

BETHANY BEACH

FIRST RESPONDERS
TRIATHLON-DUATHLON-AQUABIKE-HALF MARATHON-5K



ATHLETE GUIDE

September 22-23, 2018

Triathlon: 1000 meter Ocean Swim (.62 miles),
30k Bike (18.5 miles), and 7.5k Run (4.6 miles)

Duathlon: 2.5k Road Run (1.55 miles),
30k Bike (18.5 miles), and 7.5k Run (4.6 miles)

Aquabike: 1000 meter Ocean Swim (.62 miles), 30k Bike (18.5 miles)

Half Marathon: 13.1 Mile Road & Trail Run with 2 Person Team Relays

Team Relays: 2 or 3 person Triathlon and Duathlon Relays

5K Run/Walk

RaceBethanyBeach.com



WELCOME TO BETHANY BEACH!

FIRST RESPONDERS TRIATHLON-DUATHLON-AQUABIKE-HALF MARATHON-5K



From the Race Directors

Dear Athletes,

Welcome to Bethany Beach and thank you for participating in the first annual Bethany Beach First Responders Half Marathon/5k and the seventh annual Bethany Beach First Responders Triathlon-Duathlon-Aquabike-5k event benefiting the Bethany Beach Volunteer Fire Company and First Responders.

We have done our best to provide you with an exciting, safe and scenic course in addition to providing you with quality SWAG, food, and awards. We trust you will agree!

TRIATHLETES - PLEASE ARRIVE EARLY ON RACE DAY TO PICK UP YOUR TIMING CHIP. TRANSITION AREA OPENS AT 5:30 AM CLOSES AT 6:45 AM SHARP!

This event was made possible by the tireless efforts from the Town of Bethany Beach, Bethany Beach Volunteer Fire Company, Bethany Beach Police Department, Bethany Beach Public Works Department, Bethany Beach Beach Patrol, Sea Colony Beach Patrol, South Bethany Police Department, Sussex County EMS, ARES Mobile Operators, Delaware Department of Transportation, Delaware State Police, Delaware Seashore State Parks, and our production company Racine Multisports. We thank them all!

Also, without our presenting sponsor PNC Bank, and our Finish Line Celebration & After Party Sponsor Grotto Pizza, plus all of our other generous sponsors and volunteers, this event would not have been possible to produce.

We hope you and your families enjoy the Quiet Resorts and we look forward to seeing you again next September...if not sooner.

All the best!

Rick Hundley
USAT Race Director

Ernie Felici
USAT Race Director

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BETHANY BEACH VOLUNTEER FIRE COMPANY



Welcome!

On behalf the Bethany Beach Volunteer Fire Company, we welcome our visiting athletes and all participates to the Bethany Beach First Responders Sports Weekend consisting of the 7th annual Triathlon-Duathlon-Aquabike and new this year, the Half Marathon & 5k. We thank all of the organizers, sponsors and volunteers who make this event possible.

We appreciate and thank the towns of Bethany Beach, South Bethany, Delaware Seashore State Park and the community of Sea Colony for their continued support. We also want to extend a special thanks to Race Directors Rick Hundley and Ernie Felici who have worked hard to produce an exciting and first class event.

We are proud to be associated with such a fine and well-run event. We are also grateful to be the beneficiary of the Bethany Beach First Responders Triathlon-Duathlon-Aquabike-5k, which very much helps support us financially. We depend heavily on public funding and support in order to meet our annual operating expenses.

The Bethany Beach Volunteer Fire Company is an organization that helps save lives and property in our community. The volunteers of station 70 have made a commitment to everyone in the Bethany Beach Fire District and our surrounding areas to be prepared 24 hours a day, 7 days a week, regardless of any circumstances and at a moment's notice. We may be called to free a victim from an auto accident, help find a lost child on the beach or take command and control a fire scene. We respond to over 300 fire calls and more than 1,100 EMS calls annually.

Just like the many athletes competing in this event, the Bethany Beach Volunteer Fire Company spends a great deal of time training, upgrading our systems and ensuring our equipment is maintained to the highest standards.

We wish you a safe and enjoyable event. Thank you.

Sincerely,

Michael Suit
President

Brian Martin
Fire Chief

SCHEDULE OF EVENTS

FRIDAY, SEPTEMBER 21, 2018

START	END	EVENT	LOCATION
4:00 PM	8:00 PM	Packet Pick-Up/Registration	Bethany Beach Volunteer Fire Company

SATURDAY, SEPTEMBER 22, 2018

START	END	EVENT	LOCATION
6:00 AM	7:00 AM	Packet Pick-Up/Registration	Boardwalk Bandstand
7:00 AM		Pre-Race Instruction	Boardwalk Bandstand
7:15 AM		Half-Marathon Start	Garfield Parkway & Atlantic Avenue
7:30 AM		5k Start	Garfield Parkway & Atlantic Avenue
8:30 AM		5k Awards	Boardwalk Bandstand
9:00 AM	11:30 AM	Post Race Party	Grotto Pizza Boardwalk
11:00 AM		Half Marathon Awards	Boardwalk Bandstand
2:30 PM	5:00 PM	Open Water Swim and Transition Clinic	Bethany Beach Volunteer Fire Company
4:00 PM	8:00 PM	Packet Pick-Up Featuring Sports Expo	Bethany Beach Volunteer Fire Company
6:00 PM		"First Timers" Meeting with Q&A	Bethany Beach Volunteer Fire Company

SUNDAY, SEPTEMBER 23, 2018

START	END	EVENT	LOCATION
5:30 AM	6:45 AM	Transition Area Open & Body Marking (Timing chips at the Transition Area)	Garfield Parkway & The Beach, Bethany Beach, DE
6:45 AM	7:00 AM	Pre-Race Instruction	Garfield Parkway & The Beach, Bandstand
7:00 AM	7:30 AM	Walk-to-Start Area	Garfield Parkway & The Beach, Bandstand
7:30 AM		Triathlon Race Start	Race Site—Beach Start Area

