



2020 Official Race Handbook April 17-18, 2020

Nemours[®] Alfred I. duPont
Hospital for Children



AS OF FEBRUARY 15, 2020

Before Race Weekend:

We cannot wait to see and meet all of you on Friday morning of Race Weekend at Nemours. With this in mind, we have some thoughts, tips and reminders that we'd like to pass along:

- Remember to plan ahead regarding fuel for your vehicles and food and drink for your team, and whether and when you might need to buy things. Talk about what food and drink you're going to bring with you in your vans, and what you're going to stop for along the way: And we do have some fantastic stops along the way--- check them all out below! And don't pass by something that's open because you assume that there will be something else soon--- there may not be something very soon depending on where you are and what time it is.
- **VEHICLES:** "Support vehicles" are used to transport the runners between TA's. It is suggested that teams use two vehicles; although, a single vehicle is allowed if there are seatbelts for all passengers and the vehicle adheres to all applicable local vehicle safety laws. Teams are not allowed to have more than 2 vehicles per team. **Each team must make arrangements for its own vehicles--- we have no ability to provide or facilitate vehicles for the teams.** 12 or 15-passenger vans are recommended whenever possible, although large SUVs are also acceptable. Due to access at the TA's, support vehicles cannot be wider than 6'6" and/or longer than 20'. Motor-homes, RV's, campers, trailers, buses or limos are not allowed on the course or at the TA's. Unfortunately, any team that exceeds the vehicle size limits will be removed from the race route.
- What clothing and equipment should everyone bring? Weather is uncertain; be prepared for hot and cold weather extremes, as well as rainy weather. Don't forget sleeping bags (you might sleep a little)!
- Leg/Van assignments: Discuss who wants to run which legs and which van they will ride in.
- Communication between vehicles: Some segments of the race may have limited cell phone coverage, so make a list of all cell phone numbers and be sure that everyone brings a charger. Some providers will get better service than others, so try to have a variety of carriers.
- What to do if runners get to a Transition area ("TA") and the next runner isn't there yet. And what to do if a runner or vehicle gets lost!
- **TEAM CAPTAIN MEETING:** A Team Captains Meeting will be held approximately 2 weeks before the race. During the meeting, we will discuss course specific information, event rules, and any concerns/comments the Team Captains have, as well as last-minute changes. If Captains are not able to attend the meeting, they are welcome to send another team member in their place. Additionally, we'll have a call-in number for all team captains and team members to join the meeting by phone.
- **Refund Policy:** All entry fees are non-refundable and non-transferrable; no exceptions--- it's the only way we can plan and pay for an event like the Delmarva Dash, so please understand; Thank you!



Check-In for Race Weekend:

- All pre-race activities will occur at Nemours Alfred I. duPont Hospital for Children, 1600 Rockland Road, Wilmington, Delaware. Registration will open at 6:00 am on Friday morning. YOU MUST ARRIVE TO CHECK-IN NO LESS THAN ONE (1) HOUR PRIOR TO YOUR START TIME. We will email your team's starting time two weeks prior to Race Weekend as long as your team roster is complete online.
- Teams will leave in "waves" between 7:00 am and 9:00 am. The starting time for your team is based on the pace estimates that each runner provided at the time of registration. These pace estimates were also used to calculate opening and closing times for each transition area.
- If your team is significantly faster or slower than the estimate you provided, you will risk arriving at a transition that is not staffed. IF YOU ARRIVE AT A TRANSITION BEFORE IT IS STAFFED, YOU WILL BE HELD BACK AND NOT ALLOWED TO CONTINUE THE RACE UNTIL THAT TRANSITION AND THE NEXT TRANSITION IS STAFFED. If you need to adjust your runners' estimated pace, please email Bruce Leshine at bruce@delmarvashrelay.org prior to March 31.
- When you arrive at Nemours Alfred I. duPont Hospital for Children on Friday morning, look for signs for Delmarva Dash. Parking and the Start will be to your right when you enter, south of the Carillon Tower.
- TEAM CHECK-IN: PLEASE HAVE ALL MEMBERS OF YOUR TEAM SIGN THE RUNNER ACKNOWLEDGMENT AND WAIVER AT THE END OF THE RACE HANDBOOK. You will need to provide this at Team Check-in when you arrive, along with two cell phone numbers (one in each van) if we need to contact your team. **Ensure that all team members have read and are familiar with this Race Handbook!**
- **Equipment and Safety Check: Our check that you have two printed copies of the Race Handbook, two copies of the turn-by-turn directions and leg maps, first aid kit, and all night-time safety equipment, comprising three reflective vests with flashers and three headlamps or flashlights.**
- Information and Team Bags: Once you've registered and cleared the safety-check, we'll have answers to any question you might still have on the race, and we'll provide each team with a bag containing your race shirts, race bibs, snap bracelet "baton", and other assorted goodies and coupons.
- Only the Team Captain (and one able-bodied assistant) need to come to the Start Area. Other members of your team should start stretching and getting psyched to begin the Delmarva Dash!
- **Complete your fundraising efforts!** If you've been paying any attention to our **Frontrunner\$** fundraising competition, the teams entered in the 2020 Delmarva Dash are doing some seriously great work on this. So we're thrilled to tell all of our teams that **the THREE top fundraising teams (along with the overall fastest team in the Delmarva Dash) will each receive 12 tickets to see the Phillies play the Miami Marlins on Saturday, September 5th and be a part of Nemours Childhood Cancer Awareness Night at Citizens Bank Park!** With the sincerest thanks from us at the Delmarva Dash and the Nemours Fund for Children's Health! The "cut-off" for Frontrunner\$ fundraising prizes is 11:59pm on Thursday before Race Weekend, although donations will be able to be made and submitted through April 30.



