33rd Annual Vermont 50
Mountain Bike or Ultra-Run
September 27, 2026

Crew 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)

Approved by the Vermont 50 Race Committee August 28, 2017

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Vermont 50 Quick Guide

33rd Annual Vermont 50 | September 27, 2026 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 26

- 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 26 — Race Day

- 5:00 AM – Parking opens
- 5:30 AM – 50M runner meeting
- 7:30 AM – 50K runner meeting
- 6:10–8:00 AM – Wave starts (see below)
- ~11:45 AM–6:30 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

Welcome

Welcome to the Vermont 50 Mountain Bike & Ultra Run!
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

Crew Checklist

- ☐ Crew Aid Station Car Access Hang Tag (pick up at Crew Table in the Registration Tent on

Saturday)

- ☐ Directions to the three designated Aid Stations for racer contact (Crew Table in the Registration Tent on Saturday)
- ☐ Crew Handbook (download to your phone or print a hard copy before the race)
- ☐ Your racer's Drop Bags
- ☐ Your racer's water bottles
- ☐ Special foods for your racer
- ☐ Change of clothes, sneakers, bike shoes for your racer
- ☐ Food and beverages for you
- ☐ Books or other entertainment (for downtime while waiting)
- ☐ Patience

Quick Weekend Checklist

Saturday, Sept 26 — 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!**

Sunday, Sept 27 — 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

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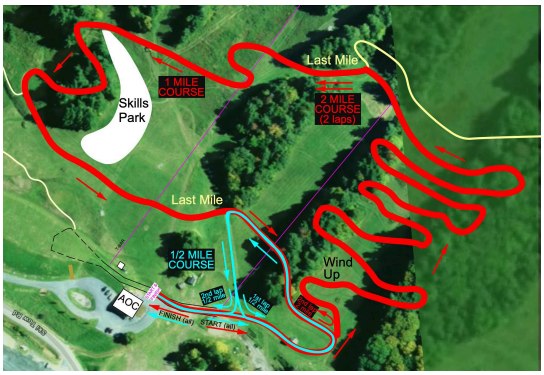
Schedule of Events

Saturday, Sept 26

- **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 treasuresToddlers-3 years old, 4-6 years old, 7-10 years old

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

Sunday, Sept 27 — Race Day

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

Race Start Waves

Time	Category
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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Finish Line & Post-Race

- ~11:45 AM–6:30 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
- Kids Races – vermont50.com/kids-fun-run
- Aid Stations – vermont50.com/aid-stations
- Race Weekend Food – vermont50.com/race-weekend-food
- Next Year's Registration Opens: May 25, 2026 at 7:00 PM ET

Crews & Spectators

To reduce traffic and congestion, each race participant is allowed ONE crew vehicle for race weekend.

More crew details: Crew Page

Crew Vehicle Policy

- One Crew Vehicle per Participant (includes solo runners, mountain bikers, and relay teams). Crew vehicles must display a Crew Aid Station Car Access Hang Tag to enter/park at designated aid stations.
- Hang tags are picked up Saturday at the Crew Table in the Registration Tent.

Crew Access Aid Stations

Crew access is ONLY allowed at three designated aid stations (subject to change depending on conditions):

1. **#3 Skunk Hollow**
2. **#7 Greenall's**
3. **#10 Johnson's**

Crews may provide:

- **Food, drinks, or drop bags**
- **Support for both runners & bikers**

❌ **Absolutely no aid or contact is allowed anywhere else on the course.**

⚠️ Unauthorized crew vehicles will be turned away, license plates reported → runner may be **disqualified**.
⚠️ All crews must follow instructions from volunteers, race officials, and law enforcement.

Rules & Enforcement

- Crews at non-designated aid stations will be **turned away** and reported.
- Unauthorized aid results in **racer disqualification.**
  Vehicles without a hang tag **will not be admitted** to aid station parking areas.
  All crew must follow instructions from:
    - Race volunteers
    - Aid station staff
    - Race officials

    - Law enforcement
- **Failure to comply could result in Racer Disqualification.**
- Vehicles parked illegally on local roads are subject to **towing at the owner's expense.**

Key Reminders

- Pick up a hang tag at registration on Saturday. Either you or your racer can pick up the hang tag. **KNOW YOUR LICENSE PLATE NUMBER**
- Display hang tag at all times when entering crew-access stations.
- Aid is only allowed at stations #3, #7, and #10.
- Report violations (bib or plaque #) to the nearest Aid Station Captain or HAM Radio Operator.

