



## **RUN FOR THE PAWS 5K– Race Guide**

We are looking forward to seeing you this weekend for the 15<sup>th</sup> Anniversary of the Run for the Paws 5k at the Dewey Lions Club in Dewey Beach, DE! Here is some important information to be aware of before race day.

RACE #10 of the Seashore Strider Racing Series

### **RACE DAY**

**Date:** Saturday, August 5<sup>th</sup>, 2023

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

**Start/Finish Location:** Dewey Beach Lions Club; Dagsworthy St, Dewey Beach 19971

### **RESTROOMS**

We could only move 3 portable restrooms to the start to use before and after the race – My advice is to take care of business before you arrive. Rehoboth Beach has restrooms at the Grove Park, Bandstand, Delaware Ave & Baltimore Ave and only 2 miles from Dewey Beach. WAWA on Rt One south only 1 mile to Dewey.

### **PACKET PICKUP**

There will be a DRIVE BY packet pickup on Friday the day before the race at Pet Smart/Aldi on Rt One. Remain in your car and have your name ready...We will give you your bib and your t-shirt. T-Shirts...a few colors on the female side and quality is based on when you registered. All unisex t's are the same.

**Date:** Friday, August 4th

**Time:** 5 p.m. – 7:00 p.m.

**Location:** Address is: 19563 Coastal Highway #5, Rehoboth Beach, DE. 19971

**Please plan on picking up your packet which will make race-day much smoother. Parking passes will be handed out at packet pickup which are good till 10:30 am on race day.**

### **RACE DAY PACKET PICKUP/REGISTRATION**

**Date:** Saturday, August 5th

**Time:** 6:15 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:** Dewey Beach Lions Club

### **RACE DAY PARKING**

- Parking in the Northbeach parking lot may or may not cost...If the gates are down it is \$3 hr and if they are up parking will be available only till 10:30am. My advice is to park on the side streets with your pass and walk to the start on Dagsworthy St. There is a small lot for the Lions Club off McKinley St, but it will fill quickly. You could also ride your bike, walk, uber, or parachute in.

### **RACE COURSES** – Map located at the Seashore Strider website...

**[www.seashorestriders.com](http://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. Please only wear 1 bib and wear only your own.

5k Bibs are 501-899

5k Walk Bibs are 900-1000

1m Dog Walk Bibs are 1633-1665

- do not remove the chip from the bib for safety reasons (even if you do not like your time)

### **ON-COURSE INFORMATION**

For the 5k, there will be 1 water stop at 1.25m and 1.75m (same stop)

- Water at Finish

For the 1m, there will be 1 dog water stop at the ½ mile mark and water at the finish

Out & back course so stay to the right at all times.

1m WALKERS ...Please stay right on your way back as the lead runners will be coming by on the left. On the last stretch of Dagsworthy St **Walkers Stay Left and Runners Stay Right.**

### **SAFETY NOTE**

To ensure runner safety, unregistered runners, bicycles, skateboards, rollerblades 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. See Tim before the race starts.

### **AWARDS**

Awards 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+

Top 5 M/F walkers

FINISHER Bracelet in Celebration of the Late Dr. Lee Masser

### **POST-RACE FOOD**

After the race, enjoy plenty of post-race fruit brought to you by several sponsors as well as Kona Ice, Giant, Surf Bagel and organized by Roxy & Joey and wonderful volunteers.

### **RACE BENEFICIARY**

The Seashore Striders and Run for the Paws will make a donation to the HAP organization...Humane Animal Partners

### **MORE RACE INFO...**

Please go to our Event Page on RunSignUp

<https://runsignup.com/Race/DE/DeweyBeach/RunForthePaws5kSSSummerSeries10>

“Seashore Strider Safe Running & Racing”

### **THANK YOU, SPONSORS!**

**PRODUCED BY-** Seashore Strider Event Production Inc.

**RACE DIRECTOR-** Tim Bamforth; Seashore Striders For any other information, please visit

[www.seashorestriders.com](http://www.seashorestriders.com)

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