Wave Schedule~Triathlon, Duathlon & Aquabike

WAVE	TIME	RACE	CATEGORY	CAP
1	7:30am	TRI-Open Athletes Only		○ White
2	7:34am	TRI-Relay, M34 and under		● Green
3	7:38am	TRI- M35-49		● Blue
4	7:42am	TRI- M50 and up, Clydes, PC		● Orange
5	7:45am	All Duathlon and Du Relay (Starts at Garfield Parkway and Atlantic Avenue)		None
6	7:46am	TRI- F39 and under		● Yellow
7	7:50am	TRI- F40 and up and Athena		● Pink
8	7:54am	All Aquabikes		● Purple
9	7:58am	TRI- FirstTimers		● Red

10:15 AM		Results & Official/Penalty Report posted.	Bethany Boardwalk Bandstand
10:30 AM		Transition Area Closed. Remove bikes. Bike Cut Off Time — May not continue with race and must turn in timing chip.	Transition Area
9:30 AM	11:30 AM	Post Race Party	Grotto Pizza Boardwalk

PRE-RACE INFORMATION

PHYSICAL ADDRESSES

Race Site:

Start: Garfield Parkway & The Beach
Finish: The Bethany Beach Boardwalk
Bethany Beach, DE 19930
Web: www.BethanyBeachTri.com

Pre-Race Day Packet Pick Up

(Friday, 4:00pm to 8:00pm)

(Saturday, 4:00pm to 8:00pm):

Bethany Beach Volunteer Fire Company
215 Hollywood St
Bethany Beach, DE 19930
Web: www.bethanybeachfire.com

DIRECTIONS TO RACE

Take DE-26 E to Bethany Beach. DE-26 E becomes Garfield Parkway. It will be off-season so there will be free parking along the side streets.

LODGING

Bethany Beach Ocean Suites
(302) 539-3200
www.bboceansuites.com

Wilgus Associates Property Rentals
(302) 539-7511

Crowley Associates Realty, Inc.
(800) 732-7433
www.crowleyrealestate.com

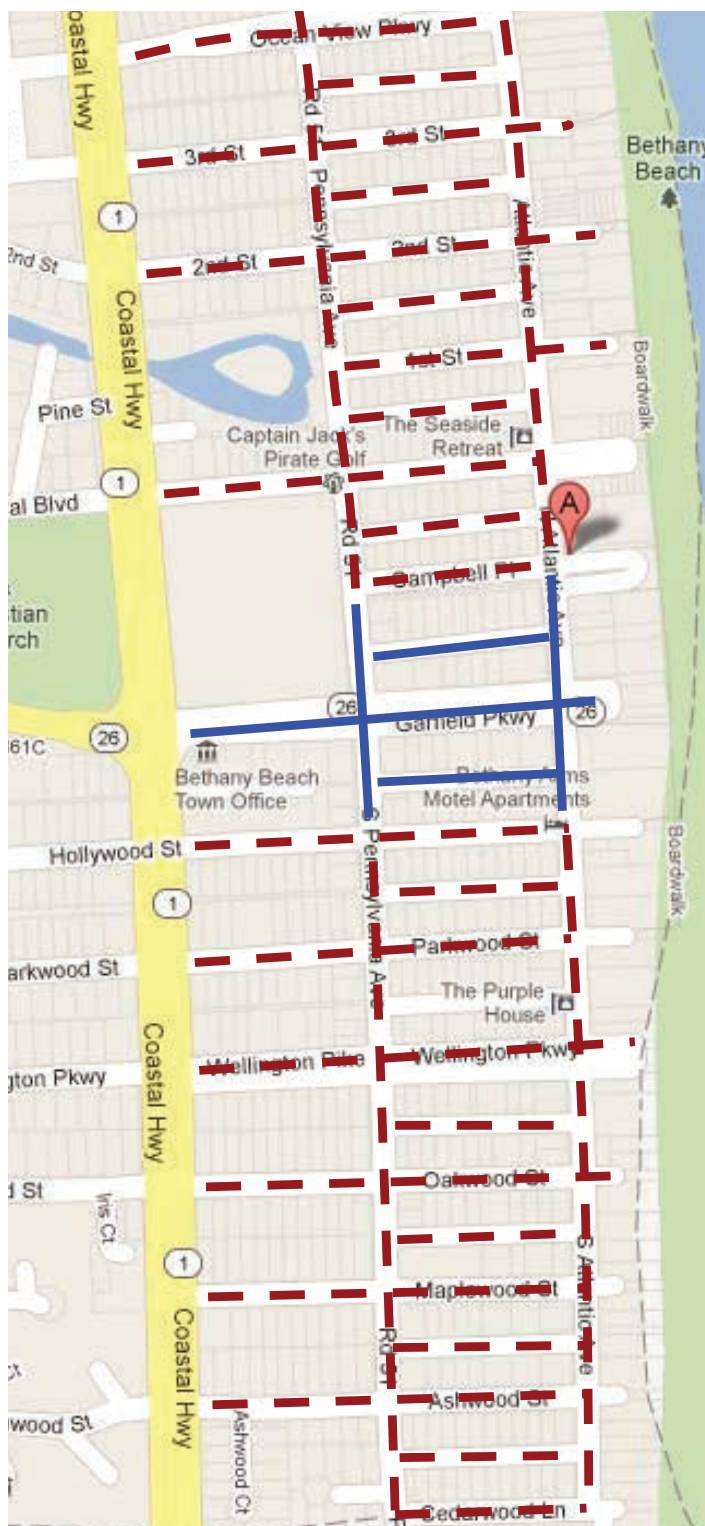
Hyatt Place Dewey Beach
(302) 864-9100
www.deweybeach.place.hyatt.com

Resort Quest
(302) 537-8888

PARKING MAP

No Parking

Parking allowed on side streets. *Please do not block driveways or your car will be towed.*



HALF MARATHON-5k

SATURDAY SEPTEMBER 22, 2018

**THANK YOU FOR REGISTERING FOR THE 2018 BETHANY BEACH SPORTS WEEKEND HALF MARATHON & 5K.
BELOW IS IMPORTANT INFORMATION THAT WILL PREPARE YOU FOR RACE DAY.**

Wednesday, September 19 and Thursday, September 20, 2018 –

Your Bib Number and Packet Pick Up information will be emailed to you.

Friday, September 21, 2018 –

Packet Pick Up will be open from 4pm to 8pm at
at Bethany Beach Volunteer Fire Company, Rt. 1 &
Hollywood Street, Bethany Beach, DE 19930.

Saturday, September 22, 2018 –

6:00 - 7:00 a.m.

