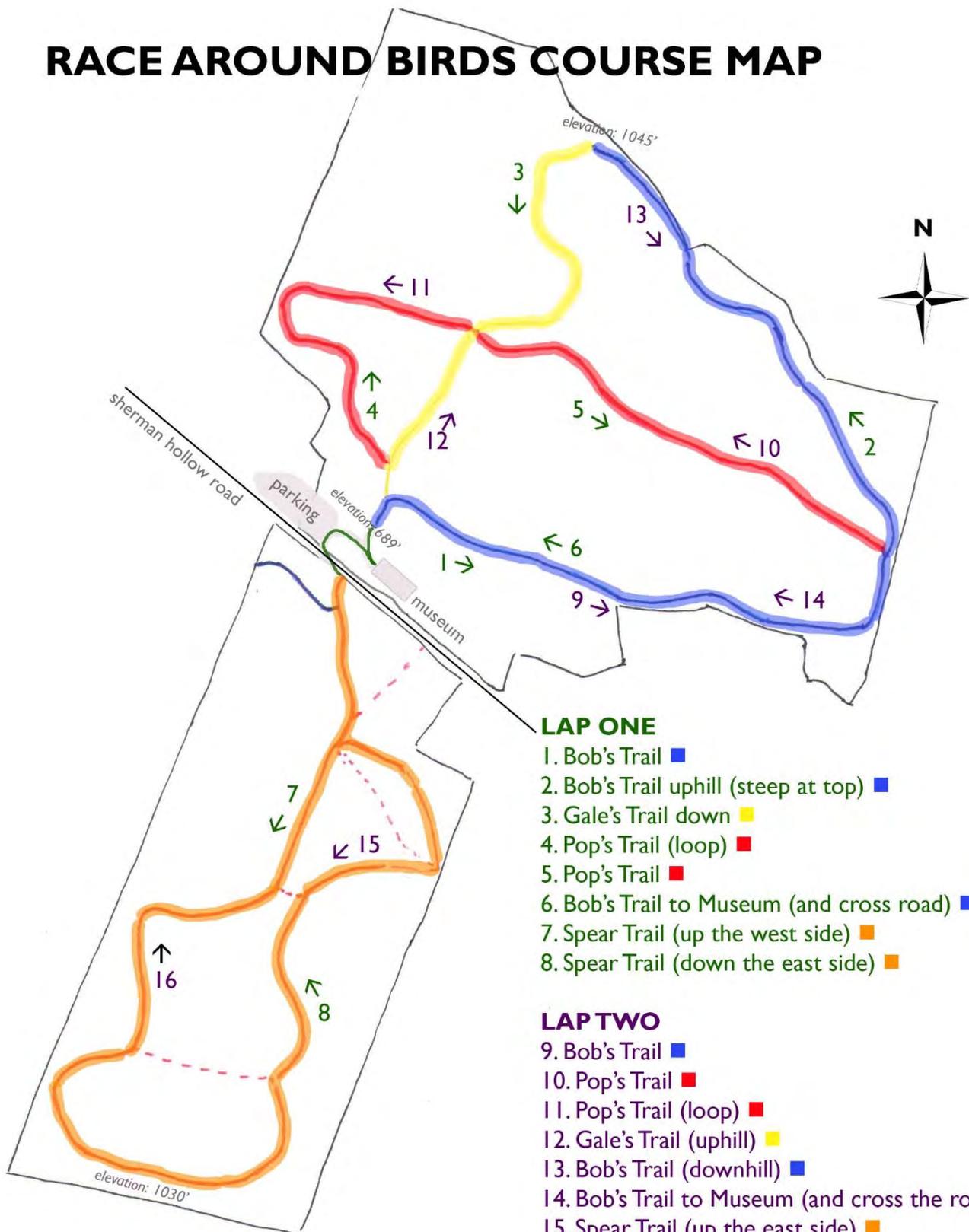


# Course Map and Trail Notes

## RACE AROUND BIRDS COURSE MAP



### LAP ONE

- 1. Bob's Trail ■
- 2. Bob's Trail uphill (steep at top) ■
- 3. Gale's Trail down ■
- 4. Pop's Trail (loop) ■
- 5. Pop's Trail ■
- 6. Bob's Trail to Museum (and cross road) ■
- 7. Spear Trail (up the west side) ■
- 8. Spear Trail (down the east side) ■

### LAP TWO

- 9. Bob's Trail ■
- 10. Pop's Trail ■
- 11. Pop's Trail (loop) ■
- 12. Gale's Trail (uphill) ■
- 13. Bob's Trail (downhill) ■
- 14. Bob's Trail to Museum (and cross the road) ■
- 15. Spear Trail (up the east side) ■
- 16. Spear Trail (down the west side) ■

**FINISH**



## **Racers' Notes**

You may run or walk the course. This is a “virtual” race where you will keep track of your own start and finish times. You may run (or walk) the course multiple times on different days, in order to improve your times, and you may enter both the short and long race. You may run in groups of up to three or four if you distance yourselves (as runners normally do).

