



Coastal Delaware Running Festival

2016 TESTIMONIALS



New This Year!

Saturday 5k and Combined Challenge Runs!

Marathon | Half Marathon | 9k | 5k

Delaware's Coolest Marathon

April 21-23, 2017 • CoDelRun.com

Dewey | Rehoboth | Lewes | State Parks



focusmultisports.com





The course is spectacular, with lots of variety in the views and terrain. Definitely not your typical beach marathon! It was extremely organized and well staffed, and the volunteers were incredibly enthusiastic. Great swag for such a small race, and such a nice, laid back atmosphere! Even the policeman working on the course seemed to enjoy the race! The post race party was the perfect way to finish the morning! Kudos to Focus Multisports and the volunteers for a job well done!!

KATHERINE ZAMPOLIN

Course was beautiful!!!!!!!!!!!!!! Weather ended up being great. I was a little disappointed in my pacer. Mileage wasn't real consistent and I ended up being burnt out way before I should have. However I did finish at my own pace.

BARBARA MILLER

I was part of the Beast Pacing team (I paced the 1:45 group for the half marathon) and wanted to compliment you both on a job well done. The races were very well organized, the scenery along the course was beautiful, packet pickup was a breeze (loved the hot/cool cup giveaway!) and I really appreciated the bus transportation to the start. Also, the spread after the race was delicious. The only area I saw for improvement was to add more staffing to the dry-bag pickup.

Thank you for supporting Beast Pacing. I heard from many racers that they found it beneficial.

BRANDON LAUSCH

I had the pleasure of running the Half on Sunday, as I was forced by a sore Achilles to change my registration from the Full at the Expo, I was too injured for the Full. While I enjoyed the course, the amenities, and the frequent water stops, I felt ripped off by the \$25 fee to change my race. I've been a serious competitor since 1978, and have run hundreds of races. I understand that you didn't want to be inundated with runners changing races, but to charge \$25 is outrageous. I was the one who had to type in my info at the expo to change my race, a staffer did not. All he did was hand me a new bib. That process did not cost you \$25. I would understand a \$5 fee, but not \$25. Because of this, you have probably lost me as a returning runner, and I will be sure to warn my friends of your fees, if they need to change races. That will deter some runners, we are willing to pay fair fees, but no one likes to feel ripped off, as I did. Happy running,

LAUREN ESTILOW

Out of all the half marathons i have run this has been one of the most organized races. Starting line and transportation were on time and everything went perfectly. The course was awesome with tons of room for runners and water stations throughout. The after party was awesome! Great food, drinks and hanging out on the beach...what can be better than that?! Thank you for putting on an awesome race and hopefully see you next year! Thanks again!

JEREMY OFFSEY



What a fantastic race! I truly enjoyed running this half-marathon. The course was easy and I enjoyed running along the boardwalk where many fans were gathered to watch and cheer. My only suggestion to improve this festival would be to have different colored cups for water and Gatorade. Another racer and I were both reaching for the same cup on the course. I thought it was Gatorade and the other person thought it was water. Hahaha I would definitely run this race again!

MEG NILAN

I ran the Coastal Delaware Running Festival and I am running a marathon in 50 states and this race was number 4 for me and I must say that it is the best course that I have run and I highly recommend this marathon to all be gimmers and veterans and my website is www.runnersuccess.com so I will write you up as one of the best course in the 50 states and thank you so much for and awesome race.

CURTIS FARRINGTON

It was only my second marathon. I enjoyed the race, the course had a nice layout and really nice variety. The size was nice as well. All over a race I would run again.

Thanks again for putting on a nice event.

TOM VERIZON

It was a great race and my second time participating. Will be back next year!

PATRICK GAHAGAN

Thanks guys for a great event. I love the value that this event provides- price is good along with the great swag and after party amenities. This is my 4th marathon and this race was great because of the unique setting at beach. I've grown up in Delaware and know these beaches well but in running this race I saw so many beautiful sites that I didn't know existed. The varied terrain was also great without making it too challenging like most trail races. One suggestion I would make would be to try and have this race on a Saturday. I know we would have loved to stayed the night of the race to hangout but didn't because most of us had to work Monday. I've run the island 2 island half in ocean city twice and that was always fun getting down Friday then running Saturday morning. You then have the rest of the weekend to make the most of the beach. Great event and I plan on returning next year! Thanks again

JOHN JACOB

This was the second time my husband and I participated in the half marathon, it is by far one of our favorite courses that we look forward to doing each year. I cannot say how much I enjoy the race; the course is fantastic and the race is so well organized. The updated course map only enhanced the race! The post race party is by far the best race ending I have experienced. It is such a fun opportunity for runners to celebrate their accomplishment, enjoys the sunshine and meet other runners.

My only criticism of the race (and please view this as constructive) was the lack of water stops. Once we exited Hanalopen park there was limited to no water stops for a few miles. Additionally the race map had indicated there would be an energy gel station, which was never saw. It seemed like a few miles had been forgotten.



Please know that i think this race is amazing and I will continue to run it as a yearly tradition. I only wanted to share my criticism to ensure it only improves with time.

Thanks again for putting on a great event.

TRISHA PASCALE

I thinking about writing to you before this email arrived. I ran this marathon last year, and again this year and was very pleased both times! The course is beautiful and varied, water stops are frequent, and you start in a timely fashion. While I would have liked to experience the expo, I was truly thankful being able to pick up my packet the morning of the marathon. This gave me the option of arriving early race day morning. The post race bay side gathering was great, and might I add, thank you for having the food downstairs this year:)

Thank you again, SUE DALLAS

Loved this race/course. Please consider doing this in the fall!!!!!! Difficult to train for marathon during winter months, so a fall marathon would be great for us out of towners! After party had delicious food. On a negative, the baggage claim was a disaster. Bags thrown all over, no system, huge line at baggage pickup.

JENNINE LESICA

Now that you asked...I was disappointed that there were only 3 vendor booths at the expo. That is the smallest expo I have seen. If you're not drinking alcohol at the bar, there was not much to do. It was kind of boring.

