

# ATHLETE GUIDE

PRODUCED BY

**focus**  
multisports



HALF MARATHON ★ 10K ★ 5K  
RELAYS ★ CHALLENGE RUNS

**Saturday, September 18th:**  
**5k • 10k**

**Sunday, September 19th:**  
**Half Marathon**

**[RaceBethanyBeach.com](http://RaceBethanyBeach.com)**

**BENEFITING THE BETHANY BEACH VOLUNTEER  
FIRE COMPANY & FIRST RESPONDERS**

Information Subject To Change Without Notice.

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 **PNC BANK**



If you feel sick or are experiencing any COVID related symptoms, please do not attend this event.  
Unvaccinated individuals and those not eligible for the vaccine should continue to wear face coverings.

# WELCOME TO BETHANY BEACH!

## FIRST RESPONDERS HALF MARATHON-10K-5K- CHALLENGE RUNS-RELAYS



### From the Race Directors

*Dear Athletes,*

Welcome to Bethany Beach and thank you for participating in the annual Bethany Beach First Responders Half Marathon, 10K, 5K, Challenge Runs and Relays. benefitting 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!

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, 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, 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  
USATF Level 1 Coach

**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. 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 Sports Weekend, 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,

Justin Norman  
President

Shane Truitt  
Fire Chief

# SCHEDULE OF EVENTS

**WEDNESDAY, SEPTEMBER 15, 2021 & THURSDAY, SEPTEMBER 16, 2021**

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

## **SATURDAY, SEPTEMBER 18, 2021**

START	END	EVENT	LOCATION
6:00 AM	7:15 AM	Packet Pick-Up/Registration	Boardwalk Bandstand
6:55 AM		Pre-Race Instruction	Boardwalk Bandstand
7:00 AM (10K) 7:20 AM (5K)		5k and 10k Start	Garfield Parkway & Atlantic Avenue
8:00 AM	10:00 AM	Post Race Party	Boardwalk Bandstand
9:00 AM		Awards	Boardwalk Bandstand

## **SUNDAY, SEPTEMBER 19, 2021**

START	END	EVENT	LOCATION
6:00 AM	7:00 AM	Packet Pick-Up/Registration	Boardwalk Bandstand
6:55 AM		Pre-Race Instruction	Boardwalk Bandstand
7:00 AM		Half Marathon Start	Garfield Parkway & Atlantic Avenue
10:00 AM		Awards	Boardwalk Bandstand
9:00 AM	11:00 AM	Post Race Party	BAJA Grill at 109 Garfield Parkway



# HALF MARATHON-10K AND 5K

**SATURDAY, SEPTEMBER 18, 2021 & SUNDAY, SEPTEMBER 19, 2021**

## PHYSICAL ADDRESSES

### Race Site:

Start: Garfield Parkway & Atlantic Avenue  
Finish: The Bethany Beach Boardwalk  
Bethany Beach, DE 19930  
Web: [www.racebethanybeach.com](http://www.racebethanybeach.com)

### Pre-Race Day Packet Pick Up (Saturday 6:00am-7:15am) (Sunday 6:00am-7:00am):

Bethany Beach Boardwalk Bandstand  
Web: [www.racebethanybeach.com](http://www.racebethanybeach.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

Holiday Inn Express, Bethany Beach  
39642 Jefferson Bridge Rd.  
Bethany Beach, DE 19930  
302-541-9200  
[www.holidayinnexpress.com](http://www.holidayinnexpress.com)

Bethany Beach Ocean Suites  
(302) 539-3200  
[www.bboceansuites.com](http://www.bboceansuites.com)

Wilgus Associates Property Rentals  
(302) 539-7511

Hyatt Place Dewey Beach  
(302) 864-9100  
[www.deweybeach.place.hyatt.com](http://www.deweybeach.place.hyatt.com)