Half Marathon & 5K Emergency Packet Pick-Up

7:00 a.m.

Half Marathon & 5K Pre-Race Announcements

7:15 a.m.

Half Marathon Start

7:30 a.m.

5k Start

9:00 a.m.- 11:30 a.m.

Finish Line After Party at Grotto Pizza

Bus transportation provided for Relay teams.

Half Marathon 13.1 Mile Course Limit

**Course Limit is 3.5 hours. Must be
through Mile 7 at 15:30/min pace**



Course Maps

**[Click here for the course
maps of all races](#)**

HALF MARATHON-5k

SATURDAY SEPTEMBER 22, 2018

PARKING

Packet Pick Up and Race Day parking is available through out the town of Bethany Beach. Please do not block driveways or park illegally. Ticketing and towing is enforced.

WATER STOPS

are located approximately every 2 miles. Each water stop some will be stocked with Mr. Natural water.

PUBLIC RESTROOM / PORT-A-POTTIES

will be located at Start and Finish and near all water stops along the courses. Please respect our beautiful beach resorts.

VERY IMPORTANT!

Please make sure you are wearing the bib that is registered to you. Wearing someone else bib creates major issues to the event and possible the person wearing it. It is imperative that the registration data associated with your race number does in fact belong to you, the participant. If race organizers become aware that a runner has participated in one of our events with a bib that is not registered to that runner, both the runner AND the person whom the bib is registered will be prohibited from participating in subsequent Focus Multisports events for a minimum of two years.

Our past races have been marred by numerous participants running under the guise of someone else's race number. While this may seem harmless to the parties perpetrating the unauthorized bib transfer, it does convey serious consequences to the organizers and participant field alike.

From race results to finishers' awards being impacted as well as medical staff being able to correctly identify participants in need of treatment, it is imperative that the registration data associated with your race number does in fact belong to you, the participant.

HALF MARATHON-5k

SATURDAY SEPTEMBER 22, 2018

FINISH LINE CELEBRATION PARTY

Post-race buffet will be provided by Grotto Pizza and beer will be provided by NKS Distributors. The food and beer will only be provided to the Athletes. For anyone else, you may purchase a wristband for \$24.95.



CLICK HERE TO PURCHASE FINISH LINE PARTY TICKETS FOR GUESTS ►

You will need a wristband provided by the race in order to drink beer at the finish line party. You can get this wristband by showing your ID at the Expo (special ID Check booth) or at the finish line party. Keep in mind that you may not have your ID with you when you finish the race so we strongly recommend getting your wristband at the Expo. Anyone under the age of 21 or without a wristband consuming beer will be removed from the finish line party.

AWARDS

Overall Awards

Awards will be given to the top 1 overall men and women finishers in the Half marathon and top Overall male and female in the 5k. The Overall category will be scored using GUN time. If you are planning to be in contention for one of these top awards, you must start at the front of corral 1.

Masters Awards (ages 40 and over)

Awards will be given to the top 1 overall masters men and women finishers in the Half marathon, and top overall male and female masters in the 5k. The Masters category will also be scored using GUN time. If you are planning to be in contention for one of these top awards, you must start at the front of corral 1.

Age Group Awards

Awards will be given to the top 1 men and women finishers in each age group for the Half marathon, and 5k. The Age Group awards will be scored using CHIP time. This allows each runner to be scored against all other runners in their age group regardless of where they start in the corrals. Prizes will be given in age groups as outlined below, but due to problems created by unauthorized number switching, all age-group awards will be given at race day awards ceremony. Must be present to receive. No awards mailed.

5k and Half Marathon Awards:

Top 3 Male and Female. 9 and Under, 10-13, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and Up.

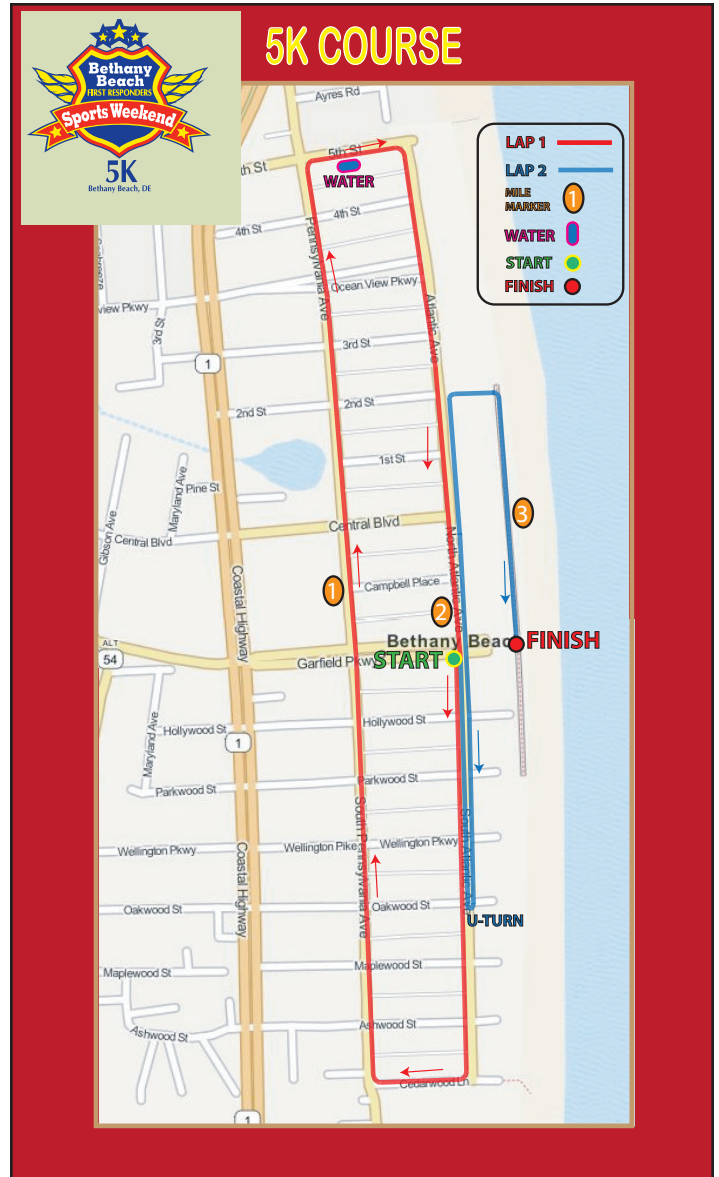
IMPORTANT INFORMATION

ALL AWARDS WILL BE GIVEN OUT POST RACE. NO AWARDS WILL BE MAILED.

