbors — keep noise low
- Leave no trace — respect landowners
- Dogs must be leashed; no dogs at aid stations unless service animals

**Vermont 50 Race QR codes 2025**

**Race Schedule**



SCAN ME

**Aid Stations**



SCAN ME

**Kids Races**



VT50 Kids Race 2025

**Handbooks**



**MTB**



**Runner**



**Crew**

## Welcome

Welcome to the Vermont 50 Mountain Bike & Ultra Run! And Thank you for Volunteering. We're honored to host you at [Ascutney Outdoors](#) for this iconic event. Thank you for participating and for supporting [Vermont Adaptive](#), which empowers people with disabilities through sports and recreation.

As guests of this small community, please help us maintain good relationships with our neighbors:

- **Obey all speed limits** (dirt roads 30 mph, paved roads as low as 25 mph)
- **Keep noise levels reasonable**
- **Do not litter — leave no trace**

More info on Vermont road rules:

- Operation of Bicycles [Operation Of Bicycles](#)
  - Share the Road Booklet [Share The Road Booklet](#)
- 

## Quick Weekend Checklist

### Saturday, Sept 27 — Registration & Events

#### Registration Tent | 12:00–7:00 PM

- ☐ Pick up **Bib/Bike Plaque** (Photo ID required)
- ☐ Register **crew vehicle** & collect Aid Station Car Tag
- ☐ Drop off **labeled drop bags** (Last name + Bib/Plate #)
- ☐ Pick up **race swag** (t-shirt included)
- ☐ Visit **vendors & merch table** (12–5 PM)
- ☐ Enjoy **Kids Races + Treasure Hunt** (12–4 PM)
- ☐ Check in with **camping** and settle in

- ☐ Dinner (on your own or with reservation at Holiday Inn Club Vacations)

**No bib or bike plaque pickup on Sunday!**

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## **Sunday, Sept 28 — Race Day**

### **Ascutney Outdoors & Race Course**

- ☐ Parking opens 5:00 AM (plan ahead — carpool encouraged)
  - ☐ Attend **mandatory race meetings**
    - 50M: 5:30 AM
    - 50K: 7:30 AM
  - ☐ Start your race wave (see table below)
  - ☐ Enjoy post-race meal (11:45 AM–6:45 PM)
  - ☐ Attend **awards ceremony** (1–3 PM)
  - ☐ Pick up **drop bags** (after aid station closes + transport time)
  - ☐ Course closes at 6:30 PM — must be through each Aid Station before cutoff
- 

## **Schedule of Events**

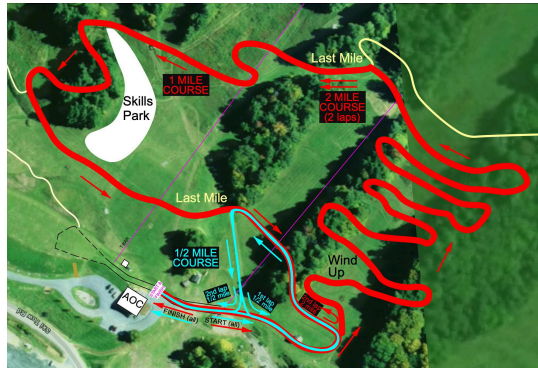
### **Saturday, Sept 27**

- **12–7 PM – Bib/Bike Plaque Pickup** (*Photo ID required*)
  - No race-day pickup. All participants must pre-register online by Sept 6 or until full.
  - **Bibs and Bike Plaques Pickup with Photo ID.** Pick up your runner bibs or bike plaques (and meal ticket wristbands for mtn bikers) and chipped belts for relay teams on Saturday until **7:00 PM** Participants must each pick up their own bib or plaque. No Bib or Bike plaque pickup on Sunday-Race Day
  - **Commemorative Race Swag Pickup** Pick up your race participant t-shirt (included in your registration fee.)
  - **Crew Aid Station Car Access Hang Tags** Register your vehicle at the Crew Table so your crew will be allowed at the three crew access aid stations: **#3 Skunk Hollow, #7 Greenall's, #10 Johnson's. KNOW YOUR LICENSE PLATE NUMBER** No car tag, no entrance to the aid stations parking lot. You will be given directions to the

aid stations where your crew can park.

- **Drop off your drop bags** Visit the Drop Bag table to get your drop bag measured and weighed. They will be delivered to the aid station you specify. Label with last name and BIB/Plaque #.
- **Information Table** Visit the Information table to have any questions answered.
- **12–5 PM** – Merchandise & Vendors (Lazy Cow VT Ice Cream, live music)
- **12–4 PM** – Kids Activities <https://vermont50.com/kids-fun-run/>
  - Fun Bike Ride – 2:00 PM (helmets required)
  - Fun Run – 2:30 PM
  - Hay Bale Treasure Hunt – ~3:00 PM

**The course will be a loop at the start/finish of the VT50 race**



**Hay Bale Treasure Hunt – ~3:00 PM**

Bring bags or buckets to collect your treasures  
Toddlers-3 years old, 4-6 years old, 7-10 years old

