

7th Annual

Shelton Vineyards Running the Vines® 5K/10K & Kids ½ Mile Fun Run

Saturday, May 20th

Schedule of events:

10K Race 8:00 AM
5K Race 8:10 AM
5K Awards 9:00 AM
½ Mile Kids Fun Run 9:30 AM
10K Awards 9:45 AM

Shelton Vineyards Retail Shop opens at 9:00 AM

Tours and Tastings start at 9:00 AM

Harvest Grill Express (food, craft beer, and wine) open from 11:00 AM – 8:00 PM (credit cards accepted)

Afternoon Cooldown with music by Mediocre Bad Guys 12:00 AM – 3:00 PM

Free Hayrides 12:00 PM – 4:00 PM

Summer Concert Series Kickoff: The Breakfast Club – America's Favorite 1980's Tribute Band 6:00 – 9:00 PM

**** Please read the important Road Closure and Parking information below.***

Early Packet Pickup

Friday, May 19th Noon – 8:00 PM

Hampton Inn and Suites at Shelton Vineyards

Early Packet Pickup will be held in the Madison Lee Meeting Room in the Hampton Inn and Suites at Shelton Vineyards, 150 Charlestowne Drive, Dobson, NC 27017 on Friday, May 19, from Noon until 8:00 PM. Enter through the main entrance of the hotel and turn right and down the hall to the Madison Lee Meeting Room. Signs will be up to direct you. The Hampton Inn and Suites phone number is (336) 353-9400.

Race Day Registration

Saturday, May 20th 6:30 – 7:30 AM

Hampton Inn and Suites at Shelton Vineyards

Race day registration and packet pickup is Saturday, May 20 in the Madison Lee Meeting Room in the Hampton Inn and Suites at Shelton Vineyards, 150 Charlestowne Drive, Dobson, NC 27017 from 6:30-7:30 AM. Enter the meeting room through the right side exterior doors under the pergola. Those wishing to pick up packets or register race morning should arrive as early as possible to avoid long lines. Online registration is available through May 17th at [ITS YOUR RACE.COM](https://www.itsyourrace.com) ***Race runs rain or shine. Registration fees and concert tickets with registration are non-refundable and non-transferable.***

Race Packets

Runners registered by May 5th will receive a 2017 Shelton Vineyards Running the Vines 5K/10K short-sleeved race t-shirt (unisex size). Race shirts may be available on race day on a first-come, first-served basis while limited sizes and supplies last. Registrants 21 years of age and older receive two (2) tickets to the Sunset Concert Series kickoff the night of the race, May 20th from 6-9PM featuring **The Breakfast Club**. Our generous sponsors have provided some great swag and coupons, so please check your bag and visit these establishments to thank them for their support.

Gear Check

You may drop off articles of clothing and personal items in a clearly-marked bag at the Information Tent outside the Hampton Inn front entrance race morning. Volunteers will deliver the bags to the finish line food tent. Food tent volunteers will monitor your belongings during the race. We will do the best we can to keep your items secure; however, we are not responsible for lost or stolen items.

Road Closure and Parking

***** **IMPORTANT INFO** *****

For the safety of all runners, Twin Oaks Road from the Starting Line at the Hampton Inn to Snow Hill Church Circle past Shelton Vineyards will be CLOSED to thru traffic starting at 7:45 AM May 20th until the race is complete at approximately 10:00 AM. This is a rolling road closure and reopen. As all runners clear key intersections, those portions of the road will reopen to traffic. Spectators wishing to be at the finish line for the race must drive or take the shuttle to Shelton Vineyards before 7:45 AM. Parking is available at Shelton Vineyards and officers will be on hand to direct you. Limited parking is available at the Hampton Inn at Shelton Vineyards before the race. Runners, we recommend you arrive early enough to park your car at Shelton Vineyards and shuttle back to the starting line, or have someone drop you off at Hampton Inn by 7:30 and meet you at the finish line at Shelton Vineyards. Parking attendants will be on-hand to direct you. Satellite parking will be opened up as parking lots at the Hampton Inn and Shelton Vineyards are filled, and shuttles will be on-hand to take you to the Starting Line. Again, you should plan to arrive early to get to the starting line in plenty of time for packet pickup, registration, and before the first race start.

Shuttles

Shuttles will be available to transport runners and guests between Shelton Vineyards and the Hampton Inn & Suites before and after the race from 6:30 AM – 7:30 AM and from 9:00 AM until after awards. If your car is parked at a satellite lot and you plan to stay for the Afternoon Cooldown, you can take the shuttle back to your parking lot and move your car to Shelton Vineyards after the awards.

Aid Stations and Restrooms

There are three water stops on the 10K course at approximately miles 1.5, 3.5 and 5. One water stop is on the 5K course at mile 1.5. Several port-a-johns are conveniently situated near the Starting Line and Finish Line. There are no restrooms on the course route.

