

Category of Awards

Each Race has separate Awards

- _Top 3 Overall Male & Female in Tri & Du & 1st Master
- _Age Groups (Top 3 in each)
- _13 and under, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+
- _Top 3 Clydesdales (Males 220+ lbs). **Weigh In Required.**
- _Top 3 Athenas (Females 165+ lbs). **Weigh In Required.**

(NOTE: No Double Dipping allowed...Overall, Master, Clyde/Filly Awards do not win age group awards and vice versa)

CLYDE & ATHENA

The Clydesdale and Athena competitive divisions are based on weight minimums outlined in the USA Triathlon Competitive Rules. Athletes competing in the Clydesdale division must be a minimum of 220 pounds and athletes in the Athena division must be a minimum of 165 pounds. We will present awards to the top 3 finishers in each division (no double dipping).

Spectator Information

The Main Beach Parking area is our NEW transition of Cape Henlopen State Park which offers a large lot with ideal spectator areas for watching the duathlon start, transition, bike start and finish as well as run start and finish. In the early morning and evening hours you may spot deer along the tree line. Bring the kids and make plans to spend the day at Cape Henlopen State Park walking the nature trails, enjoying the beach or fishing at the pier. This is one of the most beautiful parks in Delaware!

Parking Spectator (as well as athlete) parking is available at Bath House parking area on the NORTH side. In order to prompt a safe bike portion of the race, we ask that you do not enter and/or leave the park once the race has begun. If you do need to enter/leave during the bike portion of the race, please do so with extreme care. The bikers will have the right of way while riding on park grounds. **Athlete Support** Bring your cow bells, noise makers, posters, banners, and other items to cheer on your favorite athlete. Please keep in mind that spectators are not allowed to provide any outside assistance to the athletes. Outside assistance can result in penalties and possible disqualification. Outside assistance can include but is not limited to: transition area assistance, running or riding along with the athlete (pacing), handing off water bottles, etc. The Seashore Strider staff and volunteers will provide assistance as needed and allowed. As well, there will be no time during the event when spectators will be allowed in the secure transition area. If your athlete forgot an item for the transition area, please ask a Seashore Strider Staff member or volunteer to assist you in getting that item to the athlete. **Spectator Control** The Seashore Strider Staff and volunteers have your athlete's safety and security as their primary responsibility. Therefore, there may be times during the course of the event that we will need to provide directions to spectators if we feel that the athletes do not have a clear and unobstructed path. Please

pay close attention to these directions/instructions so that we are able to maintain the safety of course and athletes. **Special Note:** There is only one entrance/exit to Cape Henlopen State Park, which the athletes will be using for the bike. Please do not drive in and out of the park during the course of the event as this create additional course management for the Park Rangers, volunteers and staff as well as potential safety issues for the athletes.

Kids and Dogs The Seashore Strider Staff loves having kids and dogs at the events. The kids are our future and the dogs are just great. If you do bring your children and/or pets, please keep a close eye on them. Do not allow them to venture onto any of the roadways particularly near the mount/dismount area. As well, if your children bring bikes, please ensure that they are wearing helmets at all times. **Post Race Food** Just as a reminder, the food and beverages provided by Seashore Striders are for athletes and volunteers only. **Other Notes** Cape Henlopen is a State Park and a take-in/take-out policy is in effect.

Camping at Cape Henlopen State Park

42 Henlopen Drive
Lewes, DE 19958
(302) 645-8983

Directions

Cape Henlopen State Park is located in Lewes, DE about 1 mile south from the Cape May/Lewes Ferry Terminal. Directions adopted from the www.capemaylewesferry.com site. Once you approach the Lewes Ferry Terminal, continue on Route 9 East/South (Cape Henlopen Drive) past the Ferry terminal for about 1/2 mile into the entrance of Cape Henlopen State Park. Then follow signs to the Ocean bath house.