Focus Multisports does not allow double dipping in events. If the 3rd place overall female is also a masters participant, she cannot take the first place female masters award.

HALF MARATHON-5k

SATURDAY SEPTEMBER 22, 2018



TRIATHLON-DUATHLON-AQUABIKE

RACE WEEKEND INFORMATION

THANK YOU FOR REGISTERING FOR THE 2018 BETHANY BEACH SPORTS WEEKEND TRIATHLON-DUATHLON-AQUABIKE. BELOW IS IMPORTANT INFORMATION THAT WILL PREPARE YOU FOR RACE DAY.

TRAINING

There will be an Open Water Swim and Transition Clinic on Saturday, September 22 from 2:30pm to 5pm. There will be lifeguards and coaches on site. You must register to participate in Clinics. Limited Availability!

PERSONAL SAFETY

There will be NO PRACTICE SWIMS the morning of the race. **Entering the Ocean prior to the race start on Sunday morning will result in disqualification from the race.** We suggest attending the Open Water Swim and Transition Clinic for your swim training. When training on the bike course, please ride single file, bike on the right side of the road (with traffic) and obey all traffic rules. When training on the run course, please run on the left side of the road (facing traffic). Please be courteous to the local residents as they will be the ones supporting you on race day.

Wednesday, September 19 and Thursday, September 20, 2018 –

Your Bib Number and Packet Pick Up information will be emailed to you.

Friday, September 21, 2018 –

Packet Pick Up will be open from 2pm to 8pm at at Bethany Beach Volunteer Fire Company, Rt. 1 & Hollywood Street, Bethany Beach, DE 19930.

Sunday Participants may purchase Emergency Race Day PPU from the online store. \$15.

If you are unable to pick up your own race packet, you may authorize another person to do so. The authorized individual MUST have his/her own photo ID, a signed and printed

authorization form, and a copy of the participant's photo ID. The signed authorization form MUST be printed. We will NOT accept any authorization via phone, text message, or any other electronic device. The copy of the photo ID may be via text, email or photocopy. NO EXCEPTIONS!

Sunday, September 23, 2018 –

5:30 - 6:45 a.m

Transition Area Open

6:45 a.m. -

Pre-Race Announcements

7:00 a.m.

Triathletes and Aquabikers Walk to Beach Start

7:30 a.m.

Triathlon & Aquabike Beach Start

7:45 a.m.

Duathlon Start at Garfield & Atlantic Ave.

9:00 a.m.- 11:30a.m.

Finish Line After Party at Grotto Pizza

Triathlon Cut-Off Times

Swim - 9:00am

Bike - 10:30am

Run - 11:30am



Course Maps

[Click here for the course maps of all races](#)

TRIATHLON-DUATHLON-AQUABIKE

RACE WEEKEND INFORMATION

ATHLETE PACKET PICKUP

Please bring the following items to packet pick-up

Official Photo ID

You must present a photo ID to receive your race packet.

USAT Membership Card*

*If you are not a USAT Member, or you are a member but do not have your card, you will need to purchase a one day insurance license and sign the USAT waiver.

PLEASE NOTE: You cannot pick up the race packet for other participants. Also, all members of Relay Teams must be present at packet pickup in order to receive their packet. If you are not all present at the same time, the last person to arrive will receive the race numbers. As well, all relay team members must sign the USAT waiver and/or provide USAT card.

NO PHOTO ID = NO RACE

Emergency Race Morning Packet Pick Up — \$15.00

You must register for Emergency Race Morning Packet Pick Up at the Tri-Store on bethanybeachtri.com.

TRIATHLON-DUATHLON-AQUABIKE

RACE WEEKEND INFORMATION

BIKE RACKS

Numbering: Each bike rack location is numbered and you must rack your bike according to your race number. Your bike should be racked on the side of the rack so that the number is facing you and your bike should be centered on the number. Although, we will have staff and volunteers available to assist you in transition, it is your responsibility to know where your bike rack location is in relation to T1 and T2. All bikes will be racked race morning beginning at 5:30 am.

Neatness Counts: Please be respectful of the athletes around you and keep your race gear contained within the area around your bike. Also, while making your transitions during the race, please be sure that you do not leave any gear in the “aisles” between the racks. You, as well as the other athletes, will be moving quickly through these areas and we do not want someone tripping over misplaced gear.

Please note: that only athletes are allowed in the transition area. No exceptions. You must show your race number in order to remove your bike after the race is over.

WAVE STARTS

Whether you are doing a triathlon or duathlon, we typically will start the race in waves of up to 150 people. In most cases, the division and/ or age group will determine which wave you start in. For triathlons, the cap color you are provided with will help you know which wave you are to start in. We do not allow changes in wave start unless you change race types or divisions such as switching from age group to relay. Starting the race in the wrong wave will result in a DQ.

WETSUITS

The following are USAT wetsuit rules:

Temperature up to 78°: Wetsuits may be legally worn.

Temperature above 78°: Wetsuits are not allowed. Athletes can risk dehydration and over heating if wetsuits are worn in these temperatures. Water temp will be taken the morning of the race. Race director has the right to not allow wetsuits if temperature is above 78°. Typical Ocean water temperature for this event is 68 to 72 degrees. Wetsuits other than swim specific wetsuits (ie. surfing and scuba diving) are highly discouraged.

TIMING CHIPS 101

Your timing chip will be provided to you on a neoprene compression band. Fasten the band on your left ankle and wrap it tightly. Compression bands are made to feel very tight until they come in contact with water. Once they become wet they will loosen and will feel very comfortable. If you do not wear the band tightly it could loosen too much during the swim. The timing chip will record your time throughout the event when you pass over timing mats which are typically located at the entrances/exits of the transition area (T1 and T2) and the finish line. At some races, we may have timing mats at turn around points on the run, so please be sure to pass over these as well. There will be Focus Multisports staff and/or volunteers on hand to make sure you are passing over the mats correctly.

Dropping Out: If you are unable to complete the race, please return your timing chip to a Focus Multisports staff member at the finish line. This will let us know that you have returned to the race venue and not out on the course. Please do not return the chip to a volunteer.