Most marathons I have been to would have some food on the course (fruits, PB&J, etc.) for those who can't stomach GU. None at CoDel. Food was after the race was terrible, dry chicken and pasta. After a such a run, chocolate milk and yogurt would have been great. I thought we would get a beach towel, but did not see one given out.

I do like the course and the nice medal.

VANITA MEYER

A great race, scenic, flat and fast. How can you beat running along the beautiful shore of Dewey and Rehobeth beaches?

BRIAN HICKS

Thank you for putting on a great second annual Coastal Delaware Running Festival. We were there again for a second year and had a great time! We've only done the 21k, so can't comment on the marathon route. Our friend, Jess, ran the marathon, however, and loved the flat, fast course and even BQ'ed, which was her goal!

We liked:

- > The Starboard packet pick up
- > The race swag with better ladies' shirt, tervis cup and medal
- > Race day parking is ample and easy



- > No far walk to race start
- > Course support was sufficient and well organized
- > Course is beautiful and flat
- > Post-race party and food were excellent, but if there is going to be hot food, a burger would be a great choice!

Needs improvement:

- > Because packet pick up was at the Starboard, it really wasn't an expo feel, so runners lost an opportunity for a little browsing/shopping
- > Add another "section" of porta-potties at the start rather than just the far end of the parking lot; maybe use three sides of the parking lot
- > Be sure your bag check volunteers keep the bags in some number order -- bag pick up was so disorganized and slow because bags were thrown everywhere instead of using a bib number order system to easily find numbers (runners do not like to wait in lines after a race)
- > Maybe get some musical volunteers to provide music for the later miles of the course near Cape Henlopen or even on the Rehoboth Boardwalk because it is generally sparsely populated

We will try to return for year 3. Great job!

GABY FISHPAW

I didn't run the course last year so this is my first year running the half. The course was so nice and I enjoyed running from pavement, to board walk, to fine gravel. I thoroughly enjoyed around the pond, through the neighborhoods and along rehobeth. I was a pacer for the 2:15 group and so a major concern I heard from people was the lack of water from miles 4 to 8. That was where the gravel run through cape henlopen occurred. Running on that type of terrain can be challenging and it takes more effort to maintain your pace. I had water in my bottle but the group had a difficult time after withstanding the park and then not having water/Gatorade until Mile 8.

I heard that there were towels last year. What makes this race unique is running it in a beach town, I would see if you could forgo the shirts for towels next year. If there's a huge cost discrepancy, could bumping it down to 1 to 2 beers per person help offset the cost?

I noticed something else. After mile 8, it seems like the half didn't have all their mile markers anymore. Normally, during a race, I don't need those mile markers since I run by my Garmin but since I was pacing, I wanted to make sure that at each mile marker I was still on target according to my pace band. Since I wasn't running tangents, I was off by mile 2 and not hitting the mile markers at the same time as my Garmin. Since I needed to make sure I was on pace with the course, I depended on the physical markers that you offered on the course. Hope that makes sense. It wasn't too big of a deal since I kept note that I was 0.15 miles off so could still use my watch but in the back of my mind, I would have been more assured if there were mile markers at each mile.

It was the best half I've ever run and I look forward to running it or pacing it again next year!

CHRISTINA XIA



My husband and I participated in the 2016 Coastal Delaware Running Festival 9K. We had an absolute blast from start to finish. The course was absolutely beautiful, the atmosphere was amazing and the after party was so fun. I have recommended this to many of my running friends who are looking forward to participating next year. We also met a lot of great people and thoroughly enjoyed our time. We would absolutely do this again!

REGARDS, STEPHANIE CONAGHAN

The Focus Winning Formula: Highly scenic course + Superb weather + Expert organization + Terrific post race party = As good as it gets!

DANIEL OBRIEN

The race was great. I will highly recommend it to anyone that is interested. It was my 33rd full marathon. I really enjoyed the course. Running on the boardwalk was fun, but I really liked running in the shaded areas of the parks. The race was very well organized, from the packet pickup right through the finish.

In particular I would like to mention Oribel, the pacer for 4:30. She was terrific the entire way. She gave words of encouragement throughout the run. She got us there on time and in good shape.

Thank you for a wonderful event,

CHRISTOPHER G. LANZANO

Thank you for taking the time to solicit runner feedback. Fortunately or unfortunately (for my family) I am an avid runner who has run approx. 30 marathons and ultras. I think you did a great job of water / Gatorade support but lacked first aid support. I have never needed medical support in a race until your race and could not locate assistance on the course. For the first time ever, I developed severe blisters at mile 10 and could not track down assistance until I finished the race. I even stopped a MEDIC and was informed that they were there to treat emergencies. Honestly my feet hurt so badly that I even asked spectators if they had Vaseline or band aids. So, while my blisters were my issue, I would expect some form of an aid table at least at the Half marker finished the race clocking the slowest time of my career.

On another different note, I did not receive the weekly runner email updates so was unaware of some race logistics. I get emails like this and got my results but did not get the specific runner emails. I ran into a runner at my hotel who clued me in on where to catch the bus to the starting line.

So, while my experience wasn't great it did seem like other runners without issues enjoyed it. The food at the end was good but you need tons more seats.

Hope my feedback helps and best of luck growing your race for the future. M-E

MERRI ELLEN JAMES

It was a beautiful run – very scenic!

KELLY PARKS

I just completed my first marathon on Sunday April 24, 2016 a part of the Coastal Delaware Running Festival. I received an email to provide feedback so I thought there would have been a form to do so.. Anyway, I wanted to say the event was perfect, you did such a great job. The event was staffed properly,



organized and a lot of fun. I've done several running events and I must say this is the best deal out there. You provided free food and drinks and the post-race party was in a great spot on the lighthouse beach. I will definitely pass this and future events on to other friends of mine. I plan on signing up for next year's marathon as soon as it's available! thanks again for all the effort putting this together!

MATT LAYTON

Great after party. Great run along the boardwalk. Loved it. Not crazy about the packet pick up. Very crowded. Could have made more of an event out of it.