- **5–8 PM** – Saturday Dinner at Holiday Inn Club Vacations (reservations required)

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## **Sunday, Sept 28 — Race Day**

- Racers attend **mandatory race meetings**
  - 50M: 5:30 AM
  - 50K: 7:30 AM



## Race Start Waves

### Time

- 6:10 Wave 1 — ALL EXPERT, ALL SINGLESPEED
- 6:15 Wave 2 — SPORT (18–26, 27–44), Senior I/II, Veteran
- 6:20 Wave 3 — SPORT (45–65+), Junior (12–17), Masters I–III, Women’s Relay, 60+ Relay
- 6:25 Wave 4 — ALL NOVICE, SPORT Clydes, Novice/Tandem, Novice Clydes
- 6:30 Wave 5 — 50M Runners, 50M Relay
- 8:00 Wave 6 — 50K Runners

Mountain Bike Age Categories **Junior:** 12- 17; **Senior I:** 18 - 26; **Senior II:** 27 - 34; **Veteran:** 35 - 44; **Master I:** 45 - 54; **Master II:** 55 - 64; **Master III:** 65 and up. Mountain Bike Skills Categories Expert, Sport, Novice; other-Tandem, Clydesdales, 60+ Relay, Women's Relay

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## Start Rules:

- Your chip time starts when you cross the mat.
- If you start early → your time is adjusted back +20 minutes penalty.

## Finish Line & Post-Race

- 11:45 AM–6:45 PM – Finish line open, BBQ, merch table
- Awards Ceremony:
  - MTB Top 3 Men/Women ~1:00 PM
  - Runners Top 3 Men/Women ~2:00 PM
  - Age/Bike Class winners: check awards table
- Post-Race Meal: Provided by [Brownsville Butcher & Pantry](#) ~11:45 AM-6:45 PM)
  - Included for participants, volunteers, landowners

- MTB, Relay Teams-wristband for entry, Runners-Bib pull tab
- Available for purchase by family/friends at Registration Tent
- Drop Bags:
  - Pick up at Registration Tent after aid station closes (+30 min transport)
  - Bags will not be mailed. Please collect before leaving.
- Bike/Body Rinse-Off: Hoses at Holiday Inn Club Vacations buildings
- Course closes 6:30 PM sharp (required pace: 4.16 mph / 14:24 min mile)
- **You must be through each Aid Station (<https://vermont50.com/aid-stations/>) BEFORE it closes.**

## Key Resources

- Registration – [vermont50.com/registration](https://vermont50.com/registration)
- Kids Races – [vermont50.com/kids-fun-run](https://vermont50.com/kids-fun-run)
- Aid Stations – [vermont50.com/aid-stations](https://vermont50.com/aid-stations)
- Race Weekend Food – [vermont50.com/race-weekend-food](https://vermont50.com/race-weekend-food)
- Next Year's Registration Opens: May 25, 2026 at 7:00 PM ET

## Aid Station Operations Manual

### 1. Safety & Communication

- **HAM Radio Operators** will be present at every aid station.
  - They serve as the primary point of contact for emergencies.
  - They can relay information to emergency services and race headquarters.
- **First Aid Kit**
  - Know its exact location at your station.
  - Ensure it is visible and accessible at all times.

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### 2. Volunteer Guidelines

- **No-Smoking Policy**

- Smoking is not permitted in aid stations or food prep areas.
  - If necessary, smoke only in your personal vehicle or well away from the station.
  - **Be Weather Ready**
    - Rain gear, umbrellas, and rubber boots recommended.
    - Warm clothes and blankets are essential for cold conditions.
    - Bring a chair and personal beverages (coffee not provided).
    - Consider bringing a pop-up tent for sun or rain protection.
  - **Make It Fun**
    - Music, decorations, and costumes are encouraged to keep morale high for participants and volunteers.
- 

### 3. Station Set-Up

- **Station Captains**
    - Arrive **30–45 minutes before opening** with one volunteer.
    - Allow **30 minutes** for setup.
  - **Volunteers**
    - Arrive by the official opening time of the aid station.
    - Be ready to work as soon as the station opens.
- 

### 4. Hydration Management

- **Standard Supply**
  - Two (2) Igloo jugs per aid station:
    - **1 Water Jug**
    - **1 UnTapped™ Lemon Tea Mapleaid Jug**
  - Exception: *Skunk Hollow* and *Greenalls* will each have three (3) jugs.
- **Operations**

- Keep all jugs filled throughout the event.
- Monitor supply frequently and refill as necessary.
- **Energy Drink**
  - UnTapped™ Lemon Tea Mapleaid is the designated energy drink for all stations.



For a five (5) gallon jug stir in two (2) full bags, plus 10 individual scoops.

## 5. Key Reminders

- Know where your **HAM operator** and **First Aid Kit** are located.
- Always maintain a **safe, welcoming environment** for participants.
- Stay flexible and prepared for changing weather.
- Keep liquids topped off at all times

## Aid Station Volunteer Guide

### UnTapped™ Waffles & Pure Vermont Maple Syrup

- Keep a few waffles unwrapped and ready for racers.
- Pour maple syrup into small cups for quick grab-and-go shots.