Lost Chips: If you happen to lose your timing chip during the race, please inform a Focus Multisports staff member as you come into transition, he/she can quickly provide you with a replacement chip so that your times will be recorded for the rest of the event. This change in chip number will be provided to our timing person for update in the timing system.

Relays (applicable if this division is available): If you are participating in a relay, the timing chip will act as your baton which you will pass to the next person on your team inside transition at your rack location. Please be sure that the timing chip is securely fastened to your ankle before leaving transition.

Finish Line: Once you have completed the race, Focus Multisports staff members will be at the finish line to greet you and remove your timing chip. We are happy to do this for you so that you don't bend over, stand up then keel over.

Unreturned Chips: Once you receive the timing chip, it becomes your responsibility. There will be a \$35 charge for any timing chip that is not returned at the end of the race. If you accidentally took the chip home with you, please mail immediately to Racine MultiSports, P.O. Box 255 Williamsport, MD 21795.

TRIATHLON-DUATHLON-AQUABIKE

THE RACE

THE SWIM

Swim caps will be provided at packet pick up. ***You must wear your designated swim cap color and start in your designated swim wave.***

Please be at the swim start by 7:25 AM for a final pre-race briefing. First wave begins at 7:30 sharp. If you miss your wave, you will not be able to race. Leave yourself plenty of time to walk the beach to the swim start.

When lining up for your swim start, please seed yourself accordingly. If you are not a strong swimmer, we recommend that you start to the side or near the back of your wave.

We always attempt to swim with the current. Swim direction will be determined on race morning. The prevailing current is usually North.

Lifeguards and volunteers will be available throughout the swim course to ensure your safety. If you are in need of assistance, roll on your back and put your hand straight in the air to signal for assistance. ***If for whatever reason you do not finish the swim it is mandatory that you immediately check in at the finish line tent and report that you DNF'd on the swim so that we know that you are still not in the water.***

THE BIKE

Please see the course map for your race.

The course will be marked at all the turns. Volunteers will point you in the direction of your turn.

Even though there will be police officers on the course for your safety, the course is still open to traffic—**please BE ALERT and BE CAREFUL!**

We recommend that you pre-ride or pre-drive the course prior to race day. ***Knowing the course is YOUR responsibility.***

THE RUN

Please see the course map for your race.

The run course will have limited vehicle traffic. Volunteers will be on the course to direct runners. Please stay alert and remain aware of your surroundings!

Aid stations will be located at approximately each mile mark.

Please be sure to return your timing chip to a volunteer after crossing the finish line.

COURSE CUTOFF TIMES

SWIM	BIKE	RUN
9:00 AM	10:30 AM	11:30 AM

Athletes not making each cutoff will be asked to turn in their timing chip.

Finishing the race after the course cutoff time is at the discretion of each athlete, but race support will not longer be provided and the event holds no responsibility for athlete safety after this point.

Swim Cut Off Rule

All participants are expected to be able to complete the swim discipline maintaining a steady consistent stroke and able to maintain on course. Lifeguards are provided for emergency situations and to prevent swimmers from drowning. Any swimmer who is in constant need of aid from lifeguards along the swim is considered to be a hazard to themselves and other swimmers and has not prepared properly for the race (this includes breaks, and redirection on course). If a lifeguard at any point feels an athlete is taking too much attention, the lifeguard reserves the right to remove the athlete from the race. This removal will result in a DNF (Did Not Finish) from the entire race (the athlete will not be allowed to compete in the bike or run) at which point athlete must hand in their timing chip to lifeguard or Focus Multisports staff person.

TRIATHLON-DUATHLON-AQUABIKE

POST-RACE INFORMATION

POST-RACE BUFFET

Post-race buffet will be provided by Grotto Pizza and beer will be provided by NKS Distributors. The food and beer will only be provided to the Athletes. For anyone else, you may purchase a wristband for \$24.95.



AWARDS

Tri & Du Races have separate Awards

- Top 3 Overall Male & Female - Open & Elite (Tri only)
- Top 3 Overall Male & Female - Age Group
- Age Groups (Top 3 in each)
- 19 and under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+
- Top 3 Clydesdales (Males 220+ lbs). Weigh In Required.
- Top 3 Athenas (Females 165+ lbs). Weigh In Required.
- Top 3 Male and Female First Timer in Triathlon—no duplicates allowed
- Team Relays - Top 3 Overall

Aquabike Awards

- Top 3 Overall Males and Females
- Top 3 Athenas and Clydesdales
- Top 3 Males and Females 39 & Under
- Top 3 Males and Females 40 & Over

Only Overall awards in each division will be awarded at the post race celebration. All Age Group awards will be mailed to the address used during registration. Please allow 4 to 6 weeks for personal engraving of each award.

RACE RESULTS

Final results will be updated real time on the race website (RaceBethanyBeach.com).

TRIATHLON-DUATHLON-AQUABIKE

USA TRIATHLON RULES & SANCTIONING

A MESSAGE FROM THE HEAD REFEREE TO ALL AGE-GROUP

Welcome to this USA Triathlon sanctioned event. You are racing under the USAT Competitive Rules. In order to minimize misunderstandings on race day, I hope you will take the time to read the following summary.

POSITION RULES reduced to the following concepts:

- Ride on the right side of your lane, as far to the right as practical and possible.
- Pass on the left of the cyclist in front, never on the right.
- Keep three bike lengths between yourself and the cyclist in front of you.
- If you close to less than 3 bike lengths, you must pass. You may NOT drop back out of the zone.
- Complete your pass within 15 seconds.
- If passed, **YOU** must drop completely out of the zone, to the rear, before attempting to re-pass.

Remember you are racing in a USA Triathlon sanctioned event and there are USAT certified referees on the course to ensure fairness in the competition. **There will be NO WARNINGS if you commit a foul during competition.** Triathlon is an individual event and you must take personal responsibility to understand the rules and avoid penalties. At the end of the race all citations by the marshals are reviewed by the Head Referee who then decides if a penalty should be assessed. The Head Referee's ruling is final in the case of Position Violations and there are no protests or appeals of Position penalties. Marshals commonly cite the following violations:

- **Position** – riding on the left side of the lane without passing, even if no one is behind you.
- **Blocking** – left side riding **and** impeding the forward progress of another competitor.
- **Illegal Pass** – passing on the right.
- **Overtaken** – failing to drop back three bike lengths before re-passing
- **Drafting** – following a leading cyclist closer than three bike lengths and/or failing to pass within 15 seconds.

