

SEASHORE STRIDER RACE GUIDE

RUN WITH SANTA 5K

DECEMBER 12, 2020

On behalf of the Seashore Striders, I welcome you to Cape Henlopen State Park in Lewes, DE and the 15th Run with Santa 5k. 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 holiday event for you. We are happy to announce that the race will be on the same course as the Seashore Classic 5k/Great Pumpkin 5k/Pumpkin Pie 5k in hosted in October & November. We hope you enjoy a safe race and we hope to be able to get back to normal "racing" for the 2021 event....Race Director Tim-Seashore Striders

RACE INFO PAGE- <https://www.seashorestriders.com/race-schedule/15th-run-santa-5k>

RUNSIGNUP REG PAGE-

<https://runsignup.com/Race/DE/Lewes/15thannualRunwithSanta5katCapeHenlopenStatePark>

RACE LOCATION...Where: Cape Henlopen State Park; Lewes, DE. 19958

- Follow Cape Henlopen Drive east past the Ferry Terminal. Enter the park and go through the ticket booth. The Park may be charging admission which has nothing to do with the race. If you have a sticker you do not have to stop.
- Once past the ticket booth, turn left and follow signs for the Bathhouse Parking Lot as far east as you can go. Follow SS Signs.

PRE-RACE PACKET PICK-UP

PRE-RACE PACKET PICKUP Friday Dec. 11th at the Lewes Library located at 111 Adams St. off Freemon Highway heading towards the Ferry. Heading east it will be on your left hand side. Pickup will be from 4:00 pm – 5 :00 pm.

PARKING: There is plenty of parking at the park. When you arrive in the parking lot please park and social distance during your warm-up with your mask on.

Race-Day Event Schedule:

Saturday, December 12, 2020

- No Race-Day Registration

9:00 a.m.– 9:30 am ... Arrive at the main beach parking lot and warm-up on the trails. Please be careful running in the parking lot as cars are arriving. Masks are to be worn.

9:30–9:40 a.m. ...Begin to make your way to the north edge of the parking lot for our social distance lineup & rolling start line-up. Look for PACE signs to line up by. Keep your masks on and socialize by naming 3 “good” things that happened to you in 2020.

10:00 a.m. – Start of 5k Run Rolling Start” based on mile pace...sub 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.)

No Post-Race Celebration or Awards Ceremony...

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

RACE COURSE LINK...

The link to view your saved route is:

<https://www.seashorestriders.com/race-schedule/15th-run-santa-5k>

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 10 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.

COVID19 GUIDELINES

1. **Masks**...must be worn at all times both pre-race and post-race when you are on the race site. You are able to run/walk without a mask when you are on the course. Please do not take off your mask until you cross the starting line. Once you catch your breath at the finish, social distance and please put your mask back on in that order.
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 be careful as they will be coming towards you at a faster pace than you are going.
5. **No spitting or nose rockets**...Please to 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 "Friends of Cape Henlopen State Park".

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 Friday between 4-5 pm at the Lewes Library.
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 that you can potentially hit during the course. It will look different as

volunteers(with gloves & masks) will have no contact with the runners. On the table will be bottled 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 just before the mile mark in Ft. Miles**
2. **H2O2- 0.0, 3.1m...Start & Finish area**
5. **Portable Toilets at park...**There will be portable toilets at the park in the Bird Watch Area, Herring Point Parking Lot, Fishing Pier...We ARE NOT bringing in any ports to this event due to guidelines so please arrive early and use another port in the park or use the restroom before you leave home.
6. **Finish line...**When you come through the finish line please do not stop. Head all the way out of the chute after handing your tearoff tag to the SS volunteer. 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.
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.
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 director at 9 Gander Lane in Lewes, DE.

HAVE A GREAT RACE & THANK YOU FOR YOUR PARTICIPATION

MERRY CHRISTMAS
FROM THE
SEASHORE STRIDERS!