- - **Rehoboth Outlets and Rehoboth Beach, DE**, take Route 1 North past Rehoboth Outlets to Route 9 East
- - **Ocean City, MD**, take Route 1 North to Route 9 East
- - **Chincoteague, VA**, take 175 West to Route 13 North, which merges with Route 113 North, to Route 24 away from Millsboro, Delaware, to Route 1 North to Route 9 East
- - **Easton, MD**, take Route 331 South from Easton to Route 318 East; Routes 331 and 318 will intersect, follow 318 East to Route 18 East; in Georgetown, Delaware, take Route 9 East
- - **Baltimore, MD**, take Route 97 South to Route 50 East over the William Preston Lake Jr. Memorial Bridge to Route 404 East to Georgetown, Delaware, to Route 9 East
- - **Washington, DC**, take Route 495 North/South around city to Route 50 East, then follow Baltimore directions
- - **Williamsburg, VA**, take Route 64 East to Route 13 North and the Chesapeake Bay Bridge Tunnel (toll) to Route 113 North (after merge of Routes 113 and 13) to Route 24 East to Route 1 North to Route 9 East
- - **Norfolk/Virginia Beach, VA**, follow Williamsburg directions from Route 13 North
- - **Outer Banks, NC**, from Corolla Lighthouse take Route 12 South, or from Cape Hatteras take Route 12 North, to Route 158 West to Route 168 North to Route 64 East to Route 13 North over and under the Chesapeake Bay Bridge Tunnel (toll) then follow Williamsburg directions
- - **Philadelphia, PA**, Interstate 95 South to exit #4 for Rt. 1 South to Delaware Beaches. Near Milford, DE, Rt. 1 also becomes 113 South and merges again onto Rt 1 South near Lewes. Take Route 9 East

First Timer Information

Whether you're a veteran triathlete/duathlete or preparing for your first multi-sport event, the following provides valuable information about participating in a Seashore Strider event.

Timing Chips 101

Your timing chip will be provided to you on a velcro band- Chronotrack Tri Tag. Fasten the band on one of your ankles in a secure but comfortable manner. The timing chip will record your time throughout the event when you pass over timing mats, which are typically located at the entrances/exits of the transition area (T1 and T2) and the finish line.

Dropping Out: If you are unable to complete the race, please return your timing chip to a Seashore Strider staff member at the finish line. This will let us know that you have returned to the race venue and not out on the course. Please do not return the chip to a volunteer.

Lost Chips: If you happen to lose your timing chip during the race, please inform a Seashore Strider staff member as you come into transition, he/she can quickly provide you with a replacement chip so that your times will be recorded for the rest of the event. This change in chip number will be provided to our timing person for update in the timing system.

Relays (applicable if this division is available): If you are participating in a relay, the timing chip will act as your baton which you will pass to the next person on your team inside transition at your rack location. Please be sure that the timing chip is securely fastened to your ankle before leaving transition.

Finish Line: Once you have completed the race, Seashore Strider staff members will be at the finish line to greet you and remove your timing chip. We are happy to do this for you so that you don't bend over, stand up then keel over.

Unreturned Chips: Once you receive the timing chip, it becomes your responsibility. There will be a \$35 charge for any timing chip that is not returned at the end of the race. If you accidentally took the chip home with you, please mail immediately to Seashore Striders, 9 Gander Lane, Lewes, DE 19958

Bike Racks

Numbering: Each bike rack location is numbered and you must rack your bike according to your race number. Your bike should be racked on the side of the rack so that the number is facing you and your bike should be centered on the number. Although, we will have staff and volunteers available to assist you in transition, it is your responsibility to know where your bike rack location is in relation to T1 and T2.

Neatness Counts: Please be respectful of the athletes around you and keep your race gear contained within the area around your bike. A regular sized towel is your area. Also, while making your transitions during the race, please be sure that you do not leave any gear in the "aisles" between the racks. You, as well as the other athletes, will be moving quickly through these areas and we do not want someone tripping over misplaced gear.

Wave Starts

Whether you are doing a triathlon or duathlon, we typically will start the race in waves of up to 150 people. In most cases, the division and/ or age group will determine which wave you start in. For triathlons, the cap color you are provided with will help you know which wave you are to start in. We do not allow changes in wave start unless you change race types or divisions such as switching from a half iron to a sprint or from age group to relay (if there is a relay option at the event). Starting the race in the wrong wave will result in a DQ. Waves are as follows:

W1- Duathletes @ 7:30 a.m.

W2- Male Open & Clyde
Athena & Novice Male & Female

W3- Female Open &

What to Bring Check List

General

Picture ID, Athlete Guide (directions, maps, itinerary), Money, Race Numbers (from Packet Pickup), Timing Chip (from Packet Pickup), Water Bottles, Gel Packs, Energy Bars, etc.,

Sunscreen, Sunglasses, Change of Clothes, Super Happy Attitude.

Swim Gear

Bathing Suit, Wetsuit, Swim Cap (from Packet Pickup), Goggles

Bike Gear

Bike, Helmet, Bike Shoes, Socks, Bike Gloves, Tire Pump/CO2 Cartridges, Spare Tubes and Tires, Tools, Bike Numbering (from Packet Pickup)

Run Gear

Running Shoes, Race Number Belt/Safety Pins, Socks, Run Numbering (from Packet Pickup)

Transition Area

Towel, Bin to Keep Gear Contained

Other Personal Items

www.seashorestriders.com