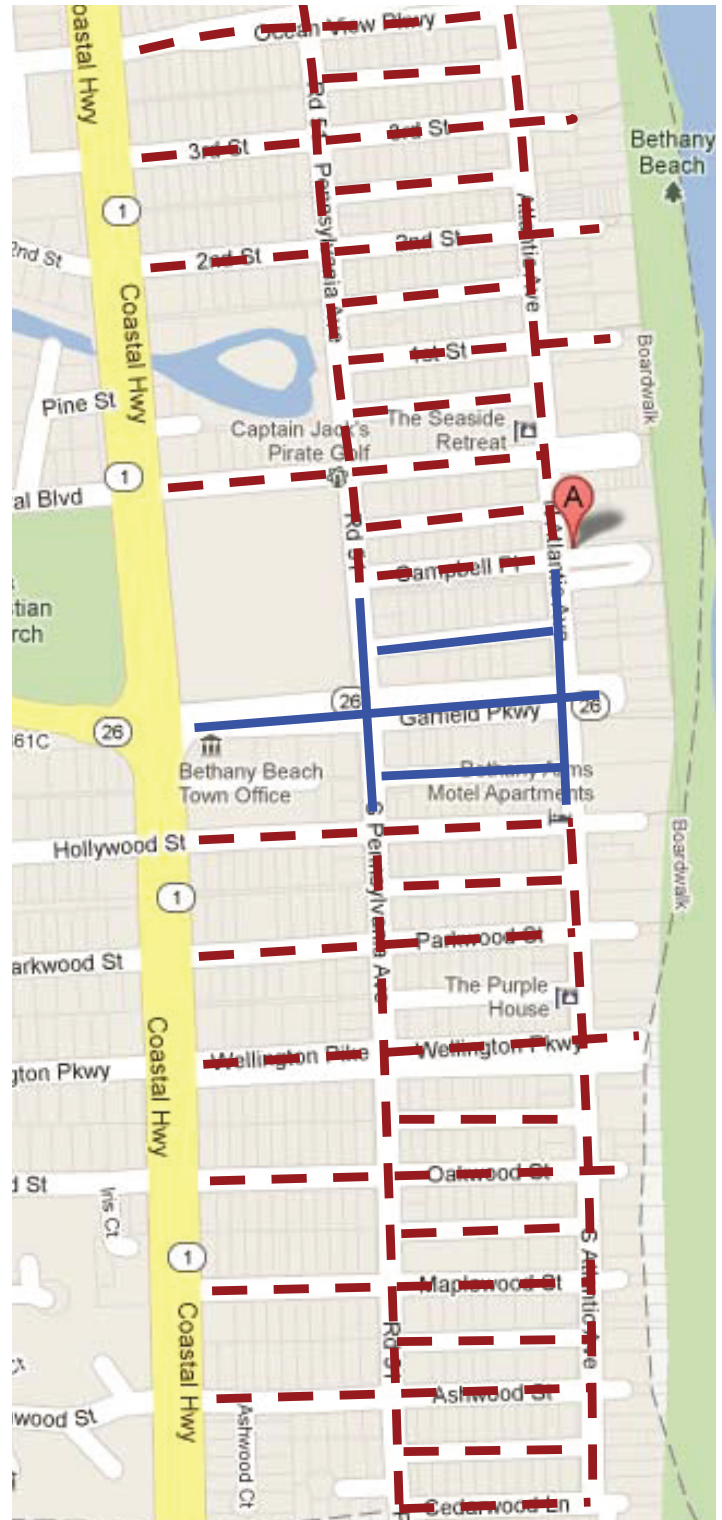
## PARKING

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.

