



CAPE GAZETTE FIRECRACKER 5K – Race Guide



We are looking forward to seeing you this weekend for the 36th Firecracker 5k at Grove Park in Rehoboth Beach, DE- better known as Striderville! “The Nations Summer Capital”...Here is some important information to be aware of before race day.

RACE DAY

Date: Saturday, July 4th, 2026

Time: 5K Run & 5k Walk all begin at 7:30 a.m. (same start & finish line)

Start/Finish Location: Henlopen & Grove in Rehoboth Beach

- Please be mindful to the homeowners & businesses that are in the area on the block around the Park... Thank You.

Restrooms: There are restrooms in Rehoboth Beach at the bandstand on Rehoboth Ave, the RBP Headquarters on Baltimore and at the boardwalk on Delaware as well as a small restroom at Grove Park and I am bringing in 5-6 clean portables . Plenty of choices in the morning to use the restroom first and then come to the park.

PACKET PICKUP

There will be a packet pickup the day before the race at NEW BALANCE on RT ONE (just before Rt 24 & McDonalds going south).

Date: Saturday, July 3rd

Time: 3:30 p.m. – 6:30 p.m. (WE are adding an hour for you as we know traffic will be heavy- now you have 3 hrs to pickup. PLEASE try to pick up FRI as we can not physically get 600+ people checked in race morning and start on time in a 90 min window- See you FRI.)

Location: New Balance, 18798 Ocean Highway, Rehoboth, DE. 19971

NOTE...We will utilize “dynamic bib assignment” when you check-in. Please have your confirmation email with the “QR Code” when you check-in or make sure you know your name.

RACE DAY PACKET PICKUP/REGISTRATION

Date: Saturday, July 4th

Time: 6:00 am – 7:20 am

(Please make sure you pick up by 7:20 am so that our volunteers can get to the start and we can start on time).

Location: GROVE PARK...located just before the circle on Rehoboth Ave and behind the Visitor Center and Rehoboth Museum in the Park

**** Give yourself extra time to get to the start if you need to pick-up on race-day...**

RACE DAY PARKING

You have several options as far as parking...

- 1. As you drive east on Rehoboth Avenue you may park at any location after the Circle, but not on the immediate right where the City sells Parking Permits. Parking can also be on Henlopen & Grove, the Grove Park, State St, or any other side St. Please make sure you are not blocking anyone's driveway.

RACE COURSES – Both Maps are located on the Seashore Strider website

<https://seashorestriders.com/race-schedule/cape-gazette-36th-firecracker-5k-run-5k-walksrs-7rehoboth-beach-de>

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.

ON-COURSE INFORMATION

1 Water Stop located on Columbia Ave at 2 miles

No Portable toilets on the course

We would love to have your friends and family out cheering along the course.

SAFETY NOTE

To ensure runner safety, unregistered runners, bicycles, skateboards, rollerblades, and dogs are strictly prohibited on the 5K race course.

- Strollers need to be approved by the race director and will line up based on your plan to run or walk. In most cases I place strollers to the rear at the start.
- **STRIDER EMERGENCY SAFETY PLAN IS ACTIVATED**
 - Bottled Water at the finish
 - Larger Water Stop at 2 miles
 - Added a spray at .5 and 2.5
 - Added mini ice towels
 - Added a Misting Tent
 - Added a Firetruck w hose
 - Added EMT's at the Finish
 - YOUR JOB...adjust your pace...it's not a PR DAY and be smart.
 - HYDRATE HYDRATE HYDRATE

AWARDS

4th of July trophies will be presented in both men's and women's categories to the overall, master, and the top three finishers in the following age groups for each event:

5K: 9 & U, 10-13, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

- Walkers- Top 5 Male & Female
- AWARDS CELEBRATION APPROX. 8:45-9:00

POST-RACE CELEBRATION / AWARDS CEREMONY

- After the race, enjoy plenty of post-race food brought to you by GRAIN & SAMPLES PLAYA BOWLS in the Park ...

RACE BENEFICIARIES

- The Cape Gazette Charitable Foundation
- SPECIAL THANKS TO THE CAPE GAZETTE SPONSORS:

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Other Items to be aware of...

- **A few items I have delt with in the past that are not allowed...**
 - **Please wear your own bib and do not give to another runner**

- Please only wear 1 assigned bib and not another (for a family member who is sick)
- Please do not be on the course without a registered bib
- Please do not remove the chip from the bib for safety reasons (even if you do not like your time)

THANK YOU, SEASHORE STRIDER "PARTNER" SPONSORS!



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Seashore Strider Event Production, Inc.

Seashore Striders

In Cooperation with The Road Runners Club of America, The City of Rehoboth Beach & The Rehoboth Police Department.

RACE DIRECTOR- Tim Bamforth; Seashore Striders...#1990

For any other information, please visit

www.seashorestriders.com

Seashore Striders wish a GOOD LUCK TO ALL RUNNERS & WALKERS!