### Gatorade™ & Drinks

- Each station has 3 jugs: water, UnTapped™ Lemon Mapleaid, and Gatorade.
- Mix Gatorade: 2 bags of powder per 5-gallon jug.
- Important: Gatorade and Mt. Dew looks similar → label clearly (use tape, marker, or signs).

### **Nut Allergies**

- Separate nut items from other food.
- Participants are responsible for checking, but volunteers should make every effort to reduce cross-contact.

### **Grilled Cheese**

- Some stations will have: fry pan, PAM™, spatula, bread, cheese.
- Make grilled cheese sandwiches → great comfort food later in the day.

### **Homemade Items**

- Brownies, cookies, cakes, specialty snacks are welcome but optional.

### **Good Food Service Practices**

- Wash hands/use hand sanitizer often.
- Wear **gloves** when handling food.
- Remove any food/drink that looks dirty or spoiled.

### **Drop Bags**

- Biker Drop Bags: Marked with Lime Green Tape
- Runner Drop Bags: Marked with Yellow Tape
- Please spread out drop bags by category (Biker/Runner) and in order by Bib number if time allows.
  - This will save participants time searching for their bags.

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### **Dropped Clothing on Course**

- Participants will hopefully have their crew bring dropped clothing in their vehicle.
- Participants may leave dropped clothing at any aid stations **except Garvin Hill and Cady Brook..**
- When your aid station closes, please collect dropped clothing with the other drop bags and put

them into the clear bag provided..

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## **Important**

No Drop Bags or Dropped Clothing at Garvin Hill or Cady Brook.

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## **Relay Teams Overview**

Our race has Relay teams

One bib/one bike plaque per team

- Two/three-person run teams share one bib.
  - Two-person MTB teams (Women's or Over 60) share one chipped bike plaque.
  - Only one team member on course at a time. Relay members are not allowed to run or bike together.
  - Violations could result in disqualification.
  - Extra bibs or plaques can be picked up at the finish line after the team finishes.
- 

## **Mountain Bike Relay**

- Two-person relay only (Women's or Over 60).
  - Leg 1 (Rider 1): 32 miles → Start to Greenall's.
    - Must transfer the chipped bike plaque to Rider 2 at Greenall's.
    - Rider 1 returns to Start/Finish (~5.1 miles by road OR via registered crew vehicle).
  - Leg 2 (Rider 2): 18 miles → Greenall's to Finish.
    - Gets to Greenall's by road or via registered crew vehicle.
  - Riders may bike roads between Greenall's and Start/Finish (but not the race course) OR ride in a registered crew vehicle.
- 

## **Run Relay**

- Two- or three-person teams.
- Exchange bibs at designated aid stations only.
- Distances:

- Runner 1: 12.3 miles → Start to Skunk Hollow
  - Runner 2: 19.8 miles → Skunk Hollow to Greenall's
  - Runner 3: 17.9 miles → Greenall's to Finish
- Crew vehicle must transport runners to/from exchange points
- 



### **Crew– Aid Station Rules**

- Crew vehicles are **ONLY** allowed at three designated aid stations:
  - Skunk's
  - Greenall's
  - Johnson's
- Crews must display a Crew Aid Station Car Access Hang Tag (numbered with the racer's Bib or Bike Plaque number).
- Any vehicles that arrived at an Aid Station that **DOES NOT** allow crews should be asked to leave.
- All crews are told to follow the Crew Handbook rules and regulations.

- They are told that failure to comply may result in racer disqualification.
- 

## Volunteer Instructions

### 1. At Non-Crew Aid Stations

- Turn away any crew vehicles that attempt to park.
- Record the license plate number and Crew Hang Tag number (if displayed).
- Report details to your Aid Station Captain → who will inform the HAM Operator → who will relay to NET Control.

### 2. At Designated Crew Aid Stations




- Only allow vehicles with valid Crew Aid Station Car Access Hang Tags.
- Any vehicle without a tag should be denied access and reported (same process as above).

### 3. Family & Friends Offering Aid

- Only permitted at the three designated Crew Aid Stations.
  - If found giving aid anywhere else:
    - Record license plate number and Crew Hang Tag number.
    - Report through the same chain (Aid Station Captain → HAM Operator → NET Control).
  - Violation may result in racer disqualification.
- 

## Recycling & Trash Guide

We're separating our waste into **three main bags/bins/dumpsters**, plus one special bag:

-  **Black – Trash**  
Dirty plates, utensils, and anything that cannot be recycled or composted.
-  **Blue – Recyclables**  
Clean cans, bottles, paper plates, utensils, foil, and other recyclables.
-  **Green – Food Waste / Compost**  
Leftover food, scraps, and compostable items.



- **Clear – Drop Bag / Clothing Return (if applicable)**

Use only for clothing or items designated for return.

**Please check and follow the signage at each station** to make sure items end up in the right bag. Your effort makes a big difference—thank you for helping us reduce waste!

