



## REHOBOTH BEACH MARATHON AND HALF MARATHON:

### RACE PACKET FOR REGISTERED RUNNERS

# THE BASICS



#### **DATE/TIME**

Saturday December 3<sup>rd</sup>, 2016 – 7:00am (Both races will start at 7:00 am)

#### **LOCATION RACE /START (26.2 AND 13.1):**

**Start location:** Rehoboth Avenue and the bandstand (Rehoboth Beach, Delaware).

**Finish location:** 4th Street behind Rehoboth Beach Running Company (301 Rehoboth Avenue, at the shops at the Pearl).

#### **PACKET PICK UP**

**Friday, December 2, 2:00 P.M. - 8:00 P.M.**

Packet Pick up is Friday December 2<sup>nd</sup>, 2016 across from Rehoboth Beach Running Company (301 Rehoboth Avenue). 2:00-8:00pm.

**Saturday, December 3, 5:30 A.M. - 6:45 A.M.**

There will also be race day pick up. It will be located at the Rehoboth Bandstand (race start) available between 5:30 - 6:45 am. Arrive early to avoid crowds or a late race start. Please do not show up at 6:50 to pick up your packet.

#### **PARKING**

There is plenty of free parking for packet pick up and race day. You cannot park on 4th street for packet pick up as we will be starting to set up the finish line.

Volunteers and all staff should not park on 4<sup>th</sup> street on Friday.

# ON THE COURSE

## **COURSE MAPS**

Both courses start at the bandstand in Rehoboth and end at Rehoboth Beach Running Company at 301 Rehoboth Avenue. They are together until mile 3. They join together again on the Junction Breakwater trail and finish together. About half of the course is on flat, hard packed trail.

**Marathon course:** <http://www.usatf.org/routes/view.asp?rID=562934>

The course is listed as the 2015 map and uses the same course, except we finish one block earlier on 4<sup>th</sup> street. A variety of flavors of GU gels and GU Chomps will be located at the entrance to Cape Henlopen State Park (mile 9 and mile 12) and Grove Park (mile 19).

**Half Marathon course:** [www.usatf.org/routes/view.asp?rID=571857](http://www.usatf.org/routes/view.asp?rID=571857)

The course is listed as the 2015 map and uses the same course, except we finish one block earlier on 4<sup>th</sup> street. Port O Pots are located about every 2 miles. A variety of Gu gels and Gu chomps will be at the Grove Park water stop. Mile 5.

## **UNOFFICIAL BAG CHECK**

There is an unofficial bag check. There are numbered bins at the starting line. We will transport those items to the finish. It is not secure. You should not put valuables in the bins. Items not picked up by the end of race weekend, will be donated. (NOTE: we are not responsible for lost items).

## **FUEL AND HYDRATION**

There are water and Gatorade stops about every two miles. There will be Gu brand gels at the entrance to the state park (marathon only- miles 9 and 12) and Grove Park (both races). Grove park is mile 19 for the full and mile 5 for the half. There will not be gels given out anywhere near the trails since some participants are not careful with their gel trash. The gel flavors will be a variety (caffeine and caffeine free) If you need more gels, you can always take an extra at the water stop.

## **BATHROOMS/PORT-O-POTTIES**

There are regular bathrooms and port-o-potties at the start. There are bathrooms/port-o-potties located about every 2 miles along the course.

## **TRASH**

Please remember, most of the marathon course will be held on the beautiful Delaware State Park trails. For those running the full marathon they will experience the beautiful trails in Gordon Pond Wildlife Area, Cape Henlopen State Park, and Junction and Breakwater Trail. Please do your part to help us keep these state treasures clean. Please don't throw down trash anywhere, except right by a water stop.

## **TIME LIMIT**

The time limit is 7 hours for both races. There will be food and drinks for all participants and guests.

## **PHOTOS**

Photographers will be on the course and photos will be available on our website (<http://www.rbmarathon.com/photos.php>) at a later date. They will again be provided for free. Game Face Media will take the pictures.

