



MASSER 5 MILER– Race Guide



We are looking forward to seeing you this weekend for the 30th Anniversary of the Masser 5 Miler at Cape High School in Lewes, DE! Here is some important information to be aware of before race day.

RACE #1 of the Seashore Strider Racing Series

RACE DAY

Date: Sunday, May 28th, 2023

Time: 5 miler will begin at 7:30 a.m. (same start & finish line)

Start/Finish Location: Cape Henlopen High School in Lewes, DE...1270 Kings Highway, Lewes, DE. 19958.

There will be restrooms at the stadium to use before and after the race – no portables on the course, however you do pass the Lewes public restrooms at 3.5m.

PACKET PICKUP

There will be a DRIVE BY packet pickup the day before the race at Cape Henlopen High School

Date: Saturday, May 27th

Time: 5 p.m. – 6:30 p.m.

Location: Cape Henlopen High School, 1270 Kings Highway, Lewes, DE. 19958

****ENTER FROM KINGS HIGHWAY**

RACE DAY PACKET PICKUP/REGISTRATION

Date: Sunday, May 28th

Time: 6:30 am – 7:20 am

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

Location: Cape Henlopen High School, 1270 Kings Highway, Lewes, DE. 19958

RACE DAY PARKING

- Plenty at Cape Henlopen High School

RACE COURSES – Map located at the Seashore Strider website...www.seashorestriders.com

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

For the 5 mile, there will be 3 water stops at approximately

- W#1...2.2m where the trail turns adjacent to Freeman Highway
- W#2...3.8m where the trail runs between the new and old library and just before the train car.
- W#3...5.0m at the finish

We would love to have your friends and family out cheering along the course, however do not park along the shoulders of any roads...The Lewes Library is an excellent viewing location as you can see the runners twice...once going by across the highway and next going by the library.

SAFETY NOTE

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

AWARDS

Awards will be presented in both men's and women's categories to the overall top 3, master, and 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+

FINISHER Bracelet in Celebration of 30 years

- Something different (but cool) Finisher bracelet will be presented to the 5m finishers only.

POST-RACE FOOD

After the race, enjoy plenty of post-race fruit brought to you by The Giant as well as Kona Ice and hopefully Surf Bagel.

RACE BENEFICIARIES

The Seashore Striders will make a donation to the Youth Strider XC Team in which Doc was fond of the kids.

MORE RACE INFO...

Please go to our Event Page on RunSignUp

<https://runsignup.com/Race/DE/Lewes/Masser5MilerSSSeries1>

and read ""Course Etiquette"" and ""Seashore Strider Guidelines""

Other Items to be aware of...

- A few items I have dealt with in the past 6 mo 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)

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The Lee Ann Wilkinson Group

Home Theatre Solutions

Surf Bagel

The Giant

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Seashore Strider Event Production, Inc.

Seashore Striders

In Cooperation with The Road Runners Club of America & The Lewes Police Department & Lewes Fire Police.

RACE DIRECTOR- Tim Bamforth; Seashore Striders

For any other information, please visit

www.seashorestriders.com

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