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## **Preparation for Runners & Bikers – Aid Station Guidelines**

### **Runners' Food Boxes**

- Mountain bikers usually arrive first.
  - If you see a food box labeled for RUNNERS, do not open it until runners arrive.
  - This ensures runners still have good food available later in the race.
- 

### **Refreshing Your Aid Station**

As soon as 10 runners or 300 bikers have passed through, please refresh the station:

- Bag garbage and pick up trash.
- Restock food & beverages (sandwiches, snacks, drinks).
- Welcome the runners and make them feel supported.

Use your judgment—keep things looking fresh and inviting.

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### **Drinks Setup**

- Please separate Gatorade from Mountain Dew.
  - Use labels, tablecloth markings, or signs to avoid confusion.
- 

### **Aid Station Setup Resources**

- Demo Video: [Aid Station 101 – Margaritaville Style](#)

### **Directions to Aid Stations**

- Directions to your assigned Aid Station will be **emailed** to you by either the Volunteer Coordinator or your Aid Station Captain.

- **We do not publish directions** because the Aid Stations are located on **private land**. Landowners grant us permission for **one day only**.
- 

## **Important Rules**

- **Only Volunteers and Vehicles with a Crew Aid Station Car Access Hang Tag** are permitted at the Aid Stations.
- **No Spectators** – Please kindly ask them to leave and head to the **Finish Line** instead.

**Spectators are allowed ONLY at the Finish Line.**

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## **Timing & Scoring Instructions for Aid Stations**

### **Volunteer Roles**

- **Caller:** Reads out bib/bike plaque numbers as racers enter.
- **Recorder:** Writes numbers on provided paper sheets.
- **Support:**
  - Keep dust/water off handheld devices (plastic bags provided).
  - Monitor battery life; replace batteries when indicated (see included instructions).

All stations also have **automatic controllers** that read bibs as racers pass through controlled areas.

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### **Drops / Did Not Finish (DNF)**

- Record DNF racers on the **Drop Sheet** (or blank sheet if needed).
  - Include **bib number + racer name**.

- Collect racer's bib:
    - If the racer wants to keep bib → **remove timing strip** from back and dispose of it away from the finish.
  - Notify the **Ham Radio operator**, who must call in the DNF to base operators.
  - Give DNF sheets to the **Race Marshal** (needed to close the station).
- 

### Equipment Issues

- If timing equipment malfunctions, ask the Ham operator to **report to base and GSRS** immediately.
  - **Do not pack up timing equipment; GSRS staff will come to remove it.**
- 

### Closing the Station

- Turn in **DNF sheets** (to the sag or Race Marshal).
  - Leave timing equipment in place until GSRS arrives.
  - Ensure everything is monitored until official breakdown.
- 

### Key Reminders

- Always funnel racers through the controlled area for accurate readings.
- Keep equipment protected and powered.
- Communicate all DNFs promptly to ensure accurate results.

## Timing Devices

**Figure 1: Timing units deployed at Stations 1-10.** The two batteries are shown on the right side of the picture. To their left Battery A & B are listed on the console.



When Red Light shows, it means that the battery is in use. Green light means that the battery is ready but not being used. No light means that a battery is discharged. When Battery A is discharged (lights go out and B is In Use), squeeze the sides of battery A and lift it out. Replace with another battery if provided. When B is discharged, A will again be in use, and so on for as many batteries as you have or until your station is closed.



**Figure 2. Close-up of battery monitoring (bottom of this page):**

When the system is first turned on, the top battery, Battery A, will be in use. *This is the way GSRS will leave the units.* The top light for IN USE will be red and the bottom light for READY will be green. The bottom battery will be waiting with the READY light in green.

When the top battery is discharged, the lights will switch. The lights on the A battery will both go off. The lights on the bottom B battery will be red for IN USE and green for READY. **When this happens, the volunteer needs to remove the used top battery (A) and replace it with a spare battery when provided.**

Battery life is roughly 3-4 hours each, sometimes longer. For the later stations, additional batteries may be supplied which will replace the B battery when it dies and so on until all batteries have been used or the station closes.

**Beeping:** When a battery fully discharges the unit will beep loudly and repeatedly until the beeping is manually turned off. To do so, press the Menu key followed by the number 1 twice, ie, Menu > 1 > 1. After the beeping stops press the Exit key three times to return to the home screen.

Also at each station will be tripods with antenna attached which will read the chips on the passing riders and runners. These require no maintenance. Just be sure they are not disturbed – they need to be facing perpendicular to the passing bibs for best reads. The data from these antennas go into the controllers via attached cables.

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## **Aid Station Shutdown Checklist**

### **Packing & Cleanup**

- Be as tidy as possible when packing up.
- Reusable food → repack for transport.
- Drop bags → marked by the Aid Station Captain, sent with the drop bag vehicle.
- Trash, recycling, food waste → bag separately for truck pickup.
- Leave the area clean for the next aid station team or transport crew.

### **Closing Procedure**

- After the last competitor passes through (or is in the SAG Wagon), the Race Marshal will direct the Aid Station Captain to close.
- Aid Station Captain dismisses volunteers only after:
  - All items are packed for pickup.
  - The area is cleaned.
  - The Race Marshal declares the station closed.