## **FINISHER MEDAL**

Finisher medals for all finishers. *(Reminder: You have to finish the race to receive a finisher medal. Only one per finisher.)*

## **LOCATION OF MEDICAL FACILITIES**

Medical personnel for before or after the 13.1 or 26.2 mile are located at a command center located on Rehoboth Avenue, in front of Grub Grocery. In case of an emergency, contact 911. If you are able to make it to a water stop, volunteers will help contact Emergency Responders.

## **INJURED RUNNERS**

Injured runners will be transported either to the post-race area, or, if deemed necessary, directly to Beebe Hospital (424 Savannah Rd, Lewes, DE 19958, tel. (302) 645-3300) unless it is full. In that event, Emergency Responders will determine the closest available hospital. All runners are asked to help by reporting injuries or downed runners to medical personnel, or aid station personnel along the course. To report a runner needing medical attention contact 911 or your closest water station. Please note that due to HIPAA laws (The Health Insurance Portability and Accountability Act) race organizers will have only minimal information about runners transported to local hospitals.

# AFTER PARTY

The 2016 after-party will start as people start finishing the race.

## **LOCATION:**

The Cultured Pearl and the Shops at the Pearl (301 Rehoboth Avenue)  
There is a party upstairs inside the cultured pearl and in the Grub Grocery parking lot (305 Rehoboth Ave).

## **RERESHMENTS:**

The after party will include unlimited food and drinks. (For all finishers and friends/family who buy wristbands). Usually we have pancakes, burgers, veggie burgers, mac & Cheese, fruit, salad, soft drinks, water, Gatorade, Dogfish Head beer. We will not run out.

## **AMENITIES:**

There is a DJ in the tent party. The party inside the Cultured Pearl is a little quieter. If the weather is nice, people will also be outside on the patio upstairs. The party in the tent is a little louder with people dancing. Both sections have all of the same food and drink.

## **ENTRY:**

You must have a wrist band to enter the Pearl on race day. No exceptions. If you leave your wrist band in your hotel, you will have to go back and get it. Your race number will not count as your wristband. For racers, your wristband is included in your entry fee, Kids 12 and under are free. Guest may purchase wrist bands in advance. There will be a limit of 400 sold this year. We are at the limit now. **There will not be any left race weekend.** To purchase them now, you can on line to [www.runrb.com](http://www.runrb.com), click on shopping, search for after party. This is your last chance to buy them. If you buy on line or with registration, they will be held for you at packet pick up. There will NOT be any available for sales at the race site or Rehoboth Beach Running Company.

## **AWARDS:**

New for this year: There will be no awards ceremony. We will make a presentation outside the tent for the overall and master's winners. Everyone else will be able to pick up their awards outside of the tent, starting at about 9:15 for the half and about 3:30 for the full.

# PLANNING YOUR TRIP

## **WHERE IS REHOBOTH BEACH?**

From Baltimore... 120 miles (2:36 hrs.)

From Washington D.C.... 123 miles (2:46 hrs.)

From Philadelphia... 121 miles (2:27 hrs.)

Norfolk, VA... 168 miles (3.46 hrs.)

## **HOTELS**

For more information about our sponsor hotels please visit our website at:

<http://www.rbmarathon.com/hotels.php>

## **RESTAURANTS**

I will send out another email with all of the restaurant specials.

## **WEATHER**

The temperature is usually in the 40's and 50's. Check

[www.weather.com](http://www.weather.com) for information as we get closer. Please don't contact us about the weather, we don't know any more than you about that.

## **FAMILY REUNION- FINISH LINE**

Join us to cheer all runners coming in and Meet your athlete at the finish line.

Please wait until they have exited the finish chute to greet them.

# SPECTATOR POINTS

Please park in approved lots/parking spots. Do not park on the shoulder.

