



DQ DASH 5k & 1m Walk – Race Guide

We are looking forward to seeing you this weekend for the DQ DASH Here is some important information to be aware of before race day.

RACE DAY

Date: Sunday, May 18th

Time: 9:00 a.m. (same start line) ...Packet Pickup begins at 7:30 am

Start/Finish Location: Dairy Queen, 107 E. Savannah Road, Lewes, DE. 19958

RESTROOMS

There will be restrooms at Lewes Beach as the bathhouse should be open

PACKET PICKUP

SATURDAY 5/17 4:00-6:00pm

We have added a “drive by” packet pickup and will be using the SE side of the Lewes Library parking lot...once inside the parking lot head towards the main entrance of the Library and follow my race signs. You do not have to park, remain in your car, I will scan your QR code or get your name and assign you a bib. You will then get your t-shirt and exit the parking lot. We did this during covid and it worked real well.

- There are 2 ways into the parking lot
 - Come in off Freemon Highway at Monroe at the traffic light
 - Come in off Kings Highway to Adams St. (by the old library)

SUNDAY 5/18 7:30-8:45am

Beginning at 7:30am at Dairy Queen you will be able to pick up your bib and then pick up your t-shirt. We will be utilizing “Dynamic Bib Assignment”. Please have your QR Code that is on your Registration Email Confirmation ready for our volunteers or know your name. Pins will be available and please wear your bib number on the front. 5k runners & walkers will have a yellow bib & 1 mile walkers will have a purple bib.

RACE DAY REGISTRATION

If you know someone who still needs to register for the event, they can go to the race trailer to get registered. You will be asked to go to the laptops and fill out your race info. Payment can

be by credit card or cash or check. We will assign you a bib at the end of your registration process. Race-Day registration is \$35 for 5k & 1m Walk.

RACE DAY PARKING

Lewes Beach or Georgia Beach both off Cape Henlopen Drive. Georgia Beach parking lot is just south of Lewes Beach parking lot.

RACE COURSE

<https://www.seashorestriders.com/race-schedule/4th-dq-dash-fireworks-5k-1m-fun-walk>

RACE BIBS

All race bibs are to be worn on the front of your shirt so the finish line team can easily view your bib as you cross the finish.

SAFETY NOTE

To ensure runner safety, unregistered runners, bicycles, skateboards, rollerblades, baby joggers and dogs are strictly prohibited on the 5K race course. The non-competitive 1m walk will allow baby joggers and well-behaved, leashed canines and will be untimed.

ALSO...Please share the trail and try to stay to the right of the trail at all times...we do not have 100% access to the trail as the general public will still be using the trail.

AWARDS

Award medals will be presented in both men's and women's categories to the top three finishers in the following age groups for each event:

5K: 9 & U, 10-13, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+

No awards for the fun walk

IN CLOSING

WE ARE ANTICIPATING A FIELD OF 350 SO ARRIVE EARLY AND GATHER IN THE BEACH PARKING LOT...WE WILL BEGIN TO START OUR LINEUP AT 8:45...PLEASE POSITION THE 6 MIN PACE UP FRONT AND WORK OUR WAY BACK. THIS WAY NO ONE GOES DOWN AT THE START.

WE WELCOME THE "LET US RUN" BOYS FROM SEVERAL TEAMS IN SUSSEX COUNTY AND PLEASE LINE UP ACCORDING TO YOUR PACE...THANK YOU BOYS AND GOOD LUCK.

RACE DIRECTOR TIM- SEASHORE STRIDERS

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