During Race Weekend:

- There will either be portable toilets or indoor restrooms available for our teams at most of the TA's. However, there may be a few TAs that will not have portable toilets or available indoor facilities, either due to environmental considerations or our not being permitted to site them at that TA. So please "plan" accordingly with this in mind--- just like when the urge hits you in your car and you're in the middle of nowhere.
- **Night-time safety equipment must be worn by all runners (and team members outside of the support vehicles in between TA's) from 7:00pm on Friday night until 7:00am on Saturday morning.**
- **You are responsible for collecting and keeping all of the trash that your team creates until you reach a TA or other location with suitable disposal facilities. Please keep our race route and the TAs clean, or we will not be allowed to return and run the Delmarva Dash again.**
- Also, please remember to behave appropriately throughout the Delmarva Dash, and to monitor and manage the volume of your team's various communications accordingly. We are permitted to put on the Delmarva Dash because we are expected to do this, without any question or controversy with our participants.
- **A TIP FOR RUNNERS:** PLEASE READ AND REVIEW LEG MAPS AND TURN-BY-TURN DIRECTIONS. The course will be marked with Delmarva Dash signs at turns and at about every 1 mile on straights, but S__T happens--- MAKE SURE THAT YOU KNOW WHERE YOU'RE GOING BEFORE YOU JUMP OUT OF THE VAN. Tear the race directions out of the printed book and stuff it in your pocket or make sure it's on your smartphone if you're carrying a device with you on your run.
- **A TIP FOR VANS:** A TRIED-AND-TRUE STRATEGY IS TO DRIVE YOUR VAN AHEAD TO EACH TURN AND WAIT FOR YOUR RUNNER THERE UNTIL S/HE ARRIVES AT THE TURN. AND THEN DRIVE AHEAD TO THE NEXT TURN AND REPEAT THIS PROCESS THROUGH THE ENTIRE LEG. DON'T LEAVE YOUR RUNNER AT THE START OF HIS OR HER LEG AND DRIVE STRAIGHT THROUGH TO THE TA AT THE END OF THE LEG--- IF YOU WANT YOUR RUNNER TO GET LOST, THIS IS THE BEST WAY TO ACCOMPLISH THAT.
- *THERE WILL BE NO TIME CUT-OFFS: Instead, we will have two intermediate time checks during the race, at Transition 12 and at Transition 24. Any team whose runner arrives at Transition 12 after 7:00pm on Friday will be instructed to skip Legs 13, 14 and 15, and drive to and then begin running again at Transition 15 (start of Leg 16). Any team whose runner arrives at Transition 24 after 7:00am on Saturday will be instructed to skip Legs 25, 26 and 27, and drive to and then begin running again at Transition 27 (start of Leg 28). That should get all of our teams to the finish at the Big Chill Beach Club sometime on Saturday afternoon, and all no later than 6:00pm!*
- **If you need to contact the race director, Bruce Leshine, during Race Weekend--- for any reason--- CALL HIM (DON'T TEXT) at 302.245.0064! You can also reach him on "non-urgent" things at bruce@delmarvadashrelay.org.**