Will definitely run it again next year. Oh almost forgot. Not enough port o johns at race start. Need like two dozen more at least. Can you try to find a sponsor for singly use chap stick? That would be so awesome.

Great job....thank you.

JANET SANTACROCE

I have run about 40 marathons, this one is in the top 5. Really enjoyed the running on the variety of surfaces (trail crushed rock/dirt, streets, long wooden bridge in the preserve area, boardwalk and paved bike trails). The variety of scenery was fantastic. the buses to the start were flawless. So many porta-potties at the start line didn't have to wait in long lines. The volunteers on the course could not have been better. Finishing medal was a nice swag (big and glass), nice to have a nice quality medal that is a little different from all the other marathons.

Host hotel with the 2 PM checkout was perfect. Allowed time to enjoy the after race party/get together on the beach.

My only suggest is not having the VIP area and opening that up to runners. It was a little cold and windy waiting around for the marathon to start.

Thanks for the memories.

JEFF EASTON

I have participated each year as the 3:15 pacer for Beast Pacing. Last year, the inaugural event was put together really well by your team. I could not think of any major things which should have been changed. For this year, it was another successful event. The big change was the food at the end which was much better than last year. Also I liked the slight changes to the marathon course and being able to run on the new paved trails around mile 15.

I will keep it short since I would not change anything with this annual event. I plan to be back next year. Great work guys!!

THANKS, SHAUN BAKER

I have been running for many years and have participated in countless races. This is hands down the nicest race I've run. From the ample parking at the start to the beautiful scenery and the BEST after party and food! The only issue I had is it took medical a rather long time to get to a downed runner. There was a young lady (13 yrs old) that went down in front of me, she attempted to get back up and was clearly in distress, unable to walk and incoherent. Myself and 3 other ladies stopped to render aid to her. As other runners passed, they asked if we needed help and we told them that medical attention was needed--it



took them too long to respond. We stayed with the young lady giving her water until they arrived with no sense of urgency--strolling along like they were on a nice Sunday walk. This was unacceptable to me. I realize that this is not the race organizers fault but I thought I'd mention it Thank you for putting together such a nice event!

MELANIE BIEMILLER

I thought your event was great! I will absolutely recommend it to others. The only recommendation I would make for next year would be to have more water stops. I hope to be back next year!

JEN McANDREW

Thank you once again for supporting the efforts of Talbot Humane's UNLEASHED running team. Our members had a fantastic day! I loved the change in the ½ marathon course, it was absolutely beautiful. We enjoyed ourselves and the race was once again easy from packet pick up until we loaded up and left the after party. We truly appreciate your community support and look forward to returning next year! By the way, our training team raised just shy of \$22,000 this spring- amazing!

PATTY CRANKSHAW-QUIMBY

It was first time running with focus and it was a awesome run!! It was my third half, and the organization was second to none the Emails and text messages were very helpful. The tracking helped my wife keep up wife my run.. I will be back next year! God willing i will be running the full... Thanks!

MARK TAYLOR

It was a great race. Very organized, great course support. The only thing that I was confused about was the after party VIP - was there supposed to be a special area for them. Possibly in the future - have a special line for the mimosa or area just for VIP. The bathrooms in the beginning was worth it.

Hopefully more spectators will come out each year that you have this. Thank you again for a great race.

LISA STERN

The course was fantastic, flat and fast. The course rolled through both the Atlantic Boardwalk as well as through a gorgeous nature area with well maintained trails and fantastic view of the undisturbed coastal habitat. The finish line party was well set up and provided amenities both in and outdoors in a beautiful location and, of course, the PR bell added a great touch to the event as both my daughter and I got to ring it. I would highly recommend the race. Thanks again for a great event.

BILL STUART

Loved the new course!

SARA CUMMINGS



This event was AWESOME!

Everything from volunteer/crew/police support to the course to the medals to the AFTERPARTY (what a spread!) was just amazing.

Would 100% do it again and recommend it to friends (the weather didn't hurt either!!)

Thanks for a great time!

CARRIE RASHFORD

What a wonderful experience!! Great course, great support, great party afterwards, great weather - PR day!

I must say, that medal - I LOVE IT!! Growing up, my family would come for 2 weeks to Bethany Beach every summer, and the Towers always held some fascination to me as a kid, apart from the fact it meant - we were almost there!! Having the towers in relief against the clear blue glass was brilliant and using some of the entrance fees for restoration - Kudos!

We stayed at the new Bethany Beach Ocean Suites which was stunning. I think lots of runners stayed there too. Maybe room discounts blocks for "participating hotels" as some other runs do?

Thanks again for setting this up. Would love to come again next year (knees willing)

JOCELYN WIGDER

I enjoyed my experience in the marathon race very much. And that's saying something because I don't LOVE the marathon distance. I liked the ease of getting to the start line, the size of the race -- smallish but not so small that I ever felt alone on the course. Lots of course marshals, lots of water stops. Fairly scenic course. Lots of police holding back traffic but not yelling at the drivers. Energy gels on the course. Friendly volunteers. Enthusiastic spectators. Starting time was good. Not terribly early. Wind was an issue for quite a few of the early miles, so I am glad the the course turned inland after a while.

I didn't get to enjoy the after-party on the beach because I needed to be on my way home but it looked like fun and the food looked good. Also, I like the ease of dropping off and retrieving my gear bag, although it was a bit confusing where to retrieve the bag when I showed up relatively late (checked out of hotel first).

Two quibbles: I liked the break from hard surfaces but the stretch on crushed cinder trail (if that's what it was) slowed me down. I don't mind running on asphalt but definitely don't want to be on concrete, so I am glad there wasn't too much concrete. Second, the expo was surprisingly small, but I guess it was in line with the size of the race.

I will definitely recommend your race to my running friends. Very conveniently located.

HELEN JONES

Loved it! Thanks for a great course , well organized & a super after party! Will be back next year!