### **Other Notes**

- Mountain bike course clean up volunteers may drop off trash they collect along the course at your station.
- Ask your aid station volunteers if they can help at:
  - Post-race meal or Finish Line (Sunday afternoon/evening).
  - Cleanup (Monday at Ascutney Mountain Resort — look for Mike, Erika, Nancy, or Amy).

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## SAG Policy & Procedures

### Sweep Rider

- Dispatched at **6:45 am** (3 minutes after the runners start).
- Follows the last competitor to the next Aid Station (competitor may change).
- Reports to the Race Marshal that all competitors are clear from the previous section.
- Responsibilities: **Only sweeping — no cleanup, no trail unmarking.**

### Race Marshal

- Carries **Master List of Competitor Numbers.**
- Coordinates with Aid Station volunteers monitoring timers & drop lists.
- Keeps the list updated with Radio Race Control.
- Sends updated list to Start/Finish via the SAG Driver.

### SAG Wagon

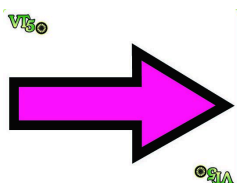
- Any competitor arriving **after an aid station's closing time** must be transported back to the Start/Finish area at AMR.
- Green Mountain Bike Patrol Van or Radio Rob

## Other Race Information

### Course Markers

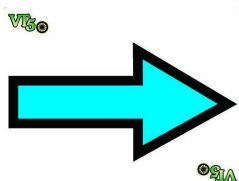
- **50 Mile:** Pink arrows (color may change—attend the Pre-Race Meeting for updates).
- **50K:** Bright blue arrows (only for the two split segments). The rest of the course follows the **50 Mile markers**. No double-marking.

#### 50 mile



#### 50Km

The two 50K segments are marked with **BRIGHT BLUE** arrows. The rest of the way 50K runners will follow the 50 Mile **PINK** arrows. There is no double marking.



#### Wrong Way



#### Caution



**Aid Station times and mileage will be updated as the race gets closer. Please check back for updates.**

**Aid Station Information for both 50K/50 Mile** (Mileages are approximate and subject to change)

You **MUST** be through an Aid Station **BEFORE** it closes or you will be DQ'd

Station	Mileage (in miles)	Open	Close
#1 Coon Club (Both) No crew access No Drop Bags	K 3.8m/50M 3.8m next Aid K3.3m/ M 4.3m	6:15 AM	9:30 AM
#2 Dart's 50M No crew access No Drop Bags	50M 8.1 m next Aid 3.9m	6:30 AM	8:30 AM
#2K Ralph's No crew Access Drop bags	50K ONLY 7.1m next Aid K 3.9m	8:30 AM	10:45 AM
#3 Skunk Hollow 50M CREW STATION Drop Bags Crew Aid Station Car Access Hang Tags <b>REQUIRED</b>	12.0 m next Aid 5.95m	7:00 AM	9:25 AM
#4 Garvin Hill 50M No crew access No Drop Bags No Dropped Clothes	50M 17.95 m next Aid 4.25m	7:15 AM	11:00AM
#5 Cady Brook 50M No crew access No Drop Bags No Dropped Clothes	50M 22.2 m next Aid M 3m	7:30 AM	11:50 AM
#6 M-Ville (Both) No crew access No Drop Bags	K 11.0m/ 50M 25.2m next Aid K 2.4m /M 5.0m	7:45 AM	1:00 PM
#7 Greenall's (Both) CREW STATION Drop Bags Crew Aid Station Car Access Hang Tags <b>REQUIRED</b>	K 13.4m/50M 30.5m next Aid 5.4 m	8:00 AM	2:10 PM
#8 Fallon's (Both) No crew access No Drop Bags	K 18.8m/50M 35.9m next Aid 3.92 m	8:30 AM	3:25 PM
#9 Stone's (Both) No crew access No Drop Bags	K 22.72m/ 50M 39.82m next Aid 6.7m	8:45 AM	4:25 PM
#10 Johnson's (Both) CREW STATION Drop Bags Crew Aid Station Car Access Hang Tags <b>REQUIRED</b>	K 29.4m/ 50M 46.5m 3.5 m to Finish 50m-50M (31m-50 KM)	9:15 AM	5:45 PM

RACERS **DO NOT** leave items at stations #4 and #5-you will not get your items back in time for your trip home.

NOTE: Vehicles will need an **Crew Aid Station Car Access Hang Tags** to park at the **Crew Station** areas.

Why not have your **CREW** carry your **Drop Bags**.

If you have specific dietary needs, you will need to pack your own snack food in drop bags for Aid Stations #2K, #3, #7, and #10.

updated August 27, 2024 DRAFT



## General Volunteer Sign Up Sheet

### **Thank You for Volunteering!**

Vermont Adaptive Ski and Sports—the proud beneficiary of the Vermont 50 Mountain Bike or Ultra Run—is a non-profit organization dedicated to providing sports and recreational opportunities for individuals with disabilities.

This event represents a major portion of our annual operating budget, and it simply would not be possible without the generosity, energy, and commitment of volunteers like you.

