

SEASHORE STRIDER RACE GUIDE

3RD DQ DASH 5K & 1m walk

April 25, 2021

On behalf of the Seashore Striders, I welcome you to Lewes, DE and the 3rd DQ Dash 5k & 1m walk. There have been many changes in the past year and with many races taking a year off, we are happy to be able to still host a "Live" event for you. We hope you enjoy a safe race and we hope to be able to get back to normal "racing" in 2021. We also would like to thank the Dairy Queen Family, the Delaware DPH, and the City of Lewes for supporting the event....
Race Director Tim- Seashore Striders

RACE INFO PAGE- <https://www.seashorestriders.com/race-schedule/3rd-dq-dash-5k>

RUNSIGNUP REG PAGE- <https://runsignup.com/Race/DE/Lewes/3rdDQDashforFireworks5k>

RACE LOCATION...Where: Lewes Dairy Queen, 107 E. Savannah Road, Lewes, DE

- As you enter Lewes, the easiest way to get to Dairy Queen is to go all the way to the end <https://www.google.com/maps/@38.7806823,-75.1324901,18.99z>

PRE-RACE PACKET PICK-UP

PRE-RACE PACKET PICKUP There will NOT be a traditional packet pickup on race-day as we will utilize our "Seashore Strider walk-up" packet pick-up the day before on Saturday April 24th from 3-5 PM at the Lewes DQ at Lewes Beach. The location address is: 107 E. Savannah Rd, Lewes, DE 19958 Please park in the Lewes Beach parking lot and walk to Dairy Queen where we will be giving you a race packet with your shirt and bib enclosed. The packet will be in a sealed clear packet.

NOTE- We are NOT doing our normal "drive-by" pick-up because of the potential traffic issues at the location and where it is.

PARKING: There is plenty of parking at Lewes Beach. When you arrive in the parking lot please park and social distance during your walk-up with your mask on. If Parking is not available at Lewes

Beach- just south of Lewes Beach is another lot called "Georgia Beach".

Race-Day Event Schedule: Sunday, April 25, 2021

- No Race-Day Registration

8:00 a.m.– 8:30 am ... Arrive at the main Lewes Beach parking lot and warm-up on your own, but be careful of cars at all times. Please be careful running in the parking lot as cars are arriving. Masks are to be worn.

** Last chance packet pick-up in case you could not make it on Saturday.

8:30–8:40 a.m. ...Begin to make your way to Dairy Queen and social distance lineup & rolling start line-up. Look for PACE signs to line up by from 6 min/mi to 15 min/mi.

9:00 a.m. – Start of 5k Run Rolling Start" based on mile pace...sub 6, 6–7, 7–8, 8–9, 9–10... We will be lining up at the start with masks and you will start based on your pace. (for example, if you plan to run at a 6 minute pace (18:45 5k) then you should be near the front and ready to go at 10 a.m., but if you plan to run at a 12 minute pace (38:00 5k) then you should be near the rear and waiting for the 12 minute mile pace to be called.)

NOTE- Once you leave the starting line, you may lower your mask(DPH Guidelines), however as soon as you cross the finish line you must put your mask back on.

No Post-Race Celebration or Awards Ceremony...

- We will be presenting awards as the age groups fill up. If you can not stay to receive your award you will be able to pick it up at DQ during the week.

Race Award Details:

- **5K run/walk... Overall, Masters, top 3 in 10 year age groups from 9U to 80+...awards to the top 3 finishers**
- **1 mile fun walk– No Awards AND NO CHIP ON YOUR NUMBER.**

1 MILE WALKERS...PLEASE WALK THE 1 MILE COURSE IF YOU SIGNED UP FOR THE 1 MILE WALK. PLEASE DO NOT RUN THE 1 MILE COURSE FOR SAFETY.

IF YOU SIGNED UP FOR THE 5K AND WANT TO DROP DOWN TO THE 1 MILE YOU MAY DO SO BY COMING TO THE TIMING TRAILER "BEFORE" THE RACE AND LETTING US KNOW YOU WOULD LIKE TO SWITCH.

RACE COURSE LINK...