Information to Discuss with Your Racer

Vermont 50 Course Markers & Race Guide

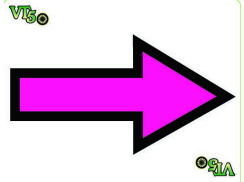
Course Markers

- **Arrows** (directional)
- **Caution markers** (hazards/danger)
- **Wrong-way markers**

⚠️ **Important:** Other events also use markers on these trails. Follow **only the official Vermont 50 markers**—large, bright, bib-sized plaques.

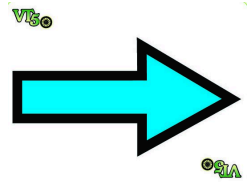
- **50 Mile:** Pink arrows (color may change—attend the Pre-Race Meeting for updates).
- **50K:** Bright blue arrows (only for the two split segments). The rest of the course follows the **50 Mile markers**. No double-marking.

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

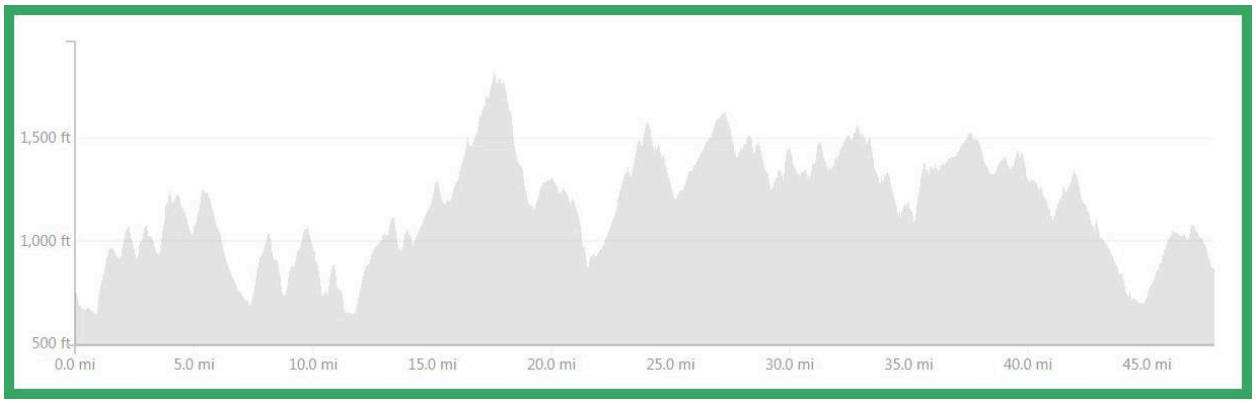


Caution



Race Course Information

50 Mile Elevation Map



Elevation Maps

- 50 Mile Course: ~8,900’ total vertical

Vermont 50 Mile Course Description
(subject to change—updates will be announced at the mandatory Pre-Race Meeting)

The course passes through private property, making it unique but also subject to last-minute reroutes.

- Trails are generally runnable/rideable with minimal rocks or roots.
- Most sections are part of the Green Mountain Horse Association network and are well

maintained.

General Rules:

- Stay to the right, single file, and obey all traffic laws.
- Roads remain open to vehicles. Never assume right-of-way unless directed by race officials.
- On narrow dirt roads, give vehicles space to pass.

Course Overview (highlights):

