

# 2018 Sundance Racing Festival: Land & Sea

5K Run 1 Mile walk ½ Mile Swim Biathlon (½ Mile Swim + 5K Run) & Sashay!

## PARTICIPANT INFORMATION

### SUNDAY AUGUST 26, 2018

*Carpooling is encouraged. Please arrive early as Rehoboth traffic is heavy on summer weekend mornings. Rehoboth Beach parking meters go into effect starting at 10:00 AM (bring quarters!)*

6:30-7:30am Registration and packet pick-up available at the RB Bandstand (*Check or cash only race morning*)

7:30 Mandatory Swimmers check in/announcements. For swimmers: body marking and swim direction will be announced. Please do not pin the bottom tear off tag of your bib, and reserve the raffle tag to drop in a fishbowl at the afterparty for a chance to win a prize. Water will be available at the start/finish line and on the 5K course near the 1 mile/2 mile mark

7:45 Swim and biathlon athletes head to the beach

7:55 5K Runner and 1 mile Walker lineup. (Runners line up based on ability)

#### **8:00 Consecutive start of all events**

9:00 Awards ceremony and after party with refreshments will be held at CAMP Rehoboth (37 Baltimore Avenue), (*guest may participate in refreshments for a \$5.00 fee payable in advance at registration.*)

**For More Information** Website: <http://www.seashorestriders.com> Facebook: [www.facebook.com/seashorestriders.running](http://www.facebook.com/seashorestriders.running)

### **5K Run and 1 Mile Walk**

6:30-7:30 am packet pick-up and check in.

7:30 Mandatory Meeting on Boardwalk/Bandstand, 7:50 line up at the starting line 5K runners, followed by 1 mile walk

8:00 5K and 1 Mile Walk Event starts (line up by ability)

Run northbound towards Gordon State park and back, keep on the right side at all times except on the return on Surf Ave you are on the Ocean Side.

Run through finish chute and stay in line for collection of tear off tags. (*Cheer on athletes, proceed to afterparty at 9am*)

### **1/2 mile Ocean Swim: Swim and Biathlon (leg 1: Swim)**

6:30-7:30 am check in and go to **body marking station** to have your bib number marked on your arm by race official, and check in to confirm if you are participating in swim or swim-run ***Noteworthy: sunscreen after arm marking***

Set-up your transition area including bib

7:30 Mandatory Meeting on Boardwalk and Bandstand, RB life guard captain will make a few short announcements including the direction of the Swim, and swimmers will walk the boardwalk to swim start

8:00 Swim and biathlon Event has a Beach Start half mile away from the finishline/registration area. Ocean swim parallel to shore. ***Swim direction will be announced race morning and it is looking like a South to North Swim.***

Finish line for swim-only is through the transition area and into the finish (biathlon continue through transition as well and North onto the boardwalk for the run course.

*(Cheer on athletes, proceed to afterparty after 9am)*

Expected water temperature around 70 degrees. Wetsuits allowed and optional if water temperature is 78 degrees or less taken on race morning. If wearing a wetsuit remember to mark your bib number on a head cap.

Lifeguards reserve the right to remove an athlete from the race. This removal will result in a DNF (Did Not Finish)

### **Biathlon (leg 2: 5K Run)**

Run from beach to the transition area - exit just North of the Rehoboth Avenue Jetty

Must put on bib (chip timing) in transition and have it on going through running finish chute

Starts near transition area

Run northbound towards Gordon State park and back, see run course above.

Run through finish chute and stay in line for collection of tear off tags. (*Cheer on athletes, proceed to afterparty*)

### **After Party, Awards Ceremony**

8:45 am The After Party, Awards Ceremony will be held at CAMP Rehoboth Community Center which is located at 37 Baltimore Avenue, Rehoboth Beach, DE (2½ blocks from finishline). We have food and drinks from our local sponsors.