Course Maps and Description

Maps of both the 5K and 10K courses with elevation and grade are:

[10K Course Route](#) – USATF certified #NC12004PH

[5K Course Route](#)

The Running the Vines® 5K is a 3.1 mile point-to-point race starting at Hampton Inn & Suites at Shelton Vineyards. The course runs along scenic country roads, past picturesque farmland and finishes running through the iron-gated entrance past various varieties of grapevines on the grounds of Shelton Vineyards. The course has a couple of small inclines, but is mostly flat throughout and has a nice, fast downhill finish with 141 feet of elevation drop the last 1.5 miles. It is great for beginners and more experienced runners looking for a PR.

The Running the Vines® 10K is our more-challenging 6.2 mile point-to-point course starting at Hampton Inn & Suites at Shelton Vineyards. Like a winding grapevine, runners will follow a beautiful flat-to-rolling course through the bucolic countryside on Twin Oaks Road and Snow Hill Church Circle, turn inside the back gate of Shelton Vineyards through the vineyard (hint: look for the beautiful family homes of Charlie and Ed Shelton perched on the hillside), run back out, then continue down Snow Hill Church Circle to a steady, graduated incline at miles 4.5 -5.75 (a.k.a. “that hill”). Your reward for reaching the top at Twin Oaks Road will be a very fast downhill finish through the iron gates at the entrance of Shelton Vineyards to the finish line.

Both courses will be clearly marked, with traffic support and course attendants present throughout the race. A sag vehicle will follow the last runner and pick up anyone unable to finish the course. If you choose not to finish, please remove your bib and do not approach the Finish Line. Twin Oaks Road will be reopened to traffic after 10:00 AM and we cannot guarantee full race course support after this time.

For the safety and enjoyment of everyone, the course is restricted to registered runners, walkers, and official race personnel only. No dogs, bikes, or wheeled vehicles, other than official course vehicles, are allowed on the course. Baby joggers and strollers are permitted. It is important to follow the directions of course attendants and emergency support.

Earbuds and personal music devices may be worn, but because parts of the course are on an open road, it is recommended that you wear only one earbud and keep the music at a low volume. For your safety, please be alert to traffic and pay attention to course attendants.

Timing and Awards

Both races will be timed by [Go! Sports Timing](#). 5K awards will be presented at 9:00 AM and 10K awards at 9:45 am after the Fun Run. Exclusive commemorative awards will be given for top finishers. The Top 3 Overall Male and Female winners of the 5K and 10K will receive a custom medal and bottle of Shelton Vineyards reserve wine signed by Charlie and Ed Shelton. The 5K Team Challenge winner will receive a crystal team trophy. The 5K Team Challenge winner is determined by the average of the top 5 fastest team members. Overall and age group awards are based on gun time. Chip (net) times will be provided.

Awards Categories 5K and 10K:

- Overall Male and Female 1st, 2nd, 3rd
- Age Divisions - Male and Female 1st, 2nd, and 3rd Place: 13 and Under, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & Over.
- 5K Team Challenge – Custom team trophy

Results will be emailed to registrants providing an email address during registration and posted on Sheltonvineyards5kand10k.itsyourrace.com, GoSportsTiming.com, SheltonVineyards.com, and MountAiry.org.

Kids ½ Mile Fun Run

The Kids Half Mile Fun Run sponsored by Chick-fil-A of Mount Airy is **FREE** for kids 12 and under! The Fun Run with the Chick-fil-A Cow starts at 9:30AM. Each participant will receive a finisher's medal. The Chick-fil-A Cow may also have some special surprises for the fun runners! Fun Run shirts are available for purchase for \$10. Fun Run and youth shirts are not available after May 5th.

Post-Run Fun

An assortment of snacks, fruit, water, and energy drinks will be available to participants at the Finish Line. Runners and guests are invited to stick around for the "**Afternoon Cooldown**" with FREE live music performed by **Mediocre Bad Guys** at the Shelton Vineyards Amphitheater from 12-2PM. Wine, NC craft beer, and food by Harvest Grill Express will be available for purchase while you enjoy the music, and you can take a free hayride through the vineyard and enjoy tours and tastings at the winery. The Shelton Vineyards Retail Shop opens at 10:00 AM with tours and tastings available every 30 minutes.

From 6-9 PM race evening, Shelton Vineyards kicks off their **Sunset Concert Series** featuring **The Breakfast Club – America's Favorite 1980's Tribute Band**. Registered race participants age 21+ will receive two (2) complimentary tickets to the concert with their packet. Additional tickets may be purchased in advance for \$20 or the day of the concert for \$25. Children 12 and under are free. Concerts are rain or shine.

Lodging and Food Options

Lodging is available at the [Hampton Inn and Suites at Shelton Vineyards](#) and [Surry Inn](#), as well as several other area hotels and bed and breakfasts. Call ahead for availability as rooms sell out quickly. Dining is available on the grounds of Shelton Vineyard at the Harvest Grill (reservations recommended) and at Putters Bar and Grill at Shelton Vineyards next door to the Hampton Inn and Suites. The Town of Dobson has several other options for dining, shopping, and other unique attractions to check out while you visiting. Check out the [Dobson, NC website](#) for more info.

Showers and Locker Rooms

Showers and locker rooms are available at Reeves Community Center, 113 South Renfro Street, Mount Airy NC 27030 approximately 20 minutes from Shelton Vineyards.

If you have any other questions, please call Danielle Davis at 336-366-4724 or email sales@sheltonvineyards.com.