



Dear Participant,

Thank You for taking part in our 30TH BEACPAPER FIRECRACKER 5K. We thank you for your support. You will be receiving a swag Beach 30X60 Towel this week instead of a t-shirt. Change is good as we all are very familiar with by now. I have 100 towels so MOST everyone that is registered should be able to receive a towel. I will order more on Monday if needed.

PACKET-PICKUP: AT 9 GANDER LANE, LEWES, DE. 19958...BE CAUTIOUS IN THE DEVELOPMENT AS ROADS ARE JUST BEING FINISHED BEING COATED. REMAIN IN YOUR CAR AND MY SAFE VOLUNTEERS WILL APPROACH YOUR CAR WITH YOUR TOWEL. I WILL HAVE JUNGLE JIM'S PACKETS AND AWARDS IF YOU DID NOT PICK UP AS WELL AS MASK'S AND HAT'S FOR SALE AS WELL.

BIBS: Your bib can be made at your pleasure at your home. Your bib can be an old one that you decorate the rear of or it can be a bib you make yourself. YOU MAY FILL OUT YOUR NAME & AGE ON THE BOTTOM OF YOUR BIB. Bib numbers will also be posted on Friday morning at www.seashorestriders.com on the FIRECRACKER 5K event page. I have attached a bib template on the Firecracker page that is in a .DOC format easily printable at your home. Please make sure you wear your bib on the front and make sure the bib can be seen in your post-race photo or you can also take a picture of the bib separately. The bib is how the Seashore Striders track you.

RACE TIME: 48 hrs. from July 4th at 12:01 a.m. to July 5th at midnight.

RACE COURSE: You have the choice to complete the Firecracker 5k virtually anywhere you would like. Please be aware that there is not an official course that will be set-up from Jungle Jim's nor will there be any assistance on the course (water stops, directional signs, mile markers, race clocks, or emergency assistance).

SAFE RUNNING & RACING:. The Seashore Striders encourage you to run & walk safely during the Firecracker 5k and discourage the gathering of runners for this event. Please stay more than 6' from each other if running with someone. <https://www.runnersworld.com/news/a31439358/running-during-coronavirus/>

RACE TIMING: You will use a timing device on your watch (Garmin) or iPhone (race tracker) or whatever you are comfortable with (to be verified it must be the complete 5k distance). I will verify 3.10 miles; however, I will NOT verify 2.99 miles. At the completion of your Firecracker 5k, please take a selfie of yourself with a close-up of your device showing your distance & time. **Results will be sent to tim@seashorestrider.com** for official verification and I then will upload the results to RunSignUp/athlinks/CT. Please send "**Elapsed Time**" not "Moving Time"... **Results are due to Race Director Tim by 12 midnight on July 3rd.** NO TREADMILLS ALLOWED IN THE SUMMER SERIES EVENTS.

VIRTUAL RACE DIRECTOR: Tim Bamforth, Seashore Striders/Seashore Strider Event Production, Inc. tim@seashorestrider.com

NEXT EVENT: 5k Hope to see you again at the 30th Beachpaper Firecracker 5k on 7/4-7/5...seashorestriders.com