

## VMM19 - 3 DAY DELUXE INCLUSIVE

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

Time table	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		6:30-9:00 AM: Breakfast at Sapa Highland Resort	6:00 AM: START 21km
		6:30 AM: START Marathon (42km)	6:30-9:00 AM: Breakfast at Sapa Highland Resort
8:00 AM	8.30-11:30 AM: Pick up your race pack Place: Turtle Lake Brewing Company (Add: 105 Quang Khanh Str., Tay Ho Dist., Hanoi)	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	9:00 AM: START 10km
		9:30 AM: START 21km	
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: <b>Winners &amp; Farewell Ceremony</b>
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
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	07:00 PM: Race Briefing by Race Director David Lloyd at Sapa Highland Resort 7:30 PM: Depart to 100km start		
9:00 PM	9:00 PM: START Ultra Marathon (100km)		