PENALTIES. Position Violations carry a time penalty for each offense based upon the distance of the race. This is a Sprint, so:

- FIRST offense – 2 MINUTES
- SECOND Offense – 4 Additional MINUTES
- THIRD Offense – DISQUALIFICATION

Be sure to check the penalty sheet before you leave the race site and have a chat with the Head Referee if you have any questions.

HELMETS.

- Make sure your helmet is a CPSC approved model and has the certification sticker attached.
- All helmets legally sold in the US are CPSC approved, but if you purchased your helmet in a different country it might be illegal for use in sanctioned events.
- Also, the sticker must be in the helmet.
- While on your bike, always have your chinstrap securely fastened - before, during and after the event!

The chin strap rule is easy to follow, so don't forget – that's a DQ!

ALSO:

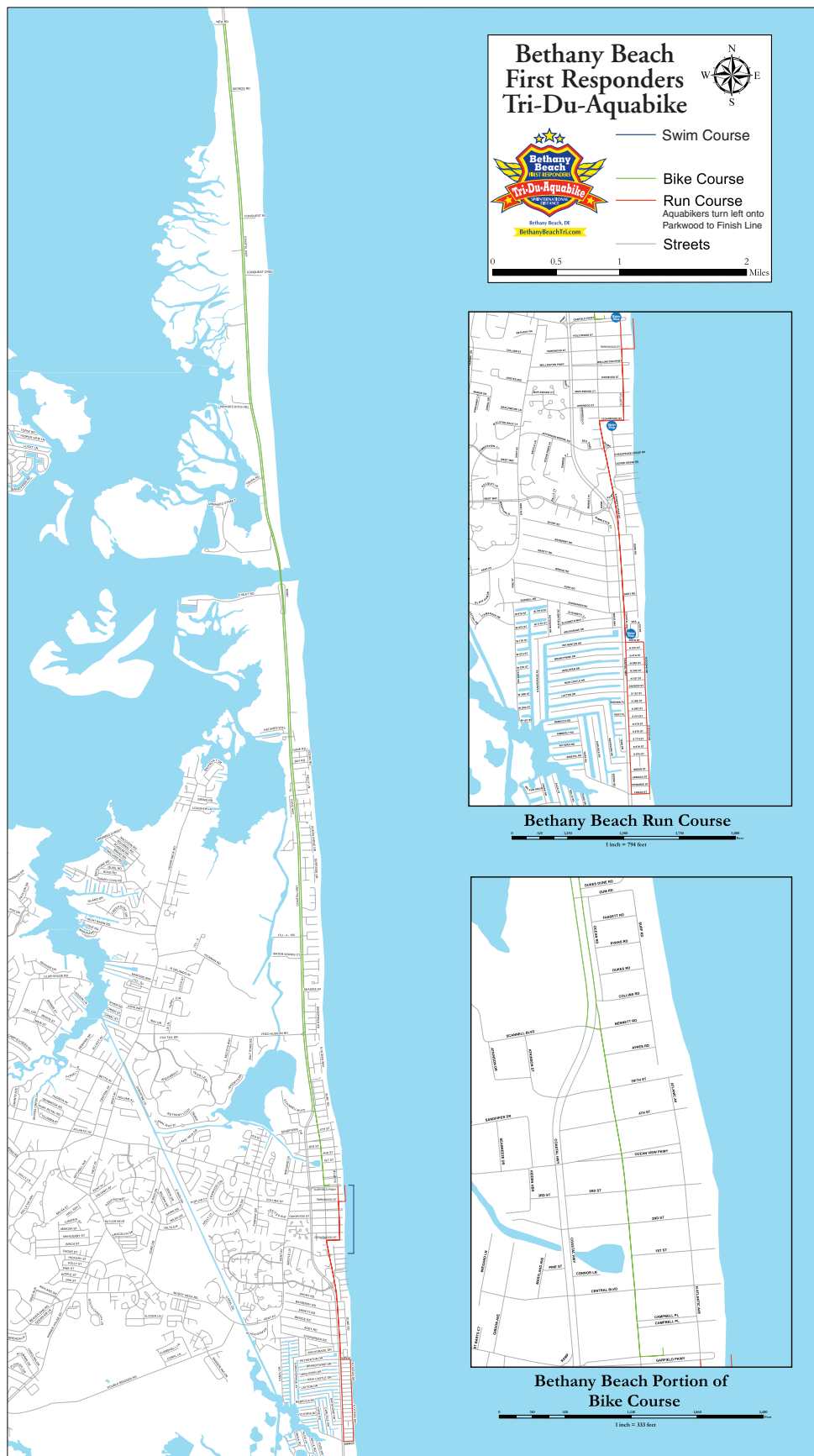
- Cutting the course is a DQ. If you go off course, you must enter at exact spot you left. It is your job to know and follow the course.
- Wear your race numbers where they can be seen.
- Don't carry or use any portable audio devices, of any type.
- Don't leave your trash on the course and don't discard anything
- After the race, please check the Temporary Results and the Penalty Board. If you have a penalty and don't understand why you received it, feel free to ask me to discuss it

Remember to treat other athletes, volunteers, and officials with courtesy and consideration. Failure to do so is called Unsportsmanlike Conduct and you will be disqualified.

All that being said, I hope you have a great race, lots of fun, and achieve all your goals.