- **Food and Drink:** Yes, your team is going to be running 200 miles this weekend! But there’s more to do in a relay race than just run--- you also will need to eat, drink and play! So keep these TA’s in mind:
 - TA # 6 - BraeLoch Brewing, Kennett Square, PA (Restaurant and brew pub);
 - TA # 7 - Woodside Creamery, Hockessin, DE (Ice Cream);
 - TA # 9 - UDel Creamery at Rust Arena, Newark, DE (More Ice Cream);
 - TA #12 - Schaeffer’s Canal House, Chesapeake City, DE (Restaurant and bar);
 - TA #13 - Chateau Bu-De, Bohemia Manor, MD (Winery);
 - TA #15 - Kitty Knight House, Georgetown, MD (Restaurant and bar);
 - TA #16 - Molly’s Restaurant, Kennedyville, MD (Restaurant);
 - TA’s #22, 25, 27 and 31 - Royal Farms in Queen Anne, Denton, Bridgeville and Harbeson;
 - TA # 32 - Old World Bread & Bakery and Beach Time Distillery in Nassau (Lewes), DE;
 - **FINISH - Post-Race Barbeque Party for all of our teams and volunteers, compliments of the Delmarva Dash, at the Big Chill Beach Club--- thank you!**

- **Sleep:** And you might even sleep for a few hours during the Delmarva Dash! So to make our teams as comfortable as we can during a 200-mile overnight relay race, we’ve made “accommodations” for you at Washington College in Chestertown, MD (TA #18), and at North Caroline Regional High School in West Denton, MD (TA #24). At each TA, our very gracious hosts will provide an athletic field for those who wish to sleep under the stars, as well as open up their gymnasiums for those who would prefer to rest indoors. And we’ll have access to locker rooms, toilets with plumbing and shower facilities for those runners who need a little bit more pampering!

Team Divisions in the Delmarva Dash:

Team Divisions	All Delmarva Dash teams must have 6 to 12 runners.
Men's Open	Men or women.
Men's Masters	Men or women, and all runners are 40 years of age or older.
Women's Open	All are women.
Women's Masters	All are women 40 years of age or older.
Mixed Open	One-half (1/2) or more are women.
Mixed Masters	One-half (1/2) or more are women, and all runners are 40 years of age or older.
Heroes & Heroines	All are members of the military, state or local police, or fire-fighters.
High School	All are high school runners, boys or girls.

Of course, we’ll have prizes for the first team overall to arrive at the finish of the Delmarva Dash in Delaware Seashore State Park, and for the first team within all team divisions having at least two (2) teams!



Rules During Race Weekend:

The Delmarva Dash will be a fun and exciting adventure for you and your team. However, it is a race and, as such, requires you to follow some rules and regulations. Many are based on requirements of the towns and communities we pass through while others are here for your collective safety. Our ability to continue with this event is dependent upon the local towns and communities that we pass through. Their support is vital to our future. Please be considerate and courteous to all the people in the towns that you pass through as they have given you permission to race there and can take it away in future years. We also ask you to do the same for all the volunteers that spend hours in each TA waiting for you so you can have an efficient and successful race. Please do everything you can to remind yourself and your fellow runners to remember these requests. Your attention and adherence to them will directly affect our ability to continue to bring you this race in the years to come. Please ensure that all of your teammates are aware of all rules in advance of the race.

Safety is our number one priority. There are many potential hazards in a race of this type including, but not limited to: automobile traffic, road conditions and weather. We ask that all teams please take appropriate precautions to ensure a fun and safe event. Please help us keep the race safe by focusing on being safe runners and safe support crews.