SUSAN BARNHART



This was my first half marathon, so I don't have anything to compare it to, but I thought everything was great. Unfortunately at around mile 12.7 I dehydrated and had to be taken by ambulance to Beebe and didn't get to finish or enjoy the after race festivities . I should have taken advantage of the water and Gatorade along the way.....beginner's mistake. There's always next year.

ALEXIS JAMISON

Thank you for a great race (and a PR). This is the most attractive course I have run, and I was thoroughly impressed with the professionalism in only the event's second year. Below my signature is the review I posted on marathonguide.com; feel free to excerpt any of it for an endorsement if you wish. As for improvements:

- I was in the back third of the marathon finishers, so it may not have been a problem with the larger, faster group, but dodging tourists on the boardwalk in the late miles was an issue. I don't know if better crowd control would be possible.
- The Starboard was a fun location, but if the event continues to grow, the expo and packet pick-up will be a problem there. The long lines in the rain were a function of my arrival time, but you may want to consider moving to a large hotel conference room or something along those lines.

Again, thanks! LOVED the weekend!

DAN CURTIS

Great race. Pick up of race packets on Saturday only was a bit hard, luckily we were able to spend the night at a friend's house. Transportation to the start was wonderful. I was a first timer and didn't realize that you had to stop in that short corral after the race to pick up the water, banana, snack bar, really too much to do before getting out of that small area. Your staff was great and did cater to me by grabbing me a water bottle and snack bar and handing it to me when I was outside the area. Medals for everyone is a great idea, loved the design. Gathering on the beach is really neat. The buffet inside with seating was wonderful. Food was delicious. People hung out and really seemed to enjoy themselves. Thanks for pulling together such a wonderful event and a I had a great experience.

JUDY DiMICHELE

I thought you ran a very good race especially for a small marathon. The course is one of the best I have ever run. I thought the route for the last two miles did not maintain the quality, I don't know if there is a way to improve them, not the end of the world. The other minor comment is running on the Boardwalk at the end required dodging pedestrians. I was a back of the packer so it might have been different for the folks in the front but I wonder if as the race gets larger you may have to try to maintain a lane for the runners, again not a big deal. Great job.

KEVIN BLACKNEY

I've run 23 half marathons and I think this was the best course. Great finishers party!! Well run! Packet pick up was odd. I like to get my packet in the morning, so I have the whole day to enjoy the town.

Hope to run it again next year!

DONNA MARINO



It was a very enjoyable run. The route was excellent with enough water stops and volunteers. I only wish there was a sheltered spot in the very windy starting line. Why not stop the VIP thing and everybody just pay extra. I will definitely be back with my friends.

JOSE JMCAS681@YAHOO.COM

The run was awesome and very scenic and everything about the marathon day experience was great. It would be nice if surrounding towns gave more promotion of the day and have other activities to get more of a crowd experience especially in Rehoboth when you run on boardwalk. Obviously more crowd cheering the better. My only negative aspects of the marathon was the expo at bib pick up. Or actually the lack of one. It was pretty nonexistent. We usually look forward to spending time walking through the vendors the day before but there was basically nothing and a bit of a let down to be honest.

DOUGLAS GILISON

The event was very well organized. Volunteers were helpful. Perhaps a little music on the course but overall very well run.

Best, ANDREW SAUNDERS

My first experience with the Coastal Delaware Running Festival was nothing short of fantastic. This was by far one of my favorite courses that I have ran since starting distance running a few years ago! I will definitely be back for 2017!

Some recommendations and feedback;

I know this wouldn't be an easy fix/change, but a Saturday race day would be much more ideal than Sunday due to traveling in from out of town.

Second, not such an abrupt finish line stop. There was not much room to slow yourself down and cool down your legs before being stopped by a personnel handing you a medal and post race snacks (maybe trying to extend the cool down walkway to the whole side street rather than just the last little bit)

Consider handing out post race "foil" wraps to warm up. Although the weather was beautiful, maintaining some of that body heat would have been awesome once our bodies cooled down and the breeze settled in!

All around, a phenomenal race that I will be attending again next year. A beautiful 13.1 course and great for another new PR!!

Best, LAUREN LACARRUTHERS77@GMAIL.COM

This was my 84th marathon/ultra and it was the nicest course I have done. Great course, great volunteers and great post race party!! thank everyone involved for putting on such a great race. i will bring back many members of the Scranton Running Company next year! Great job!!

ED GAVIN



Hi, it was my second year running in this event. 9k last year, half marathon this year. It's very well organized. I usually park at the tower beach and love that it is so close to the start line. Dry bag drop off was easy and convenient. Love the finisher medal and the food was fantastic. Very tasty, great variety and nicely displayed. There could be a few more porta potties at the start and the bag pick up could be a little bit more organized (I think they were running behind) but I love this event and would recommend it. Thanks for all your hard work,

MARTINA THIEL-POBLOTZKI

I really enjoyed the Coastal Delaware Running Festival this year. A couple things we can do better are the registration and package pickup location. The Hyatt was Much better venue!! The Pasta party the Hyatt sponsored last year was awesome party!! We really miss that! The suggested restaurants by the Hyatt/Best Western were not the best quality pasta dinners! !! I am looking forward to next year's Coastal Delaware Running Festival 3rd event!!! Awesome job!! I ran and volunteered enjoyed every moment! !Have a wonderful rest of the year!!!:-)

DIANE WALLACE

Hi, just wanted to let you know that this was an awesome race for me. Everything was so easy and stress-free and everyone was so friendly and helpful; The course was a real pleasure to run. The variety of neighborhoods, boardwalk, parkland, really made it so enjoyable. I was aiming for a PR and my first Boston Qualifier and I exceeded my expectations. All the positives of the race I have already mentioned really contributed to me being able to really focus and enjoy the run. I have already been telling my runner friends that they really should do this race in the future. Thanks again.

JOHN DALEY

It was a wonderful course to run. It felt like a Sunday long run. The trail portions were beautiful and a pleasure to run through.