Follow all directions from race officials and police. *Visit the Delaware State*

*Park website <http://www.destateparks.com/> for maps*

- Gordon's Pond <http://www.destateparks.com/downloads/maps/cape-henlopen/wolfeneckgordonspond15.pdf>
- Grove Park (Mile 19 and 26 on the full, mile 5 and 13 on the half)
- Herring Point Parking lot (in Cape Henlopen State Park) - -  
<http://www.destateparks.com/downloads/maps/cape-henlopen/cape-henlopen-Main-2014.pdf>
- Wolf Neck Road Parking lot. *You walk one tenth of a mile down to the trail*  
<http://www.destateparks.com/downloads/maps/cape-henlopen/wolfeneckgordonspond15.pdf>
- The Georgia Avenue Parking lot along Cape Henlopen Drive in Lewes (next to Lewes Beach) Between Lewes Beach and the Ferry. They do not want us parking in the Ferry Parking lot this year. Do not park along the shoulder of the road!

# VOLUNTEER

To volunteer, please contact email Mary Beth at [mbevans314@gmail.com](mailto:mbevans314@gmail.com)

# RBRC STORE HOURS

The store will be open marathon weekend on Saturday from 5:30 am to 7:00 pm and on Sunday from 9:00am to 4:00pm.

# RUNNER TRACKING

NOVA Timing Systems will provide live runner tracking & results for the event. You can sign up to receive live tracking alerts via SMS (text), Email, Facebook & Twitter. Notifications will be sent at the 3 Mile, 10 Mile, 22 Mile & Finish for the Full Marathon and 3 Mile, 9 Mile & Finish for the Half Marathon. Also available is an online Bib Lookup tool and Results link where results will be streaming live during the event. You will need your bib number before you pick up your race packet. Please come to the expo knowing your number. Please see the links below:

**Bib Lookup:** [http://www.novatimingsystems.com/registration\\_check.aspx?dbid=rbsm](http://www.novatimingsystems.com/registration_check.aspx?dbid=rbsm)

**Runner Tracking Signup:** <http://results.xacte.com/track?id=1374>

**Results:** <http://www.novatimingsystems.com/nova/rbmarathon/results.aspx>

The Cultured Pearl  
Bobby Hutton at C & A Sportswear and Promotional Products  
Seashore Striders Event Production

# SPONSOR SPECIALS

Visit our amazing 2016 restaurant sponsors and take advantage of their weekend specials (More coupons in your race bags.)

**Dogfish Head Brewing and Eats & Chesapeake & Maine** 320 Rehoboth Ave. [www.Dogfish.com](http://www.Dogfish.com) - Check out their great coupon in your marathon packet.

**Cultured Pearl** 301 Rehoboth Ave (Shops of the Pearl)

[www.culturedpearl.us](http://www.culturedpearl.us) – Pre race carb loading menu Friday Dec 2nd.

Spinach Salad: goat cheese, red onion, cucumber, tomato, house made garlic herb crouton & oven roasted tomato vinaigrette. \$10 for guests/\$8 for runners

Penne Pasta: In a red sauce with chicken and asparagus, finished with fresh basil and a three cheese blend. Served with fresh garlic bread \$19 for guests/\$15 for runners

Ice Cream Sandwich: Deconstructed ice cream sandwich with a fresh peanut butter cookie, vanilla ice cream, chocolate sauce & whipped cream \$7 for guests/\$5 for runners

**Lupo Italian Kitchen** 247 Rehoboth Ave. [www.Lupoitaliankitchen.com](http://www.Lupoitaliankitchen.com) - Friday Dec 2nd and Saturday Dec 3rd half price pasta for all runners and their guests.

**Eden Restaurant & Jam Bistro** 23 Baltimore Ave. [www.edenrestaurant.com](http://www.edenrestaurant.com) – 15% Off your check with race bracelet, bib or finisher’s medal Friday Dec 2nd – Sunday Dec 4th.

**Henlopen City Oyster House** 50 Wilmington Ave. [www.hcoysterhouse.com](http://www.hcoysterhouse.com) – 10% Off your check with race bracelet, bib or finisher’s medal Friday Dec 2nd – Sunday Dec 4th.

