



SEASHORE CLASSIC ½ & 5k Run – Race Guide



We are looking forward to seeing you this weekend for the 14th Seashore Classic at Irish Eyes in Lewes, DE! Here is some important information to be aware of before race day.

The Classic will be represented by the following 17 States:

- DE(91), PA(36), MD(27), VA(15), NY(8), DC(6), NJ(6), Ill(5), NC(3), WI(2), ON(2), WV(2), CA(1), CT(1), ME(1), SC(1), TX(1),

RACE DAY

Date: Saturday, May 6th

Time: ½ Marathon, ½ Marathon Relay & 5K Run all begin at 8:00 a.m. (same start & finish line)

Start/Finish Location: Market St. & Anglers Road, just ¼ mile from Irish Eyes in Lewes

- Please be mindful to the homeowners that live at the start and finish of the race...thank you.

There will be 3 portable toilets to use before and after the race outside Irish Eyes and 1 to use at the start/finish if needed.

PACKET PICKUP

There will be a packet pickup the day before the race at Irish Eyes.

Date: Friday, May 5th

Time: 5 p.m. - 7 p.m.

Location: Irish Eyes, 213 Anglers Road, Lewes, DE. 19958

Enjoy a drink and/or meal at Irish Eyes while on-site. You are allowed to pick up a friend's packet if your friend would like you to. Please have your ID.

RACE DAY PACKET PICKUP/REGISTRATION

Date: Saturday, May 6th

Time: 6:30 am – 7:45 am

(Please make sure you pick up by 7:45 am so that our volunteers can get to the start and we can start on time).

Location: Irish Eyes, 213 Anglers Road, Lewes, DE. 19958

RACE DAY PARKING

You have several options as far as parking...

- 1. As you turn off of Savannah Rd onto Anglers Rd you take a right on Market (start/finish) and parking will be in a field behind the Beacon Motel. You must access the parking lot from Market St and not the Beacon Motel parking lot. We will close Market St. at 7:45 am to begin our line up so you need to be parking by then if utilizing this option.

- 2. At the end of Savannah Road behind the Dairy Queen there is a public parking lot and it is about ½ mile from Anglers Road. A nice warmup walk or jog.
- 3. On Anglers Road there will be a small amount of parking on the left and across from Irish Eyes there is a small development where you could park as well.
- 4. You could also park at the 1812 Memorial Park just before the drawbridge on the left.
- PLEASE do not block any residence driveway
- PLEASE do not park at the Wheelhouse Restaurant on Anglers or you will be towed.
- PLEASE do not park at the Bait & Tackle/Boat Charter next to the Wheelhouse as well.

RACE COURSES – Both Maps are located at the Seashore Strider website

- <https://www.seashorestriders.com/race-schedule/seashore-half-marathon-half-marathon-relay-5klewes-de>
 - o Half Marathon Time Limit is 3 hours...Please be at the finish by 11 am which is 13:44 per mile.

RACE BIBS

All race bibs are to be worn on the front of your shirt so the finish line team can easily view your bib as you cross the finish.

ON-COURSE INFORMATION

For the ½ Marathon, there will be 3 water stops at approximately

- o W#1...2m & 11m
- o W#2...4m & 9m
- o W#3...6.55m @ turnaround

For the 5K, we are trying to locate another volunteer to have one at the 1.55m turnaround, however right now the 5k will have water at the start & finish.

Portable toilets will be located along the ½ Marathon course at approximately

- o PT#1...2m & 11m at Water #1
- o PT#2...4m & 9m at Water #2
 - There will be 3 PT's at Irish Eyes and 1 PT at the start/finish area

We would love to have your friends and family out cheering along the course.

- FYI...If you choose to enter Cape Henlopen State Park there will be a fee to enter unless you have a State Park Sticker.

SAFETY NOTE

To ensure runner safety, unregistered runners, bicycles, skateboards, rollerblades, and dogs are strictly prohibited on the ½ Marathon and 5K race course.

- Strollers need to be approved by the race director and will line up based on your plan to run or walk. In most cases I place strollers to the rear at the start.

AWARDS

Awards will be presented in both men's and women's categories to the overall, master, and the top three finishers in the following age groups for each event:

5K: 9 & U, 10-13, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+

1/2m: 19 & U, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+

Relay: Top 5 Teams in Male, Female, Co-Ed Divisions

- 5k Awards will be presented at Irish Eyes as soon as all finishers are in and accounted for
- ½ Marathon Awards will be presented closer to 11 am also at Irish Eyes.

FINISHER MEDALS

- Finisher Medals will be presented to the ½ marathon finishers only. The 5k and Relay finishers do not receive a half-marathon finisher medal.

POST-RACE FOOD

After the race, enjoy plenty of post-race food brought to you by Irish Eyes.

RACE BENEFICIARIES

The Seashore Striders will make a donation to the James J. Kiernan Memorial Scholarship

MORE RACE INFO...

Please go to our Event Page on RunSignUp

<https://runsignup.com/Race/DE/Lewes/11thSeashoreClassic12Marathon2personRelay5k>

and read ""Course Etiquette"" and ""Seashore Strider Guidelines""

You can also read about the RACE DETAILS regarding the ½ Relay.

Other Items to be aware of...

- A few items I have delt with in the past 6 mo that are not allowed...
 - Please wear your own bib and do not give to another runner
 - Please only wear 1 assigned bib and not another (for a family member who is sick)
 - Please do not be on the course without a registered bib
 - Please do not remove the chip from the bib for safety reasons (even if you do not like your time)

THANK YOU, SPONSORS!

IRISH EYES

Expert Wire

Rehoboth Beach Running Company

The Lee Ann Wilkinson Group

Home Theatre Solutions

PRODUCED BY!

Seashore Strider Event Production, Inc.

Seashore Striders

In Cooperation with The Road Runners Club of America & The Lewes Police Department.

RACE DIRECTOR- Tim Bamforth; Seashore Striders...#1990

For any other information, please visit

www.seashorestriders.com

Seashore Striders wish a GOOD LUCK TO ALL RUNNERS & WALKERS!