



22ND ANNUAL DEWEY BEACH TRIATHLON



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***You are a registered participant of the 22nd Annual Dewey Beach Sprint Triathlon –
Saturday, Sept 15th, 2018***

8 a.m. - Delaware Seashore State Park, Tower Beach

This race benefits United Through Sport USA, www.unitedthroughsport.org and the Sussex Family YMCA.

You've trained and are hopefully ready. But what about the weather? The path of Hurricane Florence remains to be determined and we do not know how long the sustained winds and currents will last. It's safe to say we will have some rainy days up to race day. The safety of all racers is our utmost concern. We can and will cancel the swim if conditions warrant. This is often a race day decision but we will have a sound idea the evening before. Updates will be given on our facebook link "Dewey Beach Sprint Triathlon" and with an email post.

In the event the swim is cancelled, you will still start in waves and run a ½ mile on the beach.

PACKET PICKUP

Friday, September 14 4-8 PM at the **BIG CHILL BEACH CLUB, white tent. 27099 Coastal Hwy, Bethany Beach, DE 19930.**

All participants get in free – tell the guard when you there. It is highly recommended that you pick up your packet on Friday. Race morning packet pickup near the transition area from 6-7:30 AM. You cannot get a wave reassignment on race morning.

You must bring the following items for packet pickup: your photo ID & your valid USAT Insurance card. If you do not have a USAT card, you either paid for a one day membership when you registered online or opted out of it because you have USAT insurance or didn't know what it is. You will have to show proof of insurance or you will have to pay \$12 at packet pickup. USAT rules require you to race in the age group you will be in by year's end on 12/31/18.

Race Packets will only be given to racers. You can't pick up someone else's packet, even if you have their photo id. Relay team members can't pick up their team member packets but they do not have to be together when they pick up their packets. At packet pickup you will receive your run bib number, bike number, helmet number, timing chip, swim wave cap, goody bag, tri-blend race shirt and water bottle.

RACE CLINIC

Friday 9/14 - 6:00 PM at the Delaware Seashore State Park. Recommended to first timers and anyone else who would like to attend. Bruce Clayton of TriCoach will explain the race

course, triathlon rules and will answer any of your questions. You will not be charged an entry fee to the Race Clinic..

Due to lack of participation, this year's Kids Fitness Challenge is cancelled.

RACE DAY

8 swim waves beginning at 8 AM – 3 minutes apart

2018 SWIM WAVES

| | | | |
|--------|-----------|--------------------------|------------|
| Wave 1 | 8:00 a.m. | Male 39 & Under | RED |
| Wave 2 | 8:03 a.m. | Male 40-44, 45-49 | WHITE |
| Wave 3 | 8:06 a.m. | Male 50+, Clydesdale | GREEN |
| Wave 4 | 8:09 a.m. | Female 39 & Under | PURPLE |
| Wave 5 | 8:12 a.m. | Female 40-44, 45-49 | YELLOW |
| Wave 6 | 8:15 a.m. | Female 50 & Over, Athena | NEON PINK |
| Wave 7 | 8:18 a.m. | Relays & Aquabike | LIGHT BLUE |
| Wave 8 | 8:21 a.m. | Novice Male & Female | NEON GREEN |
| Wave 9 | 8:24 a.m. | Duathlon Male & Female | NAVY |

This is a USAT Sanctioned event and all participants are expected to comply with the rules.

<https://www.teamusa.org/USA-Triathlon/About/Multisport/Competitive-Rules/Most-Common-Rules-Violations>

TIMING You must wear your assigned race chip on your left ankle during the whole race and unaltered race number at all times during the event. This year we will be using a Chronotrack race chip that will be given to you at packet pickup. Timing is handled by Seashore Striders.

Swim Bib Must be worn on the RIGHT ANKLE with the chip on the outside of the ankle during the swim portion of the event. This is a re-usable Velcro strapped tri chip. Please leave this timing chip on for the bike and the run as well. When you cross the finish line we will collect your timing chip.

Bike Bib The Bike Number will be the “Chronotrack Tri Bike Number” and will be attached to your seat post. There are also 2 numbers for your bike helmet as well.

Run Bib Must be worn on the FRONT for backup timing and photo alignment during the run portion of the event. Please make sure the race bib is visible as you cross the finish line.

Triathlon Swim...Ankle Chip

Triathlon Bike...Ankle Chip & Bike Bib

Triathlon Run...Ankle Chip & Run Bib

Duathlon Run...Ankle Chip

Duathlon Bike...Ankle Chip & Bike Bib

Duathlon Run...Ankle Chip & Run Bib

Aquabike Swim...Ankle Chip
Aquabike Bike...Ankle Chip & Bike Bib

Relay Swim...Ankle Chip
Relay Bike...Ankle Chip & Bike Bib
Relay Run...Ankle Chip & Run Bib

Swim Cap Colored swim cap indicates which wave you will start in for Triathlons. Cap color should match the information on your packet.

PARKING

Parking is limited within the Delaware Seashore State Park Tower Road area. The State Park will open at 5:30 AM for racers and requires a parking pass for vehicles. ALL PARTICIPANTS CAN GET IN TO THE PARK FREE BY DISPLAYING YOUR RACE NUMBER. Parking is also available across Rte. 1 at Tower Road-Bay, or 1/2 mile South at Key Box (ocean side) and New Road (bayside). Parking at DSSP is limited and once inside, you will not be allowed to leave until all bikers have returned and police deem it safe. Do not park at the private residence of Indian Beach.

Bike Support by All Wheels Bike Shop prior to race. Look for the truck by the Tower.

PRIZES

Top 3 finishers in the following age groups: 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+. Awards go to the 3 Overall Male and Female and 3 Overall Masters Males and Females; Top 3 All Male, All Female and Mixed Relay Team Divisions, Top 3 First Timers (M & F), Clydesdales, Athenas and Aquabikers (M & F) and Biathletes (M & F).

****DO NOT START THE RACE IN ANY OTHER WAVE OTHER THAN YOUR ASSIGNED WAVE****

It's messes up everyone else's results and that's just rude.

POST-PARTY

Food & beverages will be available upon finishing the race for all participants. Included will be fried chicken from Jimmy's Grill, chips and salsa by Sirveza, and tacos by Gary's Dewey Beach Grill. There will be a limit of 2 16 Mile beers per participant or 2 Bloody Mary's at the Tito's bar. A donation is requested of all non participants so be prepared with \$. All racers eligible to win raffle prizes donated by Rehoboth Toy and Kite and East of Maui.

VOLUNTEERS ALWAYS NEEDED!

<https://www.signupgenius.com/go/20f044da9ae23a7fb6-2018>

Good luck and hope to see you in favorable conditions next week!

With questions on registration, contact

Thank you!

Tim Bamforth, Race Director, Seashore Striders...tim@seashorestrider.com

Ava Cannon, Race Director, Dewey Beach Triathlon...ava@jacklingo.com