TOM LEMAK

Nearly a year ago, when I was looking for a DE marathon to "click off" in my quest for 50, I ran across your website, likely linked to the "Running in the USA" site. I was instantly sure I needed to run THIS ONE after experiencing your site. What I truly appreciate, however, is that the Event lives up to, or maybe even exceeds the expectations started by the website, You run a first class event, with organization and many reatures and benefits NOT found in similarly sized events....and maybe not even in some larger events. I truly have no complaints, nor really any suggestions for improvement. I feel that you will get enough suggestions, and likely already have an internal list of things YOU think you need to improve on....and, I have every confidence that you will act on all that really is in the best interest of the race, and your runners.

There are many who've run more, and some who have run less, but just so you have a frame of reference, this was my 72nd marathon, and 40th state, not bad for a guy who got "tricked into running his first race," a 15K in 2001 and first full marathon in 2003....until then had only run 1 5K in my life, on virtually no training. I nearly died in that race, as no one told me that I wasn't supposed to try to win it...which in no way could have ever happened. I still remember being bitterly adisappointed and ashamed of my 21 minute "and change" finish.....little did I know, that pace would likely never be equaled by this middle of the packer :-) but, I digress :-)! Keep doing what you are doing!

STEVE BRANDSTETTER



One of my favorite races. Great bang for the buck in a fun locale. Amazing post-race buffet this past year! Keep up the great work.

BROOKE HORIUCHI

I loved the race. I thought it was well organized and it was a beautiful path. There was plenty of support. I did not like the way the massages were organized. Only VIPs could access it, even though the runners guide said they were available to everyone. I had my name in very early and they never got to me.

SARAH DAY

I loved the race, the course, the after party, the race swag. Everything was wonderful. All the volunteers were so friendly and so encouraging. So many of them called me by my name, when I stopped for water and the best was when they gave me my medal they congratulated me by name, and loved hearing my name as I crossed the finish line. My only complaint was the bag pick up after the race. I don't usually check a bag but I needed a sweatshirt for after the race. That was a disaster! There was no organization what so ever, the bags were thrown all over the floor. I was in line for a very long time just to get up front and see the mess, I had to end up finding my bag myself. It took me between 20-25 mins to get my bag. I did the Ocean City Half marathon last year and their bag check was so easy, at the end of that race, it did not every take me 5 mins to get my bag in my hand. I do plan to run this race again next year, just will reconsider the bag check.

Thanks for a great race!

MELISSA FOWBLE

I will not run it again if you continue to use the soft/gravel surface in Henlopen. The people who ran it last year said there was no unpaved surfaces. There is too much give in the gravel, makes me feel like I have to grip the surface so I don't slip or fall, very uncomfortable! Otherwise good race and I would recommend it!

PENNY MYERS

Great race! Great after party!

ELAINE <ELAINEMW@MSN.COM

Thanks for a great race (we ran the half marathon)! It was our first time, but we were really impressed by how well-organized things were for only your second edition, by the amazing natural beauty of the course, by the presence of so many helpful volunteers and water/Gatorade stands, and also by your extremely professional web site and electronic updates.

We hope to be back next year!

BRIAN KNOWLTON

Thank you for offering injured runners the chance to defer to next year, which I have done. Can't wait to run next year!

JAN GREENHAWK



This was my first Coastal Delaware Run (Marathon) and my first time in Rehoboth. Overall, I thought the race was great. Convenient to get to, easy pre-race expo and post race festivities, and the course was very scenic.

Unfortunately, I did experience an issue during the race that is unacceptable and could have been avoided. I was following a race official on bike for several miles. At the time I was in an area where I couldn't see any runners ahead of me so I was literally following the bike for 5 miles or so. Around mile 20, the official took a right turn off the course that landed us at a dead end. (In retrospect, there was a barricade on the road to stop cars from entering and the official saw it and assumed that it was blocked off from all use). This only added .25 miles to my race but having to stop and re-find my way was really difficult. I wasn't able to regain my form after having to stop at mile 20 and as a result the final miles were really tough. I realize that accidents can happen but anyone "leading the way" on the course like that should really be fully familiar with the course.

DWANE MORGAN

I think for about half of the runners out there, shirts go to donation and medals are not taken. I think a no-shirt no medal option might be nice if we can get a cheaper registration out of it.

Great run though, everything else was perfect.

IAN KOWALCZYK

Enjoyed the race, just wish the awards were given out that day but did understand , just look forward to receiving mind ! Will return.

PENNY MOOSE

It was an awesome event. The registration was concerning because of the parking limitations. Otherwise, great course and volunteers. We will be back next year.

CARLOS AND MARGEAU CREAM

I thought it was an amazing event. The course was beautiful and so many people volunteered their time to make it successful. They were very helpful. I loved the medals and the after party was so much fun!

I also loved that you had a PR bell to ring at the end of the race! It was a very nice touch. I will definitely attend your running festival next year!

P.S. I won first in my age group and was wondering what the awards are? They told us they are being mailed out.

Thank you so much.

JENN PALACIO

This was my second year participating in the Coastal Delaware Running Festival's Half Marathon, and it's on my spring race list to stay! It's such a well-organized event, with a great after-party, and the location can't be beat!

Please don't let this race grow too much and lose its "small race" appeal!

A couple of minor complaints - didn't love the race shirts, particularly the orange color for the women!

Overall, I enjoyed the VIP experience, but I was very disappointed at the start when, about 15 minutes



before the half was supposed to take off, volunteers started letting ALL runners into the VIP bathrooms... it created a line, just when we DIDN'T have time to wait in line! For that reason, I'm not sure if I would pay for VIP again.

In any case, thank you for another great race weekend! Hope to see you next year!

NOEL SARAH DIETRICH

We loved your race. It was so well run we didn't realize this was your second year. The course was really nice - I loved being along the beach and water for so many miles (we did the half) and the end of race party was really nice - it had something for every one. We are running a half in every state and are close to DE so this might be a new spring race if we're not booked.

Thanks again for running an awesome race!

PAM MAY

I thought the event was awesome. It was excellently organized and everyone was very helpful. I'll definitely be back next year!