Thank you for pitching in! This packet is designed to give you all the information you'll need to jump in, help out, and enjoy being part of this special event.

**WALK UP Volunteer Contact Information**

Please have each volunteer, **who has not signed up via the on-line web form on our site**, fill out the following information.

Return to Mike Silverman, Race Director or Amy Rusiecki, Volunteer Coordinator.

**Volunteer Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone Number(s):** \_\_\_\_\_

**Station/Assignment:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Volunteer Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone Number(s):** \_\_\_\_\_

**Station/Assignment:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Volunteer Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone Number(s):** \_\_\_\_\_

**Station/Assignment:** \_\_\_\_\_

**Email:** \_\_\_\_\_

## **Aid Station Summary**

Please take your down time to summarize what went well and what we need to improve. Return your feedback to Mike Silverman, Race Director or Amy Rusiecki, Volunteer Coordinator.

**Food:**

**Trash:**

**Volunteers:**

**Common requests:**

## Vermont Adaptive Ski & Sport

- The Vermont 50 benefits **Vermont Adaptive**, founded in 1987 as Vermont Handicapped Ski Foundation.
- It expanded into summer and winter activities across Vermont by 1996.
- Provides year-round recreational opportunities for individuals with disabilities.
- Race proceeds support ongoing programming.



## **Aid Station Volunteers-are ROCK STARS**

**Coon Club, Dart's, Ralph's, Skunk Hollow, Garvin Hill, Cady Brook,  
Margaritaville, Greenall's, Fallon's, Stone's, Johnson's**

**Thank you Vermont 50 Landowners!**

## **Sponsors of the Vermont 50**

**Thank You for Supporting Vermont Adaptive**

[Ascutney Outdoors](#). [Ascutney Trails](#). [Brownville Butcher and Pantry](#)

[Cannondale](#). [CRAFT](#) [Connecticut Valley FM Associations](#). [Green Mountain Bike Patrol](#)

[Harpoon King Arthur Flour](#). [Riverview Farm](#). [Salt Stick](#). [Skunk Hollow Tavern](#)

[Strafford Organic Creamery](#). [Twin State Radio Club WIFN](#), [UnTapped Maple](#)

[Vermont Farmstead Cheese VMBA](#)

## **Friends of the Vermont 50**

[Black River Produce](#). [Blue Collar Runners](#). [Edgewater Farm](#). [Eastern Mountain Sports](#)

[Holiday Inn Club Vacations](#). [The Lazy Cow Vermont](#). [Omer and Bob's](#)

[Stateline Sports](#). [TOMTOM](#). [Top Acres Farm Maple Syrup](#). [Upper Valley Land Trust](#)

**West Windsor Fire and Rescue**, [Woodstock Farmers Market](#)

## **Move United Waiver & Release of Liability Agreement**

Move United, and its affiliated Chapters ("Released Parties") are non-commercial, not for profit activity providers. The purpose of this Move United Waiver & Release of Liability Agreement is to exempt, waive, and relieve Released Parties from any and all liability for any harm, wrongful death, personal injury, property damage, claim or cause of action, including, but not limited to liability arising from the negligence of Released Parties. "Released Parties" include Move United, Vermont Adaptive Ski & Sports Association, and their affiliates, successors, predecessors, parents, subsidiaries, owners, representatives, administrators, directors, officers, agents, coaches, employees, contractors, assigns, and volunteers; other participants, sponsoring agencies, sponsors, and advertisers; and, if applicable, the owners, operators, and lessors of premises on which the activities or events take place.

**In consideration of the undersigned Participant being allowed to participate in any way in Move United and/or Vermont Adaptive Ski & Sports Association related events and activities, the Undersigned (“Undersigned” means the Participant or the Participant’s parent, legal guardian, or legal representative when the Participant is under the age of 18 or legally incapacitated) agrees and acknowledges as follows:**

**1. Risks of Activity.** Participant will be taking part in activities that can be hazardous and involve the risk of physical injury and/or death. The activities are inherently dangerous and Undersigned fully realizes the dangers of participating in the activities. The dangers and risks of the activities include, but are not limited to the condition of the premises and equipment, and the acts, omissions, representations, carelessness, and negligence of the Released Parties. Recognizing the risks and dangers, the Undersigned voluntarily chooses for Participant to participate in the activities and expressly assumes all risks and dangers of the participation in the activity, whether or not described above, known or unknown, inherent, or otherwise.

**2. Risks of Participation.** The Undersigned recognizes and understands that while Released Parties have undertaken reasonable steps to lessen the risk of transmission of communicable diseases, including but not limited to, COVID-19, in connection with participation in the activities, the Released Parties are not responsible in any manner for any risks related to communicable diseases in connection with Participant’s participation in the activities. Specifically, the Undersigned understands that COVID-19 is a highly contagious and dangerous disease, and that contact with the virus that causes COVID-19 may result in significant personal injury or death. The Undersigned is fully aware that participation in the activities carries with it certain inherent risks related to transmission of communicable diseases (“Inherent Risks”) that cannot be eliminated regardless of the care taken to avoid such risks. Inherent Risks may include, but are not limited to, (1) the risk of coming into close contact with individuals or objects that may be carrying a communicable disease; (2) the risk of transmitting or contracting a communicable disease, directly or indirectly, to or from other individuals; and (3) injuries and complications ranging in severity from minor to catastrophic, including death, resulting directly or indirectly from communicable diseases or the treatment thereof. Further, the Undersigned understands that the risks of all communicable diseases are not fully understood, and that contact with, or transmission of, a communicable disease may result in risks to the Participant including but not limited to loss, personal injury, sickness, death, damage, and expense, the exact nature of which are not currently ascertainable, and all of which are to be considered Inherent Risks.