TRIATHLON-DUATHLON-AQUABIKE

OVERALL COURSE MAPS



TRIATHLON-DUATHLON-AQUABIKE

GARFIELD PARKWAY TRANSITION AREA



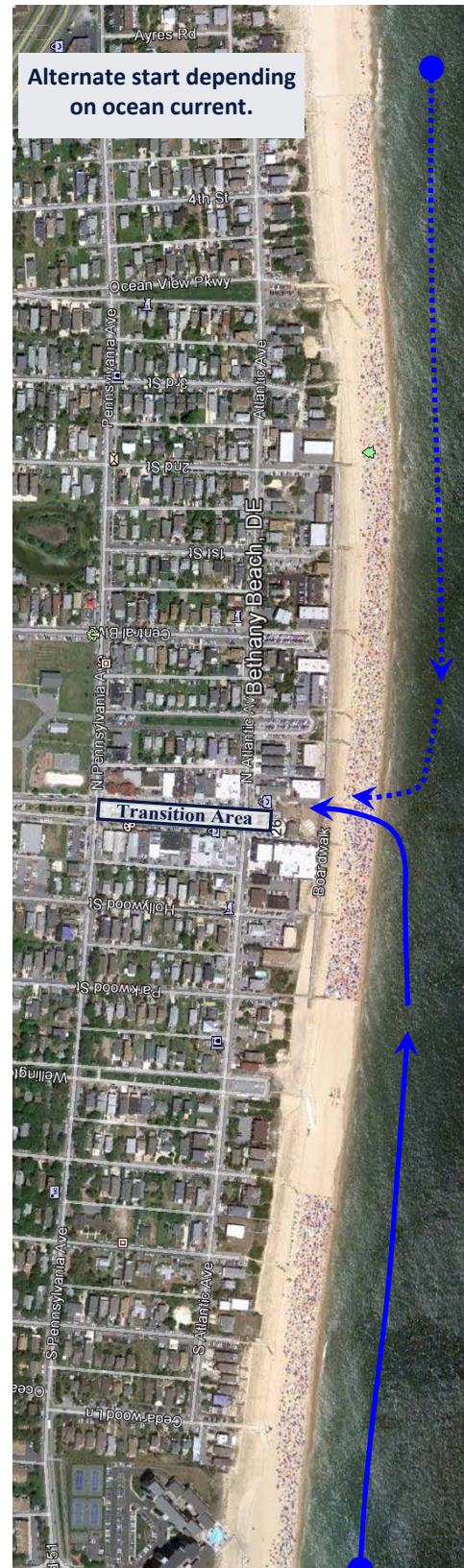
TRIATHLON-DUATHLON-AQUABIKE

COURSE MAPS AND DESCRIPTIONS

Bethany Beach Triathlon & Duathlon Transition Area



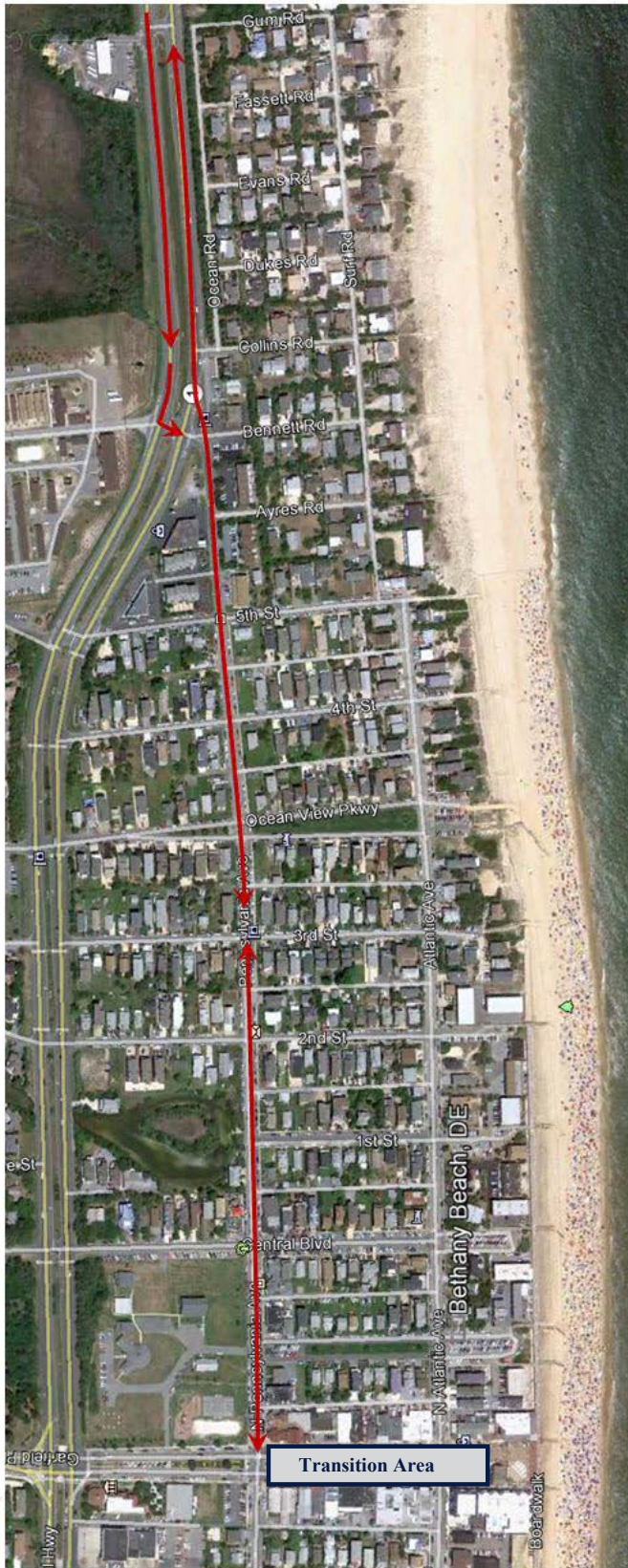
Bethany Beach Triathlon & Duathlon Triathlon Swim