JACOB PLATT

We came from Long Island, so probably can't do this race again, but we did love it. I ran the half marathon. The course was great. Very scenic. There was no confusion as to where to turn. Between your signs and the volunteers, it was very easy. There was water and Gatorade at each stop which was appreciated. The only negative thing was that the race did not start on time. But other than that, it was great. Oh, and the post race food was wonderful.

MICHELLE <HOPE264@YAHOO.COM>

Hi! I loved the race on Sunday, thank you so much for the hard work that goes into planning such an event. I'd sign up again in a heartbeat.

If I had to offer suggestions: I love regular t shirts instead of tech tees for race participation. Personal preference, seems all races give tech shirts now.

Also, I wish the finish line had been a straightaway. Turning that corner at the end was tough, I wanted to see the finish line from down the street. THANK YOU!

MEGAN SANCHEZ

The CoDel marathon was well run and scenic. Lots of variations in sights and terrain and a great afterparty. A friend of mine also needed medical attention for dehydration at the finish and the paramedic crew was right there and really took care of him well.

KARL WALINSKAS

Had a great time again - only thing I would like changed is to have the event on Saturday instead of Sunday so that I could stay in town longer / stay the night after the race.

Many thanks, TONY ANTHONY O <CANC0706@YAHOO.COM>



I enjoyed the course very much--but the return mile (21-22.5 I think) on the boardwalk was not good--no cones and people walking everywhere. You wouldn't have even known there was an event by that time. I came in at 3:55 so it wasn't too late either.

Aside from that the support was really great and I will be back!

EMILY BOSS

One of my favorite races. Great bang for the buck in a fun locale. Amazing post-race buffet this past year! Keep up the great work.

BROOKE HORIUCHI

Phenomenal race. Loved the course and the after party. We lucked out with a beautiful day. I would not change a thing.

JOEL SIMON

Great event!

I did the half with my wife, but would love to do the full next year. I love the loop full course. The out and back for the half was nice as well. But what makes a race in addition to a nice course, is all the little stuff. For instance, the food afterwards was nice, some nice healthy choices over the usual burgers and dogs. The venue for the finish line was awesome, party on bay beach. The start line was historical and a great setting.

All in all one of my favorite races and events of the year. All the best, I don't have any suggestions to make things better.

KURT SAEGE

Thanks for a great race (we ran the half marathon)! It was our first time, but we were really impressed by how well-organized things were for only your second edition, by the amazing natural beauty of the course, by the presence of so many helpful volunteers and water/Gatorade stands, and also by your extremely professional web site and electronic updates. We hope to be back next year!

Best regards, BRIAN K.

I do want to give great props for this Running Festival. I ran both years, and plan to keep running. [Dewey Beach is a special place for me.] Last year I ran the half and loved it; it was my first half marathon. This year I put myself to running the full marathon and succeeded. The post race party is fun and full of energy. Several of my cross fit friends came down to support and run as well, they all ran the 9K and then met me along the way to cheer me on to the end. They're awesome! They, too, enjoyed the atmosphere and experience. Even the pre-race party on Tower Road is fun and electric.

I wished that the packet pick up and vendors would have been better. I'm not a bar person, so I appreciated the packet pick up in 2015 more over than this year. There seemed to be a better assortment of vendors at last years expo as well which I missed. Also, I prepaid for my husband's after party admission when I registered, but it could not be confirmed even though I showed the email that I prepaid, so he had to pay for another admission. Part of my problem is I like familiarity, and the changes threw me off.



I don't want you to think that I dislike or wouldn't even recommend your event to anyone; I would. It's a great place to run and as I said, there's lots of electricity. It seems very well coordinated on race day as well. Thank you for providing a great event. I hope to see you next year.

JAMIE HOKE

I felt everything concerning the event was "spot on". Easy & organized packet pickup over 2 days. A great scenic & flat course (I ran the 9K). Shuttle buses were very convenient. I preferred that vs parking.

I would recommend arranging a specific shuttle pickup for spectators that ride over to see their family or friends off the start. They shouldn't have to wait for runner's to finish before they are picked up. They may miss the opportunity to be there for the finish... especially if the runner is expecting them to be at the finish to capture the moment.

Post race celebration was reasonably priced for spectators. A truly awesome feast that accommodated everyone's food preferences.

I would have appreciated more vendors at the expo; was looking forward to doing some perusing & purchasing. Thank you you for hosting this running festival.

TYRONNIA JONES

Great event! I did the half with my wife, but would love to do the full next year. I love the loop full course. The out and back for the half was nice as well. But what makes a race in addition to a nice course, is all the little stuff. For instance, the food afterwards was nice, some nice healthy choices over the usual burgers and dogs. The venue for the finish line was awesome, party on bay beach. The start line was historical and a great setting.

All in all one of my favorite races and events of the year. All the best, I don't have any suggestions to make things better.

KURT SAEGER

I ran my first marathon in Philadelphia in 2014. This is only my second time running a full marathon and I could not have picked a better race to run. I found this run to be an amazing course. The scenery was beautiful and the water stations were very well placed. I am by no means a marathon expert but I really enjoyed this race and hope I can come back next year for the third annual race.

Thank you for hosting an amazing race.

ROBERT REIHING

Thanks so much for a great half marathon experience. I enjoyed everything about the race - ease of registration, packet pickup, starting area / corrals, staggered start, course support, finish line fest on the bay. I loved that the course went into the park for a stretch, and covered the boardwalk too. Volunteers and police were friendly and professional. Love, love love the tervis cup - great race swag! I have already recommended this event to others. Somehow I missed the food in the finish party area, but that was me. Thank you. I've already recommended this event to others.

DIDDY MORRIS



This was a great time. My husband, who ran the half, and I, who walked the 9k really enjoyed it. My husband thought it was well done and enjoyed himself. He said it was well organized. I LOVED there was a bus to take me back to my car. I was dreading walking. My only thoughts that could be considered negative were

1. At the end there was nowhere to sit and the restaurant was packed.
2. We were not aware there was real food (pulled pork I'm told) somewhere. Probably our own fault for not reading the paperwork carefully enough.
3. The map we had did not show the route we actually took. But everything was marked so it was not an issue at all.

