

VMM19 - 3 DAY HOTEL + BUS ONLY

The schedules are subjected to change prior to the race.

**Hotel: to be confirmed*

Time table	Friday 20 Sep.	Saturday 21 Sep.	Sunday 22 Sep.
2:00 AM		2:00 AM: Depart to 100km start from Sapa Notre Dame Cathedral	
3:00 AM		3:00 AM: START Ultra Marathon (70km)	
5:00 AM		5:30 AM: Depart to 100km start from Sapa Notre Dame Cathedral	
6:00 AM		6:30 AM: START Marathon (42km)	6:00 AM: START 21km
8:00 AM	8:30-11:00 AM: Pick up your race pack	8:30 AM: Depart to 100km start from Sapa Notre Dame Cathedral	8:00 AM: 15km Opening ceremony 8:15 AM: START 15km
9:00 AM		9:00 AM: Supporters depart to Topas Ecolodge – VMM finish line 9:30 AM: START 21km	9:00 AM: START 10km
10:00 AM	10:00-11:30 AM: Buses depart *Optional Hanoi airport departure bus at 11AM or 1PM on request with surcharge \$15/person		10:30 AM: Winners & Farewell Ceremony
11:00 AM		Light lunch: Vegetarian Soup & Bread	
12:00 PM			12:00 PM: Departures start for Hanoi
1:00 PM		SUPPORTERS & 10/15km RUNNERS Optional: Relax, Walk, Supporting the runners	
2:00 PM		2:00-11:00 PM: Hourly shuttle bus back to Sapa	
3:00 PM			
5:00 PM	3:30-5:00 PM: Check in at Sapa Highland Resort		5:30 PM: First buses arrive in Hanoi at Hanoi Opera House
	7:30 PM: Depart to 100km start from Sapa Notre Dame Cathedral		
9:00 PM	9:00 PM: START Ultra Marathon (100km)		