

SEASHORE STRIDER RACE GUIDE

Seashore Half-Marathon/5k/Relay

October 4, 2020

On behalf of the Seashore Striders, I welcome you to Lewes and the 11th Seashore Classic Half-Marathon, 5k, & Relay. There have been many changes in the past few weeks with this event, but we are happy to be able to still host the event for you. We have moved to a new location of Cape State Park. We have moved the event outside of City Limit and we do not have Irish Eyes this year as the event host. Please do not go to Irish Eyes with race questions as they are not involved in 2020. We are happy to announce that the entire race will be inside of Cape Henlopen State Park. We hope you enjoy a safe race and we hope to be able to get back to normal "racing" in the 2021 Classic....Race Director Tim- Seashore Striders

RACE LOCATION...Where: Cape Henlopen State Park; Lewes, DE. 19958 (Beach One / Bathhouse Parking Lot- Follow signs to Bathhouse)

PRE-RACE PACKET PICK-UP

PRE-RACE DRIVE BY PACKET PICKUP SATURDAY, OCT. 3rd at the LEWES PUBLIC LIBRARY located at 111 Adams Ave; Lewes, DE. 19958 (off Freemon Highway on the left heading towards the Ferry & CHSP) from 4:00pm - 6:00pm.

PARKING: Beach One / Bathhouse has plenty of race parking. When you arrive in the parking lot please park and social distance during your warm-up with your mask on.

Race-Day Event Schedule: Sunday, October 4th, 2020

- No Race-Day Registration

7:00 a.m.– Last Chance to pick-up packets which will be located at the Hawk Watch Pavillion on the north side of the parking lot. However we encourage you to pick-up the day before at the scheduled pre-race packet pickup.

8:00 a.m. – Start of ½ Marathon Start, ½ Relay, 5k Run (5k out & back turning around at 1.55m)...”Rolling Start” based on mile pace...sub 7, 7–8, 8–9, 9–10...

RELAY MEMBERS...

- Relay LEG 1 will begin with the Half & 5k and will run the first 6.7m of the course which will be on the south side of the Gordon’s Pond bridge.
- Relay LEG 2 will begin at the south side of the Gordon’s Pond bridge and will run the second half of the race at 6.4m.
- Relay LEG 2 will need to provide their own transportation to Herring Point (located approx.. 2 miles from the start.) From Herring Point the exchange zone is another ½ – .6m south to the south side of the bridge. Car Pooling among family members is encouraged. Due to Covid19, the SS will not be driving any of the LEG 2 runners to the exchange as we did in years past.
- At the exchange, relay LEG 1 will be handing off a TRI BIB that relay LEG 1 wore on their ankle. Relay LEG 2 will take the tri bib and Velcro it around their ankle to finish the course. After crossing the finish, relay LEG 2 will remove the tri bib and place it in the return bucket. There is a \$20 fee for not returning the tri bib.

No Post-Race Celebration or Awards Ceremony...

Race details:

- ½ Marathon individual...Overall, Masters, top 3 in 10 yr age grps from 19U to 80+
- 5K run/walk... Overall, Masters, top 3 in 10 yr age grps from 9U to 80+
- ½ Marathon Relay Teams (Male, Female, Co-Ed)...top 3

RACE COURSE LINK...(this is the half-marathon course and the 5k turns around at the 1.55m mark and does an out & back)

The link to view your saved route is:

legacy.usatf.org/routes/view.asp?rID=609125

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 8 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, please put your mask back on.
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: Porta Potty Lines; Check In Lines.
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.
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.

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 bib and safety pins. We are encouraging participants to pick up their packet the day before at the scheduled packet pick-up.
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 call out Sub 7 minute mile pace and under runners to start. At that time all runners in that category be able to cross the line and start the race. After they clear the RD will call out 7-8 minute mile runners. Once they clear the RD will call the next group and so on. Please ONLY start in your mile pace time so we can create the distance we need for a safe race.
4. **Water on the course...**There will be 5 water tables on the course that you can potentially hit 9x during the course. It will look different as volunteers(with gloves & masks) will have no contact with the runners. On the table will be small 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. **H201- 1.1m, 5.0m, 12.0m (5k...1.1m, 2.0m)...Mar Rd**
 2. **H202- 2.1m, 3.9m...Park Entrance**
 3. **H203- 3.1m turnaround...Lewes side trail**
 4. **H204- 5.9m, 11.1m...Herring Point**
 5. **H205- 8.5m...Gordon's Pond**
 6. **H206- 0.0, 3.1m, 13.1...Start & Finish area**
5. **Portable Toilets on the course...**There will be 4 locations on the course that you can potentially use the restroom.
 1. **Restroom1**...Start & Finish Area at Hawk Watch...North end of Parking Lot
 2. **Restroom2**...Ft Miles...As you are going through- on left going out & on right going back
 3. **Restroom3**...Herring Point...As you reach waterstop, in parking lot on left
 4. **Restroom4**...Gordon's Pond...As you reach parking lot for the loop, in parking lot on right
6. **Finish line...**When you come through the finish line please do not stop. Head all the way out of the chute. We do not want the runners behind you to run into you.

7. **Post-Race Snacks...**There will be some fruit from the Giant when you finish the race on a table. You may help yourself to the fruit before heading to your car. 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.
10. **Post Award Pick-up...**Awards will be available to pick up from 2-4 pm at 9 Gander Lane, Lewes, DE or the Seashore Striders will mail the award to you for a \$10 postage fee. You can make arrangements with the Seashore Striders following the event by emailing Race Director Tim at tim@seashorestrider.com.