We are looking forward to doing it again next year!

JENNIFER HOPKINS

I loved the race course and the results were posted so promptly. Beautiful day, and a personal record.. Who could ask for more?

Parking availability in town for the bus transport to the start line would be my only suggestion for improvement. Thanks again!

LYNN EIDING

I LOVED this race! The premium was awesome, packet pickup was easy, the race course was spectacular (except for the part on gravel in the park at Cape Henlopen. I didn't really like that, and was glad it was only a couple of miles). The after-party was great, and I've never been to a race that had such a spread of food. I really appreciated being able to get more than just a banana or bagel. Overall, this was my favorite half marathon that I've done.

LYNNE VU

Loved the run and very well organized!!! Very impressed and hope to do it again next year!

Only feedback would be to leave the port a potties at the tower road lot until the end of the event....or to have the bathrooms unlocked.

Otherwise, no other complaints!

Thx for a great day!!!

MARCIA <M.COLENDER@VERIZON.NET

Just wanted to give feedback. Signage for parking could have been more clear and more instruction on where the shuttles left from the Hyatt after the run ended would have been helpful. Pace runners were fantastic. Very encouraging even though we were not running with one. Trash cans could have been a bit further from water/hydration stations--it is hard to chug water that fast but littering is bad. We would run this again in the future!

KIM WILLIAMS



I enjoyed the race, flat and beautiful course, and the best after race party ever. Going to run next year.

CINDY DAVIS

I very much enjoyed your half marathon and would do it again. I thought the number & shirt pick-up was efficient and pleasant, the medal very attractive and the post race food delicious and varied. And the results were available so much faster than some other races. I do hope to be back.

WARREN VANDEWATER JR.

Great race. I really enjoyed the course and the company of the volunteers. I only have one complaint: The water stops were too far apart.

JON VAN HOVEN

I loved it! Great course, when I'm next able to run it again I will! The food set up at the end of the race was great. Very easy to get food (super important after 13.1 miles) and there was a great variety. Definitely my favorite half course so far, looking forward to returning.

VICTORIA REGAN

I ran the half marathon with my 2 brothers and we had a wonderful time. The route was stunningly beautiful! The Start area was roomy and had just enough porta pottys (you can always have more so that the lines aren't too long) and they were clean. Getting to the Start was easy too. Loved running on the boardwalk. The Gordon's Pond trail was a nice touch because the scenery there was so beautiful! The water/Gatorade stations were placed in great spots. The Finish was awesome! Loved having the 3 beer tickets, the food was terrific, and hanging out on the beach was relaxing and fun.

I can appreciate that you cap the entire race at 2,000 for such a small town. I've run races that have become so big it's not as enjoyable for obvious reasons.

If I had to say something wasn't so good it would probably be the lines at the packet pick up at the Starboard. The lines were a little confusing between the regular line and the upgraded elite line. Then once you got inside to pick up your number you had to get into another line that blended into the other 2 lines. However, it's a minor issue that can be easily fixed.

So all in all this race was fantastic and I enjoyed it thoroughly. I will run this race again for sure.

SUSAN M. SMITH

Very impressed! Loved it!

MARTHA BADRIAN

This was my first year at the Coastal Running Festival and my first marathon. Overall I think you put together a great event. The course was great and thought very unique in getting to run on several different surfaces.



Everything involved was top notch from the race swag, course, pacers, volunteers, medical staff, and post race party.

I thought it was a great event and can't wait to join you next year even though I may chose a shorter distance :-)

NEIL JAROM

I have run the 1/2 both years now. Overall the organization on the course is very good. The food was excellent and plentiful. It was balanced including vegetarians options. My feedback is as follows:

The two lines at check in were long at times. This could be due to limited volunteers. However it was much more organized last year at the Rusty Rudder.. That said I did like the vibe at the Starboard. It seemed to loss a little of the 'Expo' feel. So if you were going for fun, athletes who drink, you did well. The course was well marked, I believe there should have been a few more potties along the way. My greatest concern was I saw no power gels (believe they were suppose to be at 4 and 8 miles). If I had not had my own I would have been in meltdown. Volunteers had gatorade and water ready at each station.

In closing I think the run would be better on Saturday. That way people can run and then relax in the area on Sunday. Our entire group ran, showered, and hit the road.

Thank you for asking for our feedback. It was a great day, wind and all! PS I believe the 1/2 course was changed and we went further into Henelopen. I ready liked this course!

DIANE CARPENTER

The run was actually pretty awesome. It was my first time doing it. I wish the timing was a little different so I could have done the half marathon. The broad street run in Philadelphia is this Sunday. The 9k made for a nice warm up tho and it was great scenery on the beach. Food afterwards was also the best I've ever seen at a race. I'll be running it again.

RICHARD LINK

I loved it. So well organized,

SELENE SELLER

This was my 27th marathon and one of the nicest ones I've run. At the marathon after party, I was sitting with several people who had run 40+ marathons and they all agreed this was one of the nicest races they had done. It was a beautiful and varied course – from beautiful towns and neighborhoods to parkland trails, ocean views, and board walks. I also loved the changes in the running path – pavement, board walk, crushed limestone trails, etc. It gave my feet a break from the pounding of one type of surface for 26.2 miles. Overall, it was a very flat course and I think could easily be a PR if you are aiming to do that. The water and Gatorade stops were plentiful. The weather was absolute perfection and the after race party was the best I had ever been to! The food spread was amazing – ingredients for varying type of sandwiches, wonderful homemade potato salad, salad greens, and two kinds of pasta – plus beer tickets – overall, an awesome experience!

REBECCA SULLIVAN



I am a 50 State Marathon Member. Your race was my 41st State to complete.

I really enjoyed the course and all the great scenery. I would rank it in my top 3! The finishers medal was well done also. Keep up the good work!