## PARKING MAP

**No Parking**

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



# HALF MARATHON-10K AND 5K

**SATURDAY, SEPTEMBER 18, 2021 & SUNDAY, SEPTEMBER 19, 2021**

## PUBLIC RESTROOM / PORT-A-POTTIES

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

## WATER STOPS

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

## VERY IMPORTANT!

### **Please make sure you are wearing the bib that is registered to you.**

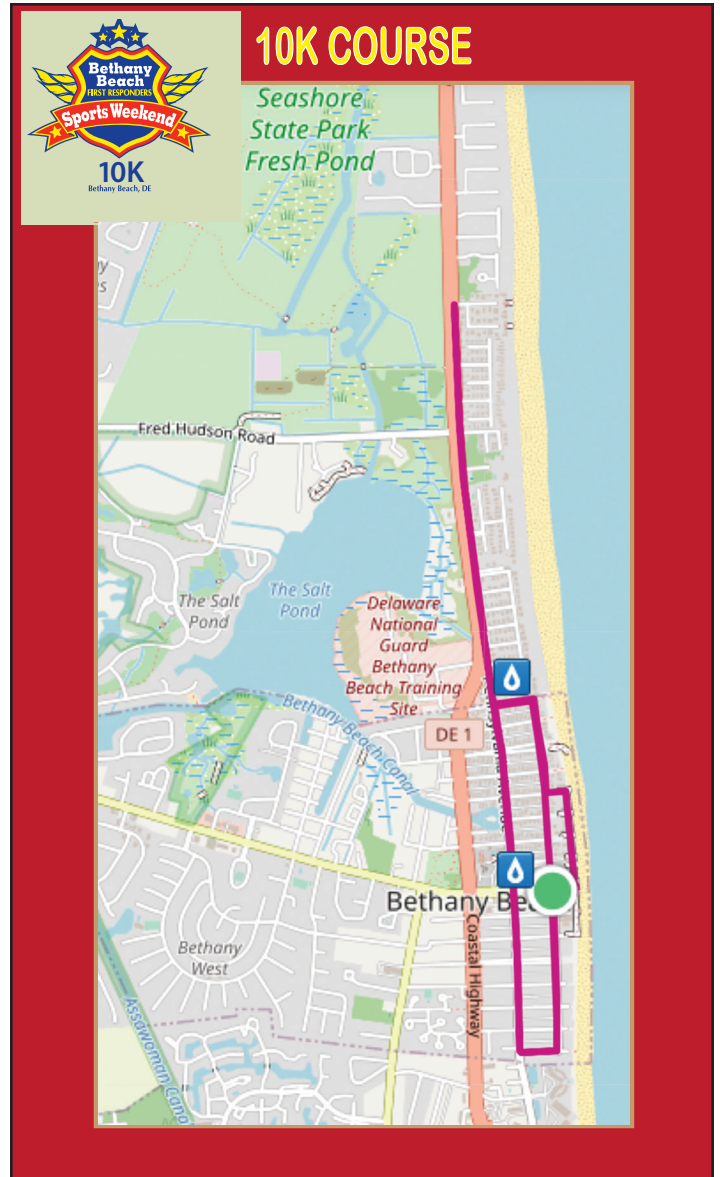
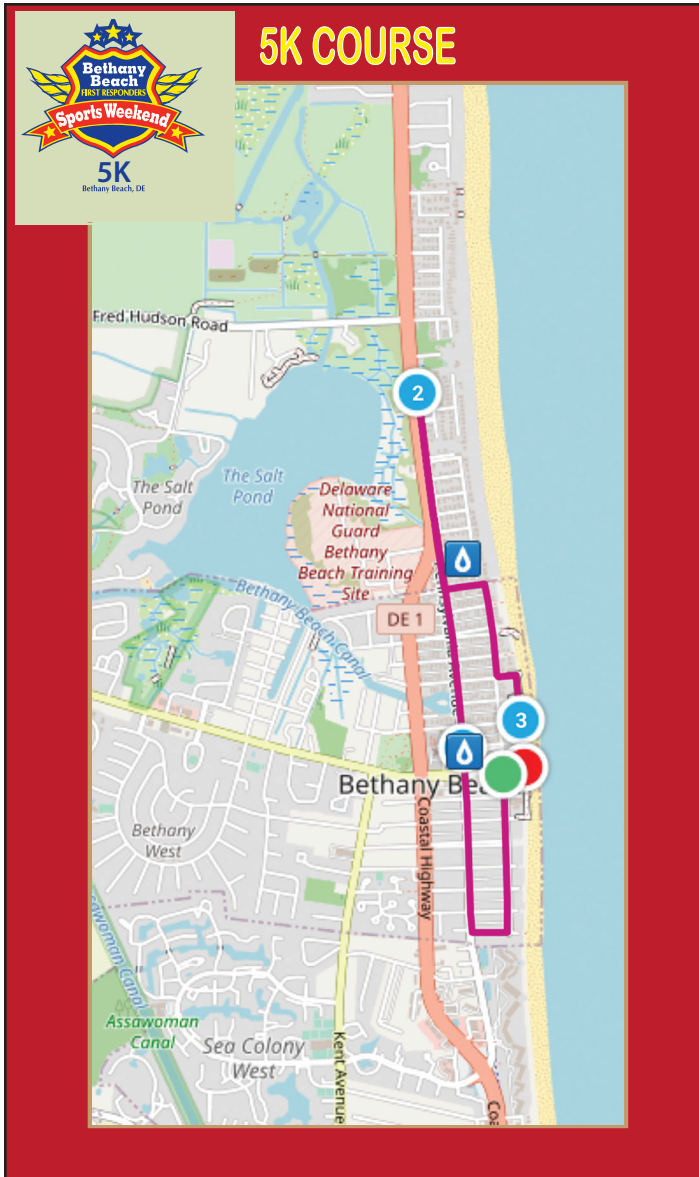
Wearing someone else bib creates major issues to the event and possible the person wearing it. It is imperative that the registration data associated with your race number does in fact belong to you, the participant. If race organizers become aware that a runner has participated in one of our events 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.