Runners and walkers may come to the Museum at any time from daylight to dusk. No dogs and no nights.

Registration forms will be in a marked box to the left of the Museum’s front door. Fill out a form for each time you race. Then, when you’re ready, mark your starting time, leave your form, take a map and GO!

There is no charge for this, but donations are much appreciated! There are boxes for this on kiosks near trailheads or use this link: <https://birdsofvermont.org/donate/>.

## **Course Description**

This is a trail race with some steep uphill climbs. Some segments are more like single-track mountain trails. This is a HARD course.

There are two options, short and long, using the same course (trails): a one-lap 3.6-mile race, and a two-lap 7.2-mile race. (Distances are approximate.)

The course is well-marked and you will return to the Museum in the middle of each lap. There are no supplies and no first aid stations on the course. Bathrooms and water are available only if the Museum is open (Weds-Sun, 10am – 4pm).

The course comprises a loop on each side of the road. Think of it as a figure 8 (although the loop on the north side of the creek is more convoluted than a simple loop).

**If you are doing the short race, you will run the course once (labelled in green on the map). For the longer race, you cover the course twice, but on the second pass you run the opposite direction (labelled in purple on the map).**

At the end, record your time and leave your form in the box for finishers.

***Results will be announced the week of November 2.***

If you share photos or comments online, we encourage you to use these hashtags:

#RaceAroundBirds #RaceAroundBirds2020 #birdsofvermontmuseum #runningisforthebirds  
#trailrace #virtualrace #huntingtonvt #trailrunning #trailrunner



## Entry form (leave at the Museum)

<b>First Name:</b> _____	<b>Last name:</b> _____			
<b>Age:</b> _____	<b>Today's Date:</b> _____			
<b>Way(s) to Contact you</b>	<b>Email :</b> _____			
	<b>Phone :</b> _____			
<b>[optional] eBird username:</b> _____				
<b>[optional] iNaturalist username:</b> _____				
<b>Class (circle one in each column):</b>	<b>Speed</b>	<b>Distance</b>	<b>Age</b>	<b>Gender</b>
	Walk	3.6-mile (one loop)	Kiddo	Female
	Run	7.2-mile (two loops)	Youngish	Male
			Middlish	Non-binary
			Oldish	Prefer not to say
<b>Start Time:</b> _____				
<b>End Time:</b> _____				
<b>[optional] Number of birds recorded:</b> _____				
<b>[optional] eBird list submitted? (Y/N)</b> _____				

### **Waiver (please read and sign)**

I know that running in an event that is organized as a virtual activity where I run on my own, at a date and time of my choosing, in a location and running route of my choosing, which will not have any support or security measures in place by the Birds of Vermont Museum, Inc., is a potentially hazardous activity, which could result in injury or death. I acknowledge that I am participating in the activity outlined by this virtual event by my own free will and at my own personal risk.

I will not participate in a virtual event unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I further agree to abide by the Center for Disease Control's (CDC) recommendations

for the prevention of the spread of the 2019 Novel Coronavirus Disease (COVID-19) and other communicable diseases, and I attest to having read the CDC's guidance at: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>. I attest that if my community has a shelter in place order, I will not run outside in the community during the duration of a shelter in place order. I agree to follow all pedestrian safety ordinances including running on a sidewalk where available and not in the road. I agree to follow the rules of the road if no sidewalk or multi-use trail is available, and I will run against oncoming traffic and not with traffic.

I agree to abide by any decision of a race official relative to any aspect of my participation in this virtual event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I having read the rules and notes of the virtual "Race Around Birds" scheduled for October 5 through November 1, 2020, including the terms in this waiver, the timeline of the virtual event, and I agree to abide by them. I assume all risks to me associated with running on my own as part of this virtual activity, including but not limited to: falls, contact with other pedestrians, the effects of the weather, including high heat and/or humidity, cold temperatures, rain or snow, traffic and the conditions of the road or trail, all such risks being known or unknown and appreciated by me when out running on my own without any type of support from local officials or event organizers.

**Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Birds of Vermont Museum, the town of Huntington, Vermont, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this virtual event, and waive my ability to bring any legal action against the entities outlined in this waiver as I am voluntarily electing to run on my own as part of this virtual event.**

I grant permission to all of the foregoing to use my photographs which I may share online as part of the event, personal data provided during registration and post-event reporting, video or audio recordings, or any other record of this event for any legitimate purpose. I understand that this event does not provide for refunds in the event of a cancellation, and by signing this waiver, I consent that I am not entitled to a refund if the event is cancelled before or during the event.

Printed name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