JOSEPH WURZELBACHER

Maybe a few more water stops would be nice. Great food and the event went off very well! Congratulations on the success and we will be back!

BRIAN RAINES

Great race. I really enjoyed the course and the company of the volunteers. I only have one complaint: The water stops were too far apart.

JON VAN HOVEN

<https://itisnoteasybeingme.com/2016/04/26/delaware-coastal-marathon-getting-to-know-the-beast/>

PATRICK STEWART

Great race. Ill be back. Only complaint is that I didn't do the full.

JAMES RABATIN

Great event , Beautiful running

Only suggestion is .. Water stops for full need to be stocked with food .. Pretzels, banana , ETC

There was nothing, thankfully we had our owns but something would have been nice. Still a great event.

CHRIS KENNEDY

Did I miss it but I didn't see any gels stations on the half marathon course? I liked how you reduced the time on rte 1 coming back into Dewey at the end of the race compared to previous year.

ALICIA DOSS

'Il definitely be coming back! The course was beautiful. The after race party was one of the best I've ever had. Lots of food options and the music and bay view were perfect. My friends and I had VIP tickets and we really enjoyed the mimosas and massages.

There are three things I would recommend-

1. Packet pickup was awkward-it was REALLY hard to find the VIP check in. The only sign was over on the side and we wandered around in the rain trying to find it.
2. I don't remember reading anything about the gravel path on the course. I enjoyed it but I know that type of terrain is a deal breaker for some runners and heard people complaining. I think if they knew it was coming they would have been better prepared.
3. It was annoying to have to wear the "over 21" bracelet all night and for the whole race.

I really can't wait to come back again! My friends and I had an AWESOME girls weekend.

SHANNON DOUGHTY



Many thanks for organizing a great event. I thoroughly enjoyed it. I thought overall it was very and smoothly organized. Everything ran efficient. The course is truly beautiful!

One part that I think you can improve is the return stretch on the boardwalk for the Marathon (around mile 23). I reached that stretch somewhat after 10am. As no part of the boardwalk was closed for the race, there were many pedestrians, as well as runners of the Half and 9K that were significantly slower. That made this stretch of the course a bit chaotic and hard to navigate at a time in the race where I was getting very tired. It would be good to close part of the boardwalk for the race, separate the racecourses, or use a wider road to replace the second stretch of the boardwalk.

Hope this is useful, but overall many thanks and congratulations on a very successful and enjoyable race!

ALEXANDER AUER

My friend and I were in disbelief that this was only the second year that you've done the coastal Delaware race.

It was incredibly well organized and well staffed at the water stops. All the volunteers seemed to know what they were doing.

The staff was friendly and supportive.

We enjoyed the course going through the neighborhoods the boardwalk and Gordon's pond trail.

The refreshments and post race goodies were incredible. Personally I loved the oranges! I'm pregnant so I didn't have the dogfish beer but my friends did and loved it. Three drink tickets was crazy generous. The music and whole scene was lively celebratory and fun.

The announcer at the finish line was great too.

It was definitely the best small race we've ever participated in and probably one of the best races overall. We have participated in many races all over the country.

Thank you for putting on such a good race and we hope to do it again next year!!

CHRISTIE GILMORE

So, as most of you know, a group of us from MRTT Frederick travelled to Delaware last weekend for the Coastal Delaware Running Festival. Most of us did the Half Marathon, and a few crazy but awesome ladies did the Full Marathon! There was also a 9k option. I wanted to do a review of this race because I have to say, this was my favorite race so far out of all the ones I have run.

We started out at the Tower Rd. Beach area in Dewey Beach. The Marathon started at 7 am and the Half at 7:30. It was pretty chilly and windy at that time of the morning, but luckily once the sun came up, it warmed up nicely.

Here we are waiting for the sun to come up and the race to start!

There were a good number of port-a-potties, but some of the ladies who had purchased the VIP upgrade said it was well worth it, since they got to pee in a real toilet inside the concession stand/bath house, and they could stand up there out of the wind!

The race course itself was beautiful, and there were plenty of port-a-potties and water/Gatorade stations. We ran north on Coastal Highway, up through Dewey Beach and through a beautiful residential



neighborhood. Arriving in Rehoboth, we got to run straight up the boardwalk with the gorgeous blue sky above and the ocean RIGHT NEXT TO US! That was my favorite stretch of the run. Then we went into the Cape Henlopen area, and holy cow!, those houses were RIDICULOUS! Gorgeous! Mansions! I got pretty distracted from my running just looking at the real estate. Then we went into Cape Henlopen State Park, and if I have to say anything negative about this race, it would be that about 2 miles of this stretch was on hard packed trail with some loose gravel on it, and I did not love running on that surface. Luckily, it was only a couple of miles. For the Half Marathon, we did a short loop and turned around, but for the Full Marathon, they ran all the way up through the park to Lewes, and looped back down. Coming back was just as gorgeous, as we made our way back to Dewey Beach. The finish line was about a mile before the starting line had been, on the bayside.

Then there was the after-party! I have never been to a race that put on such a good finisher's party before. OMG, the food! We're not talking your average granola bars and bananas here. Yes, they did have that, but there was also a free buffet with REAL FOOD! They had pulled pork, grilled chicken, tossed salad, potato salad, pasta, cookies, and a plethora of fruit! You got 3 beer tickets with your registration, and the VIPs got unlimited mimosas. Word to the wise: Attach yourself to a friend who has the VIP package and doesn't mind looking like a lush. They might just keep getting in line to get mimosas, and bring them to you and everyone else in your group.

VIP members also got a free massage after the race, whereas the rest of us had to pay, but it was only \$1.00 per minute I believe.

The race premium was impressive too. I love my shirt! It's a women's cut tech shirt, and is very lightweight and comfortable. And the medals are pretty!

All in all, I cannot recommend this race enough! Those of us that went all had a great time, and if you get the chance to sign up for this race, DO IT! You won't regret it.

All in all, I cannot recommend this race enough! Those of us that went all had a great time, and if you get the chance to sign up for this race, DO IT! You won't regret it.

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