The link to view your saved route is: <https://onthegomap.com/s/gj7v1hg5>

Race Timing...Due to Covid19 we will be using a “rolling start” based on your expected pace. With that said, this race will be scored by only CHIP TIME. This is a change in the Seashore Strider normal procedure of Overall by “Gun” and we feel that because of the start procedure it is the only way to fairly score the event. This means that following the 9 am start, your scored time will not begin until you cross the starting line which will be your CHIP Time. Your CHIP Time will be what we use for Overall, Master & age group placement. **There will be not timing or scoring of the 1 mile fun walk.**

COVID19 GUIDELINES

1. **Masks...**must be worn at all times both pre-race and post-race when you are on the race site. NEW DPH Guidelines regarding a mask...PLEASE READ.

MASK REQUIREMENTS FROM THE STATE OF DELAWARE

*UPDATE As of 3/9 participants are allowed to lower their masks during the actual race portion of the event.

"Participants who can maintain social distancing during the race, to do so with no masks. When social distancing cannot be maintained, at the start and finish lines, running in a group, passing another runner, crossing paths with another runner, and in at any other time where people may be gathered, masks are required."

2. **Keep 6 feet apart...**During pre and post-race, please keep distance between you and others unless you live in the same household. Areas to be especially aware of this: Start & Finish
3. **If you feel sick,** please STAY HOME. We ask you do not come to the event if you are not feeling well or have been around someone who has recently tested positive for COVID-19.
4. **Run on the RIGHT...**Pass on the LEFT. Make sure you run on the right side of the road, and when you pass someone, only pass on the left. Please yell out you are passing so runners in front of you are

aware, and try to maintain 6 feet distance when passing. This is an out & back course so when the leaders make the turnaround at 1.55 miles and 5 miles be careful as they will be coming towards you at a faster pace than you are going.

5. **No spitting or nose rockets...**Please do not spit or blow a nose rocket. No need to explain this more
6. **Listen to volunteers...**They are here to help us have a safe and fun race. Without them we would not be able to have this event. If they ask you to do something, please respect what they ask. Thank you

Changes from a “normal race”

1. **No day of registration...**Races are limited and once it sells out the only option will be virtual.
2. **At Last Chance Check in...**Please leave space between you and the person in front of you at check in. The volunteer will hand you your race packet which includes your safety pins. We are encouraging participants to pick up their packet on Saturday between **3-5 pm at Dairy Queen.**
3. **Start of the race...**This will be a rolling start. Please do not line up at the starting line. Keep your distance. The race director will line you up at the start of the race based on your pace per mile.
4. **Water on the course...**There will be a water table on the course (1.55) It will look different as volunteers (with gloves & masks) will have no contact with the runners. On the table will be small bottles of water with caps removed with space between them so the participants can easily serve themselves as they run past. There will be water bottles at the finish line as well and you can serve yourself when you get to the end of the chute.
 1. **H2O1- On 5k course at the 1.55m mile mark**
 2. **H2O2- 0.0, 3.1m...Start & Finish area**
5. **Restrooms...**Lewes Beach Restrooms
6. **Finish line...**When you come through the finish line please do not stop. Head all the way out of the chute. We will not be removing tearoff tags in this event. We do not want the runners behind you to run into you.
7. **Post-Race Snacks...**There will be some light fruit (banana/apples) when you finish the race on a table past the finish. There will not be a large post-race party & gathering due to Covid Guidelines.
8. **Awards...**There will not be computer kiosks to check your time. You can use your phone to check results at

www.seashorestriders.com/results or when you get home you can check on your computer at seashorestriders.com.

9. **Awards Ceremony...**There will not be an awards ceremony. There will be an awards table. If you check your results and determine you placed in your age group and you are still at the park, you can head over to the table once the RD makes an announcement to claim your award. This is not guaranteed that awards will be ready as soon as the race is over, but if they are we do not have a problem with you picking up your award. Awards will not be ready until 15-20 minutes following the final runner. If you do plan to hang out & stay for the awards- please social distance and wear your mask. Thank you!
10. **Post Award Pick-up...**If you do not pick up your award at the race, you will be able to arrange a pickup with the race organizer who will be in touch with you following the race at Dairy Queen.

HAVE A GREAT RACE & THANK YOU FOR YOUR PARTICIPATION