TRIATHLON-DUATHLON-AQUABIKE

COURSE MAPS AND DESCRIPTIONS

Bethany Beach Triathlon & Duathlon Bike Course



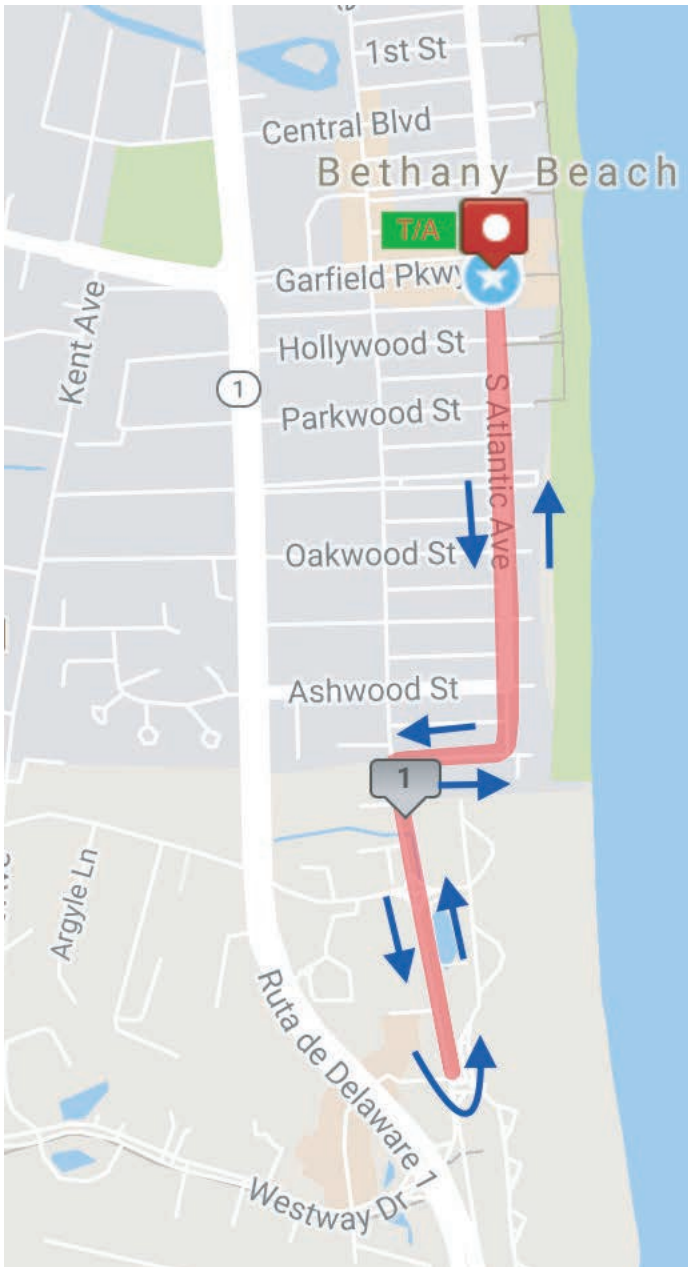
Bethany Beach Triathlon & Duathlon Bike Course Segment 2



TRIATHLON-DUATHLON-AQUABIKE COURSE MAPS AND DESCRIPTIONS

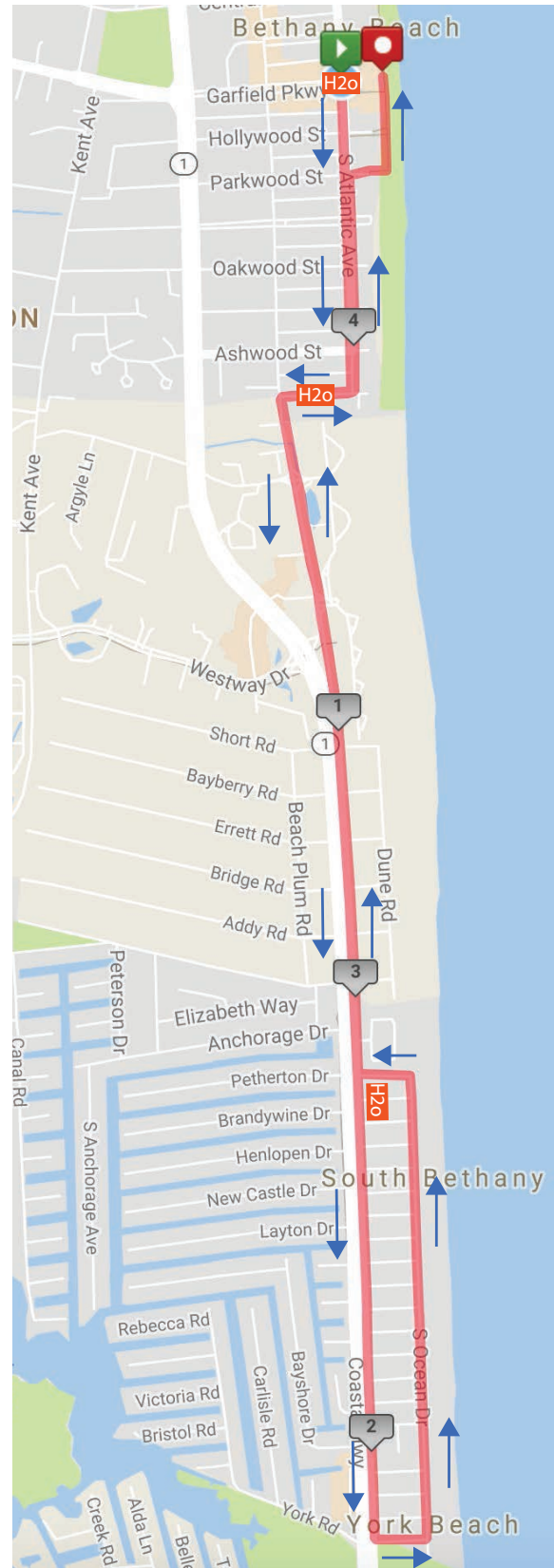
Bethany Beach Duathlon

Run Course—Segment 1



Bethany Beach Triathlon & Duathlon

Run Course—Segment 2



THANKS TO OUR SPONSORS!

PRESENTING SPONSOR



PRODUCED BY



HALF MARATHON ★ TRIATHLON ★ 5K

Benefiting the Bethany Beach Volunteer Fire Company & First Responders



Coastal Point



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PRESENTS



Coastal Delaware Running Festival



Marathon | Half Marathon | 9k | 5k

Delaware's Coolest Marathon

April 12-14, 2019

Rehoboth | Lewes | State Parks

GO FOR IT!
5k on Saturday and
Weekend Combined
Challenge Runs

EVENT HIGHLIGHTS

- * Boston Marathon Qualifying Course
- * FREE Finish Line Celebration & Post-Race Beach Party featuring free BEER, FOOD & ENTERTAINMENT
- * Event Tech Shirt and awesome Race Swag
- * Finishing Medals, Overall and Age Group Awards for all Runs
- * Course will encompass a scenic route through Rehoboth Beach, Cape Henlopen State Park, and the Town of Lewes, finishing on the world famous Rehoboth Beach Boardwalk
- * Two Day Packet-Pick-Up / Pre-Race Party with Food & Drink Specials! * Sports Expo & Games



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REGISTER NOW AT codelrun.com