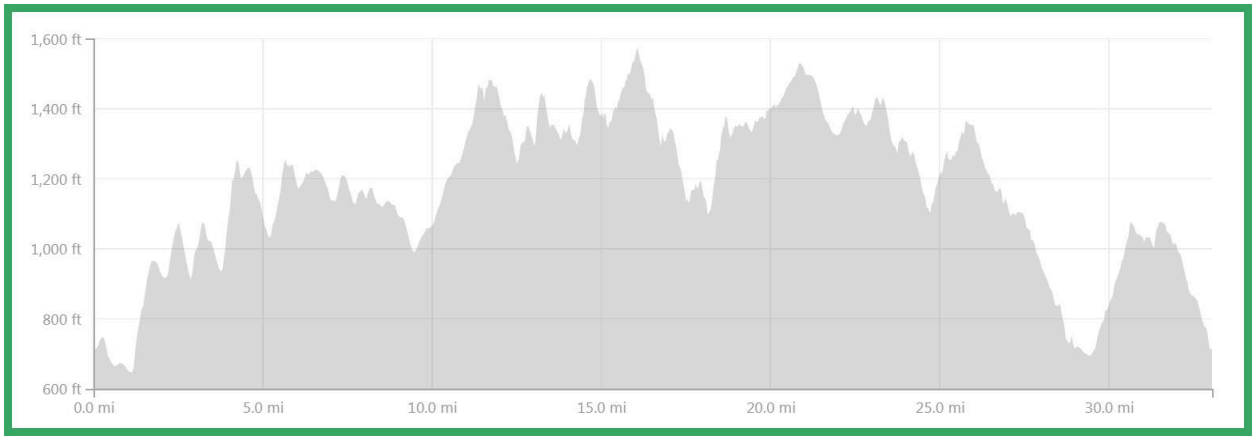
- Start: Ski Tow Road (100 yards from Registration Tent) → paved road → Brook Rd (gravel climb).
- Early miles: Climb ATV trail → short road stretch → trails to Skunk Hollow (~12 mi).
- Middle: Alternating roads/trails → climb to Garvin Hill (1812', mile 20) → long descent/ascent → join 50K course (~mile 28).
- Later miles: Greenall's Aid Station (31.9 mi) → technical woods/meadows → Blood Hill climbs → alternating road/trail.
- Final section: Enter Ascutney Trails Association network → grassy ski slopes with switchbacks → finish line in sight.

Course Surface Breakdown (50 Mile):

- 67% Trails/Jeep roads
- 30% Gravel roads
- 3% Pavement

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50 K Elevation Map



Vermont 50K Course Description

- 50K Course: ~5,600’ total vertical

Designed as a less challenging alternative to the 50 Mile.

- Start identical to the 50 Mile: Ski Tow Rd → Brook Rd climb.
- At ~mile 6: Split (50K left, 50M right). Aid station at Ralph’s.
- Rejoins 50M runners briefly before Margaritaville Aid Station, then splits again.
- Permanent merge after Greenall’s Aid Station (13.4 mi) → shared course to finish.

Course Surface Breakdown (50K):

- 58% Trails/Jeep roads
- 37% Gravel roads
- 5% Pavement

Course Rules

- No pre-race riding/running on the course—private property access is race-day only.
- Lost Racers: If you go off-course, you must return under your own power to the point of error (no vehicle assistance).

Aid Stations

Requirements:

- Racers must provide bib/bike plaque numbers.
- If dropping out, you must inform an aid station volunteer.

Typical Offerings (varies by station):

- Hydration: Water, Gatorade (Skunk & Greenall’s), UnTapped Lemon Mapleaid, sodas, coffee/tea/cocoa
- Electrolytes: Salt, electrolyte pills, pickle juice
- Snacks/Foods: Chips, pretzels, PB&J, turkey, cheese, cookies, candy, fruit, potatoes, ramen, bouillon
- Specials: Grilled cheese sandwiches available at some late-day stations

⚠️ *Not all items available at all stations. Nut-containing items will be separated, but athletes with*

allergies must self-check or use personal supplies.

Volunteers & Food Safety

Our volunteers will:

- Wear gloves and use sanitizer
- Remove spoiled/contaminated items
- Keep food areas clean

Racers: Please sanitize hands before touching food and take what you touch

Aid Station List

Our Aid Station List will be updated as the race gets closer

Our trail committee works with our landowners trying to make the mileage and times as accurate as possible. Your mileage may vary depending upon the device you use.

