

VMM19 - 4 DAY DELUXE INCLUSIVE

*The schedules are subjected to change prior to the race.
Hotel: Sapa Highland Resort

Time table	Thursday 19 Sep.	Friday 20 Sep.	Saturday 21 Sep.	Sunday 22 Sep.	
2:00 AM			2:00 AM: Depart to 70km start		
3:00 AM			3:00 AM: START Ultra Marathon (70km)		
5:00 AM			5:30 AM: Depart to 42km start	6:00 AM: START 21km	
6:00 AM		6:30-9:00 AM: Breakfast at Sapa Highland Resort	6:30-9:00 AM: Breakfast at Sapa Highland Resort 6:30 AM: START Marathon (42km)	6:30-9:00 AM: Breakfast at Sapa Highland Resort	
8:00 AM	8.30-11:00 AM: Pick up your race pack	Free to explore Sapa and attend VMM EXPO at Sapa Square	8:30 AM: Depart to 21km start	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: Departures start for Hanoi
12:00 PM				SUPPORTERS & 10/15km RUNNERS Optional: Relax, Walk, Supporting the runners	
1:00 PM				2:00-11:00 PM: Hourly shuttle bus back to Sapa	
2:00 PM					
3:00 PM					
4:00 PM	3:30-5:00 PM: Check in at Sapa Highland Resort				
5:00 PM					5:30 PM: First buses arrive in Hanoi at Hanoi Opera House
6:00 PM		6:00-8:00 PM: Buffet dinner at Sapa Highland Resort	6:00-9:00 PM: Buffet dinner at Topas Ecolodge		
7:00 PM	6:00-8:00 PM: Buffet dinner at Sapa Highland Resort	07:00 PM: Race Briefing by Race Director David Lloyd at Sapa Highland Resort			
8:00 PM		7:30 PM: Depart to 100km start			
9:00 PM		9:00 PM: START Ultra Marathon (100km)			