The Undersigned hereby voluntarily accepts and assumes all risk of loss, personal injury, sickness, death, damage, and expense for the Participant arising from such Inherent Risks. Furthermore, the Undersigned represents and warrants that Participant does not knowingly carry any communicable diseases that may be transmitted during participation in the activities.

**3. Release and Indemnification.** Undersigned (a) unconditionally releases, forever discharges, and agrees not to sue the Released Parties for any claims or causes of action for any liability or loss of any nature, including personal injury, death, and property damage, arising out of or relating to Participant’s participation in any Move United/Vermont Adaptive Ski & Sports Association events or activities or the Participant’s presence on or travel to the premises where such events or activities take place, including, but not limited to claims of negligence, breach of warranty, and/or breach of contract the Undersigned may or will have against the Released Parties; and (b) agrees to indemnify, defend, and hold harmless the Released Parties from and against any liability or damage of any kind and from any suits, claims, or demands, including legal fees and expenses whether or not in litigation, arising out of, or related to, Participant’s participation in such events or activities or the Participant’s presence on or travel to the premises where such events or activities take place.

**4. Helmet Use.** Undersigned agrees that Participant shall use a helmet when participating in the following activities: Alpine skiing, cycling, equestrian, ice hockey, outdoor rock climbing, snowboarding, white water kayaking, white water river rafting, and any other activity when directed by Released Parties. Undersigned understands that a helmet is in no way a guarantee of safety and that no helmet can protect the wearer against all foreseeable impacts to the head, and that the activities can expose the Participant to forces that exceed the limits of protection provided by a helmet. Undersigned agrees to assume full responsibility for complying with this paragraph and that Released Parties shall not be liable for any injury or damages resulting from Participant’s failure to use a helmet.

**5. Medical Treatment.** Undersigned understands that the Released Parties do not have medical personnel available at the location of the activities. Undersigned hereby grants the Released Parties permission to administer first aid or to authorize emergency medical treatment, if necessary. Undersigned understands and agrees that any such action by the Released Parties shall be subject to the terms of this agreement and release, including any liability arising from the negligence of the Released

Parties when administering first aid or authorizing others to do so. Undersigned understands and agrees that the Released Parties do not assume responsibility for any injury or damage which might arise out of or in connection with such authorized emergency medical treatment.

**6. Miscellaneous.** Undersigned agrees (a) Participant will not engage in any activities prohibited by any applicable laws, statutes, regulations, and ordinances; (b) this Agreement shall be governed by the laws of the State of Vermont and the exclusive jurisdiction and venue for any claim shall be located in the state courts located in Rutland County, VT; (c) this Agreement shall be binding upon the subrogors, distributors, heirs, next of kin, executors, and personal representatives of the Undersigned; (d) this Agreement shall be construed as broadly as permitted by applicable law; and (e) that in the event that any clause or provision of this Agreement shall be held to be invalid by any court of competent jurisdiction, the invalidity of such clause or provision shall not otherwise affect the remaining provisions of this Agreement.

**I HAVE CAREFULLY READ THIS AGREEMENT AND UNDERSTAND ITS CONTENTS. I AM AWARE THAT I AM RELEASING LEGAL RIGHTS THAT OTHERWISE MAY EXIST. BY SIGNING BELOW, I HEREBY REPRESENT THAT I AM AT LEAST 18 YEARS OF AGE AND FULLY COMPETENT TO SIGN THIS AGREEMENT ON MY OWN BEHALF.**

**Participant's Signature** \_\_\_\_\_

**Participant's Name (please print clearly)** \_\_\_\_\_

**Date** \_\_\_\_\_

**FOR PARTICIPANTS UNDER THE AGE OF 18 OR LEGALLY INCAPACITATED**

Undersigned parent, or legal guardian, or legal representative acknowledges that he/she/they is not only signing this Agreement on his/her/their behalf, but that he/she/they is also signing on behalf of the minor or legally incapacitated adult and that the minor or the legally incapacitated adult shall be bound by all the terms of this Agreement. Additionally, by signing this Agreement as the parent, or legal guardian, or legal representative of a minor or legally incapacitated adult, the parent, legal guardian, or legal representative understands that he/she/they is also waiving rights on behalf of the minor or legally incapacitated adult that the minor or legally incapacitated adult otherwise may have. The Undersigned parent, or legal guardian, or legal representative agrees that, but for the foregoing, the minor or legally incapacitated adult would not be permitted to participate in the activities. By signing below, I hereby represent that I am the parent, legal guardian, or legal representative of a minor, or legally incapacitated adult Participant and that I have the authority to sign on the Participant's behalf.