**Big Fish Restaurant Group/ Summer House** 228 Rehoboth Ave. [www.Summerhousesaloon.com](http://www.Summerhousesaloon.com)- 10% off lunch checks with race bracelet, bib or finisher’s medal.

**The Pond Bar & Grill** 3 S. 1st St [www.thepondrehoboth.com](http://www.thepondrehoboth.com) - \$15 marathon menu for Friday Dec 2nd from 5-10pm. Items include house salad and soft drink.

Marathon pasta: rigatoni pasta tossed with feta cheese, kale, tomato, olives portabello mushrooms, garlic, shallots and white wine

Orecchiette with broccoli rabe and sausage: hot Italian rabe with broccoli rabe sautéed with garlic, tossed with orecchiette.

Cioppino: mussels, clams, scallops, crab and shrimp in a light tomato broth, served over linguine.

Also a 20% discount for racers both Saturday and Sunday! (Excluding specials)

**Nicola Pizza** 8 N 1st St & 71 Rehoboth Ave [www.nicolapizza.com](http://www.nicolapizza.com)

**Conch Island Key West Bar** 211 Rehoboth Ave [www.Conchislandbar.com](http://www.Conchislandbar.com) - \$4 Jim Beam Apple & Honey mixed drinks and shots.

Get \$10 off a 60 minute or \$15 off a 90 minute massage from Kim Blanche (Wellness with a Twist). Make an appointment by calling [302 757-9717](tel:3027579717).

Also, save \$1 off all products from [Coffeandsupplies.com](http://Coffeandsupplies.com) by using code RM2016.

# SPONSOR

The sponsor page lists all of the sponsors that are helping to make the 2016 Rehoboth Seashore Marathon a big success! For more information about who supported our event please visit <http://www.rbmarathon.com/sponsors.php>

Dogfish Head  
The Ashton Group at the Beach  
First State Health & Wellness/Midway Chiropractic  
Lupo Italian Kitchen  
Big Fish Restaurant Group  
Beebe Healthcare  
Conch Island Key West Bar  
The Pond Bar & Grill  
Nicola Pizza  
Henlopen City Oyster House  
Cape Gazette  
Jam Bistro by Eden  
Kim Blanch (Wellness with a twist) Massage●Yoga●Ayurveda  
Atlantic Liquors  
Nancy Hanna  
Atlantic Liquors  
Rehoboth Toy & Kite Company  
Tri Coach  
Print Coast2Coast





# Recovery Run & Trail Clean Up

Local running group *The Certified Running Nuts* is coordinating a recovery and trail clean-up starting at 9am on Sunday, in two locations: Gordon's Pond (meet at the Pavilion), and Junction Breakwater Trail (meet at trail entrance behind the Tanger Outlets). Join them in this run/hobble/walk or bike, and help us keep our state park trails clean. The group will be out to pick up any race debris (Gu packets/cups) that inadvertently missed the trash cans placed in the aid station areas.

## Stay Connected

Find the **Rehoboth Beach Running Company** and **Seashore Striders** as well as the **Rehoboth Seashore Marathon** Facebook page for news about the marathon and other events throughout the year. Share your photos and great memories with us!

## 2017 EARLY BIRD

Join us for our – **10<sup>TH</sup> ANNIVERSARY!** The Rehoboth Marathon/half Marathon turns 10 year – register early! Early bird specials on December 31<sup>st</sup> noon-midnight. \$15.00 off the lowest price. 500 person limit per race for the special.

## MORE INFORMATION...

For more information see the FAQ's or sections on hotels, our sponsors, after party, results, photos on our <http://www.rbmarathon.com/> website. If you have questions after checking the website, email Mary Beth at [mbevans314@gmail.com](mailto:mbevans314@gmail.com). Please allow 24 hours for an answer.

Please don't call Rehoboth Beach Running Company for questions. People there can't answer a lot of the questions. They're also busy with store customers. They can absolutely not let you into the race when it is full. Please don't save your questions until Friday December 2<sup>nd</sup>. It is almost impossible to get in contact with Mary Beth that day.