See Below

Aid Station Information for both 50K/50 Mile

(Mileages are approximate and subject to change. Your mileage may vary depending upon the device you use)

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 3.7m/50M 3.7 m next Aid K2.7m/ M 4.2 m	6:15 AM	9:15 AM
#2 Dart's 50M No crew access No Drop Bags	50M 7.9 m next Aid 3.7 m	6:30 AM	8:25 AM
#2K Ralph's No crew Access Drop bags	50K ONLY 6.4 m next Aid K 4.7m	8:30 AM	10:10 AM
#3 Skunk Hollow 50M CREW STATION Drop Bags Crew Aid Station Car Access Hang Tags REQUIRED	50M 11.6 m next Aid 6.0 m	7:00 AM	9:20 AM
#4 Garvin Hill 50M No crew access No Drop Bags No Dropped Clothes	50M 17.6 m next Aid 5.6 m	7:15 AM	10:45 AM
#5 Cady Brook 50M No crew access No Drop Bags No Dropped Clothes	50M 23.2 m next Aid M 4.3 m	7:30 AM	12:05 PM
#6 M-Ville (Both) No crew access No Drop Bags	K 11.1m/ 50M 27.5 m next Aid K 2.5 m /M 4.4 m	7:45 AM	1:10 PM
#7 Greenall's (Both) CREW STATION Drop Bags Crew Aid Station Car Access Hang Tags REQUIRED	K 13.7 m/50M 32.1 m next Aid 6.0 m	8:00 AM	2:15 PM
#8 Fallon's (Both) No crew access No Drop Bags	K 19.7 m/50M 38.1 m next Aid 3.2 m	8:30 AM	3:40 PM
#9 Stone's (Both) No crew access No Drop Bags	K 22.9 m/ 50M 41.3 m next Aid 5.7 m Pacers-van drop off	8:45 AM	4:30 PM
#10 Johnson's (Both) CREW STATION Drop Bags Crew Aid Station Car Access Hang Tags REQUIRED	K 28.6m/ 50M 47.0 m 3.0 m to Finish 50 m (50 KM total-31.6 m) 50M Total 50.0 m	9:15 AM	5:50 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

Approved by the VT50 Race Committee August 28, 2017 Updated September 15, 2026

Drop Bags

- Available at Aid Stations #2K Ralph's (no crew access), #3, #7, and #10
- Have your crew carry your Drop bag and you won't have to wait to pick them up
- Must be dropped at the **Registration Tent Drop Bag Table by 7 PM Saturday**
- **Size**: Small backpack/gear bag (~ 9"x 9"x 16"), ≤ 10 lbs (weighed).
- **Type**: Soft-sided only, securely closed.
- **Labeling**:
    - Name + **Bib #** (most important)
    - Aid station name
    - Make it unique (color, ribbon, tape, etc.)
- **Tape colors**:
    - Bikers → Lime Green
    - Runners → Yellow
- **Delivery**: Race will transport drop bags from start to these aid stations:
    - 50M → #3 Skunk Hollow, #7 Greenall's, #10 Johnson's
    - 50K → #2K Ralph's (no crew), #7 Greenall's, #10 Johnson's
- **Return**: Back to Registration Tent **only after each aid station closes** (+30 min transport).

⚠️ The Vermont 50 is not responsible for lost/stolen bags.
⚠️ No drop bags at #4 Garvin Hill or #5 Cady Brook.

Dropped Clothing

- Allowed at **all aid stations** except #4 Garvin Hill & #5 Cady Brook.
- Returned to the Registration Tent only after the aid station closes (+30 min).

Remember-NO Drop Bags or dropped clothing at: #4 Garvin Hill and #5 Cady Brook

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Relay Team Crew Information

Mountain Bike Relay Teams

(Over 60 Two-Person & Women's Two-Person, 50-Mile Teams)

Leg One – Mountain Bike 1

- **Distance:** 32 miles from Start → Aid Station #7 (Greenall's).
- At Greenall's:
    - Transfer the *chipped Bike Plaque* to the second rider's bike.
    - Rider 1 must then return to the Start/Finish area:
        - By road (5.1 miles) OR

        - By registered Crew Vehicle (must display Crew Aid Station Car Access Hang Tag).

Leg Two – Mountain Bike 2

- **Distance:** 18 miles from Greenall's → Finish.
- Rider 2 arrives at Greenall's:
    - By road from Start/Finish OR
    - By registered Crew Vehicle (with Hang Tag).
    - Departs Greenall's to complete the final 18 miles to Finish.

Travel Notes

- Riders may bike roads between Greenall's and Start/Finish (but **NOT on the race course**).
- Crews must display **Crew Aid Station Car Access Hang Tag** (pick up Saturday at Crew table).