Minor's DOB \_\_\_\_\_

Parent/Legal Guardian or Representative Signature \_\_\_\_\_

Parent/Legal Guardian or Representative Name \_\_\_\_\_

Relationship \_\_\_\_\_

Date \_\_\_\_\_

**Move United Media Release Agreement**

Move United and its affiliated Chapters are not-for-profit entities. "Released Parties" are Move United, Vermont Adaptive Ski & Sports Association and their successors, predecessors, parents, subsidiaries, owners, representatives, administrators, directors, officers, agents, coaches, employees, vendors, consultants, contractors, assigns, volunteers, participants, sponsoring agencies, sponsors, advertisers, and event premises.

#### **MEDIA RELEASE FORM**

**MEDIA/PHOTO WAIVER:** Undersigned authorizes and gives full consent to Released Parties to copyright and/or publish for public view any and all photographs, digital recordings, videotapes, and/or film in which Participant appears. Undersigned agrees that Released Parties may transfer, use, or cause to be used, these digital recordings, photographs, videotapes, or films for any exhibitions, public displays, publications, commercials, art and advertising purposes, television programs, and internet without limitations or reservations.

**Participant's Signature** \_\_\_\_\_

**Participant's Name (please print clearly)**

\_\_\_\_\_

**Date** \_\_\_\_\_

#### **FOR PARTICIPANTS UNDER THE AGE OF 18 OR LEGALLY INCAPACITATED**

Undersigned parent, or legal guardian, or legal representative acknowledges that he/she/they is not only signing this Agreement on his/her/their behalf, but that he/she/they is also signing on behalf of the minor or legally incapacitated adult and that the minor or the legally incapacitated adult shall be bound by all the terms of this Agreement. Additionally, by signing this Agreement as the parent, or legal guardian, or legal representative of a minor, or legally incapacitated adult, the parent, legal guardian, or legal representative understands that he/she/they is also waiving rights on behalf of the minor or legally incapacitated adult that the minor or legally incapacitated adult otherwise may have. By signing below, I hereby represent that I am the parent, legal guardian, or legal representative of a minor, or legally incapacitated adult Participant and that I have the authority to sign on the Participant's behalf.

Minor's DOB \_\_\_\_\_

Parent/Legal Guardian or Representative Signature \_\_\_\_\_

Parent/Legal Guardian or Representative Name \_\_\_\_\_

Relationship \_\_\_\_\_

Date \_\_\_\_\_

Please print this form, fill it out and either bring it to race registration or (before September 12th at 8 PM EST) mail it to: Vermont 50 MT Bike or Ultra Run, 13 Allen St., Hanover, NH 03755 603-381-9993



# Annual VT50 Kids Trail FREE Fun Run or Ride “Our Next Generation”

**Saturday September 27, 2025**

Racer Check-in Saturday Sept. 28 Registration Tent

Race check-in Noon-1:45 pm,

Race Time: Saturday September 28

Bike Races meet at 2 PM

Run races meet at 2:45 PM. (followed by a Treasure Hunt for the little ones approx. 3 PM weather permitting!)

Child's Name \_\_\_\_\_ BIB# \_\_\_\_\_

Home town \_\_\_\_\_ Age \_\_\_\_\_ Gender \_\_\_\_\_

Parent's Email \_\_\_\_\_

Bike race-2 mile \_\_\_\_\_ 1 mile \_\_\_\_\_ 1/2 mile \_\_\_\_\_

Run race-2 \_\_\_\_\_ 1 mile \_\_\_\_\_ 1/2 mile \_\_\_\_\_

Assumption of risk: I understand that running/biking a race is a potentially hazardous activity. I should not enter and run/bike unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run/bike. I assume all risks associated with running/biking in the event including, but not limited to: falls, contact with other participants, the effects of weather, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of acceptance of my entry: I hereby, myself, my heirs, executors, administrators, waive and release any and all rights and claims for damages I may have against USA Track and Field, race sponsors, their agents, representatives, successors, and assign for any and all injuries suffered by me on the way to take part in the race, during the race, and leaving the scene of the race. I also give permission to the above named parties to: (a) photograph me, use, re-use, publish and re-publish the same in whole or in part, individually or in conjunction with other photographs, or any medium and for any purpose whatsoever, including (but not by way of limitation) illustration, promotion, advertising and trade, and (b) use my name in conjunction therewith if the race sponsor and/or State of Vermont so chooses. I hereby release and discharge the race sponsor and/or State of Vermont from any and all claims and demands arising out of or in connection with the use of the photographs, including any and all claims for libel. This authorization and release shall also transfer to the benefit of the legal representatives, licensees and assigns of the State of Vermont.

I ASSUME ALL RISKS ASSOCIATED WITH THIS EVENT.

\_\_\_\_\_  
Parent or Guardian Signature

\_\_\_\_\_  
Date

Best Contact Phone Number \_\_\_\_\_ call \_\_\_\_\_ text \_\_\_\_\_

Allergies or Injuries? \_\_\_\_\_