# 10K AND 5K COURSE MAPS

## SATURDAY, SEPTEMBER 18, 2021



### Course Maps

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

# HALF MARATHON COURSE MAP

SUNDAY, SEPTEMBER 19, 2021



## Half Marathon 13.1 Mile Course Limit

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

*Bus transportation provided for Relay teams. Bus will depart promptly at 7am at the corner of Atlantic & Garfield Ave, on Atlantic Ave, in front of Bethany Beach Books.*

*You can also provide your own transportation from the Relay Zone back to Bethany Beach Finish Line to expedite your return.*



## Course Maps

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



# HALF MARATHON-10K AND 5K

**SATURDAY, SEPTEMBER 18, 2021 & SUNDAY, SEPTEMBER 19, 2021**

## 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.

#### Half Marathon Awards:

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

#### 5k 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.

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## IMPORTANT INFORMATION

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**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.

# THANKS TO OUR SPONSORS!

PRESENTING SPONSOR



PRODUCED BY



HALF MARATHON ★ 10K ★ 5K

**Benefiting the Bethany Beach Volunteer Fire Company & First Responders**





# Coastal Delaware RUNNING FESTIVAL

26.2 13.1 9K 5K

Delaware's Coolest Marathon

PRESENTED BY

**Grotto Pizza®**

**November 12-14, 2021**

**Rehoboth | Lewes | State Parks | Dewey Beach**

## EVENT HIGHLIGHTS

- ★ Boston Qualifying Course
- ★ FREE Finish Line Celebration featuring free BEER, FOOD & ENTERTAINMENT
- ★ On-Course & Finish Line Photos
- ★ 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 ★ Sports Expo & Games

**\*\*\*  
CHALLENGE  
RUNS!**  
Combine 5k Saturday  
Run with a Sunday  
Run. Get Extra  
Medal!

**\*\*\*  
DO LIVE\*  
OR  
VIRTUAL!**  
\*Limited Capacity

## PREVIOUS BENEFICIARIES

- Delaware Seashore Preservation Foundation • Autism Delaware • Autism Speaks • Rehoboth Beach Volunteer Fire Company
- Rehoboth Beach Sunrise Rotary Club • Rehoboth YMCA Swim Team • Friends of Cape Henlopen State Park
- Fort Miles Historical Association • Friends of Holts Landing State Park • Merr Foundation • Sussex Central Track & Field
- Seashore Striders Youth Running Club • Delaware State Police Troop 7 Exploring Post • Preston's March For Energy
- Sussex Academy Cross Country Team • Delaware Seashore Parrot Head Club • Delaware Children in Nature Fund
- Delaware Kids Fund • Best Buddies Delaware • Athletes Serving Athletes • Cure Spinal Muscular Atrophy Delaware
- The Peoples Place • Dewey Beach Lions Club • Rehoboth Boys & Girls Club • Indian River Tribe Lacrosse Team • Boy Scouts of America

ALL INFORMATION SUBJECT TO CHANGE.

**REGISTER NOW AT [codelrun.com](http://codelrun.com)**