Important Rules

- One chipped Bike Plaque per team.
- Only one team member on course at a time.
- Team members may NOT run or bike together.
    - If seen, record Bib/Bike Plaque # and report to the Aid Station Captain.
- Second Bike Plaque available at Awards Table after finish.
- Wristbands = meal tickets on Sunday at Finish.

50-Mile Run Relay Teams

(Two- or Three-Person Teams)

Legs

- **Runner 1:** 12.3 miles Start → Aid Station #3 (Skunk Hollow).
- **Runner 2:** 19.8 miles Skunk Hollow → Aid Station #7 (Greenall's).
- **Runner 3:** 17.9 miles Greenall's → Finish.

Crew Vehicle Rules

- Crew vehicles must deliver runners to designated aid stations for bib transfer.
- Vehicles must display **Crew Aid Station Car Access Hang Tag** (pick up Saturday at Crew table).

Important Rules

- One bib per team (shared).
- Only one runner on course at a time.
- Runners may NOT run/bike together.
    - If seen, record Bib/Bike Plaque # and report to the Aid Station Captain.
- Additional bibs may be picked up at Finish after the team finishes.

Course Rules & Regulations for Crews

Our event relies on the support of the local community, and we ask all crews to help us maintain a positive relationship with residents and volunteers. Please be respectful at all times—your actions directly impact the future of this event.

⚠️ **Failure to follow these rules may result in disqualification of your runner or mountain biker.**

General Rules

- Be courteous and respectful to **locals, volunteers, and race staff** at all times.
- **Each participant is allowed ONE (1) crew vehicle** on course.
- Crew vehicles **must display a Crew Aid Station Car Access Hang Tag** (available at the Crew Table on Saturday in the Registration Tent). Vehicles without hang tags will be removed from the course.
- Crews must follow **designated crew routes** and avoid roads marked "closed to event traffic."
- Follow the directions of **race officials and aid station personnel** at all times.
- **Littering is prohibited**—help us keep Vermont green.

Parking Rules

- Park only in **designated areas** provided by race management.
- Do **not block roads, driveways, or park on lawns**. Unauthorized vehicles may be **towed at the owner's expense**.
- Do not set up on the road—roads remain **open to the public** unless specifically marked closed.

Aid Station Rules

- Crews may only provide assistance at **official crew access aid stations**:
    1. **#3 – Skunk Hollow**
    2. **#7 – Greenall's**
    3. **#10 – Johnson's**
- **Aid outside of official crew access stations is strictly prohibited.**
- Crews may not be present at **non-crew access aid stations**.
- The Crew Hang Tag must remain **visible at all times**.

Travel & Safety Rules

- Do **not rely on GPS**—many roads are impassable or restricted due to landowner agreements. Use only the provided crew directions.
- Follow all **posted speed limits** (25–30 mph in some areas; default on dirt roads is 30 mph). Police actively enforce speed limits.
- If your participant **drops from the race**, either the **participant or crew must notify race personnel immediately**.

By following these rules, you help ensure a safe, respectful, and successful event for everyone.

Course Rules and Regulations for Your Runners and Run Relay Teams

Course Rules and Regulations for Your Mountain Bike and Mountain Bike Relay Teams

Protests

- Protests may be filed only by registered participants.
  Written protests must be submitted to the Race Director (or to a race official if the RD is unavailable).
  Protest window: From race conclusion until **15 minutes after the posting of complete results** for your class.

- On-course protests: Report to the nearest aid station radio operator (not the aid station captain).
- All decisions of the Race Director are final.
- Placement and classification inquiries must be made within the protest period. Once closed, results are final.

Disclaimer

These rules are designed to ensure fairness, safety, and orderly conduct of the Vermont 50. By participating, you acknowledge and accept the following:

- Participation is voluntary. Vermont 50 provides no guarantee of safety or protection against injury, harm, or loss.
- Violation of any rule may result in disqualification and/or exclusion from future Vermont 50 Mountain Bike or Ultra-Run events.
- Vermont 50 is not responsible for lost, stolen, or damaged property.

General Course Rules and Regulations

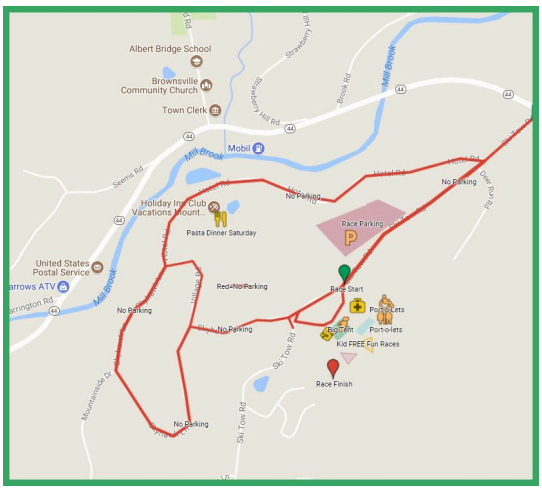
Dogs and Leash Laws

- No dogs at aid stations unless they are service animals or on a leash and under control.
- Town leash laws apply in all towns along the course.
- All dogs at aid stations must be restrained accordingly.

Leave No Trace

- Carry all trash to the next aid station.
- Do not litter on trails or landowners' property.
- Our event is at risk if trash complaints continue. Be respectful of the land.

Directions to Ascutney Mountain / Ascutney Outdoors



Coming South on I-91

- From Exit 9: 10 miles.
- Take Route 5 South for 4 miles into Windsor town center.
- Turn right onto Route 44 and continue 5.5 miles.
- Holiday Inn Club Vacations entrance (Ski Tow Rd) is on the left.
- Go straight up the hill and take the second right into the Race Parking Lot.
- **Follow volunteer directions. Unauthorized parking will be towed.**

Coming North on I-91

- From Exit 8: 6 miles.
- Take Route 5 North for just over 1 mile and bear left onto Route 44A.
- At the end, turn left on Route 44.
- Holiday Inn Club Vacations entrance (Ski Tow Rd) is on the left.
- Go straight up the hill and take the second right into the Race Parking Lot.
- **Follow volunteer directions. Unauthorized parking will be towed.**

Registration Tent

- Walk to the Registration Tent to pick up: race packet (bib, bike plaque, wristband/meal ticket, t-shirt).
- **Parking pass:** Not required for Race Parking Lot but is required for Crew Station parking on race day.
- Crew Aid Station Car Access Hang Tags available at Crew Vehicle Table in Registration Tent. License plate number required.

Race Parking

- Park only in designated areas: Race Parking Lot/Ascutney Outdoors Base Lodge Lot.
- Walk or bike up to the Registration Tent.
- **Parking on grass will result in towing.**
- **No camping or sleeping in cars in parking lots.**

RVs

- RV parking is prohibited in all race parking areas.
- Arrange for campground parking if bringing an RV.
- RVs will not be permitted during race weekend.
- Large trucks and vans may be directed to the auxiliary lot on Hotel Road on Sunday morning.

Race Registration Information

- Opens: May 25, 7 PM ET.
- Closes: September 10 or when categories sell out.
- Entry fee includes: breakfast munchies, aid station food, post-race dinner wristband/meal ticket, t-shirt/hat, and festivities.
- **Refunds:** Non-refundable under all circumstances.
- **Transfers:** Registration and race bibs are non-transferable.

Bike / Personal Rinse-Off

- Outdoor hoses available outside all Ascutney Mountain Resort buildings.
- If conditions are muddy, please hose off yourself and your bike before entering any condos or hotel spaces.
- **No bikes inside hotels or condos.**

On-Site Camping

Email **vermont50camping@gmail.com** before September 15 to reserve one of these limited spots.

- **Cash Only**
- Bare-spot tent sites available in a neighbor's field (¼ mile from Base Camp).
- Open: Saturday noon – 8 PM race weekend.
- Separate areas for high-clearance vehicles and passenger vehicles.
- **Cars and small van campers only.** RVs prohibited.
- **First come, first serve.**
- Quiet hours after 10 PM.
- **No fires allowed.**
- $40 cash donation requested (covers mowing, porta-potties, etc.).
- Reserve before September 15: vermont50camping@gmail.com.
- Local camping alternatives: Mt. Ascutney State Park, Running Bear Camping Area, Pine Valley RV Getaway Mountain Campground.

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. **Casella** **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 W1FN**, **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 26, 2026

Racer Check-in Saturday Sept. 26 Registration Tent

Race check-in Noon-1:45 pm,

Race Time: Saturday September 26

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 /2mile_____

Run race-2_____1 mile_____1 /2mile_____

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? _____