Running:

- Runners are to stay on the side of the road that is indicated within the Turn-By-Turn Directions and as marked with the Delmarva Dash signs. Those in the vans should be reviewing the course directions and helping to direct their (and any other) runners to the correct side of the road. If you are unsure as to which side of the road to run on, please use your best judgment, given the existing conditions (the default is always to run on the left against oncoming traffic. The Departments of Transportation and State Police have required that we enforce this as part of their requirements in allowing the event. Please honor this.
- The police require all runners to be visible from front, back and sides.
- Please use caution when entering any intersection along the course.
- All teams are to monitor and guide their teammates through the course. If a wrong turn is made, the runner must return to the course on foot to the point on the course where the error occurred and resume the race.
- In the event of an injury, any of the remaining runners can replace the injured runner and finish that runner's leg. Other than due to runner injury, legs cannot be split up among multiple runners.
- HEADSETS OR EARBUDS. Due to safety concerns and liability we strongly discourage the use of these devices at any time during the race. This is especially an issue during the night when you will need to have your complete focus on the road and your surroundings: such as vehicles, animals, other runners.
- **Runners may have running buddies or pacers if they wish; however, pacers cannot be on bicycles, roller blades or skates or using motorized vehicles of any kind. Additionally, support vehicles should never be driven so as to pace or shadow runners--- this is extremely dangerous.**



Driving:

- Please drive with caution. You will be traversing the Delmarva Dash route on some roads that may be winding, picturesque, narrow and possibly unlit. Familiarize yourself with the course description and maps and pay close attention to the course road signs. Additionally, do not block or hinder other traffic on the roads as you try to support/cheer on your runner.
- Please make sure you obey the speed limits.
- Vans that are pulling over to wait for their runner should find an appropriate turn-off and get the vehicle as far off the road as possible since many of these roads are very narrow with no or limited shoulders.
- Please do not drive onto the front lawns of town residents or park in front of their homes.
- Remember, you are limited to have a maximum of two (2) support vehicles. Please make sure they do not exceed 6'9" in width or 20' in length.
- Please do not pull over to the side of the road on a continuous basis. Some roads are very narrow with limited to no shoulders. This can create a dangerous condition for you, the runners and other drivers.
- Please make sure your team name and van decorations are appropriate, as well as your language and actions. No team vehicles can be decorated with obscene images or representations.
- It is not a requirement to have non-runner drivers for your vans. But it's a nice perk if you have friends willing to do this. Otherwise, teams should rotate the driving responsibility between all members of the team during the race and be sure to stay awake and alert.
- **Special note for night-time support:** "Hop-scotching" your team's runners between transitions is only permitted from dusk until dawn provided that:
 - ✓ Your team vehicle driver obeys all local traffic laws.
 - ✓ Your team vehicle does not interfere with the progress of another runner.
 - ✓ Your team vehicle does not aid the forward progress of your runner in any way.
 - ✓ Your vehicle headlights and emergency flashers are on.
 - ✓ You do not park on or within 100 feet of someone's front lawn.
 - ✓ By hop-scotching we mean drive ahead of your runner by several hundred yards and wait until they pass you by a few hundred yards. Please do not drive behind the runner at the pace she/he is running.
 - ✓ While for male runners, your hopscotch may be up to 1 mile, please hop-scotch at shorter ½-mile intervals for female runners at night.
 - ✓ When a vehicle approaches from behind, please pull way over to the side and come to a complete stop to allow plenty of room for the vehicle to safely and easily pass. The roads are not closed and local traffic must not be impeded in any way.



Transition Areas:

- To ensure all teams are able to access the transition areas and enjoy the various sites of the Delmarva Dash, please comply with all requests and directions of the staff at the transition areas. Please also use common sense and courtesy when planning your team's driving logistics.
- You and your team will be requested to follow the instructions from our race staff. We regard your personal safety and that of the others on the course as our number one priority; please support us in this mission. When pulling into a transition area, please be fully aware of runners and pedestrians. Park quickly and efficiently. And, please do not take up extra space and do not search for the closest spot.
- Each Transition Area (TA) is staffed by individuals who form an extended part of our staff. These folks are called Transition Area Captains and are our eyes and ears during the event. They have complete responsibility for the site they are located at and have full authority to manage situations as they arise. They will be able to reach any one of the race directors through our radio and cell network during the race should the need arise. Please seek them out if needed.
- Please pull your vehicle into the parking area as directed by staff and/or signs. Do not block the entrance even for a minute as runners and other vans will be trying to get by. Do not drop your runner at the entrance to a TA. Be acutely aware of pedestrian traffic as many people will be running and/or greeting runners and may not see your vehicle pulling in. Do not stop and look for the closest spot. Do not take up more space than your vehicle needs, even if the parking area is empty.
- The staff will be checking in each team that comes through the TA. Please call out your team number and verify with the staff that your team was checked in. It is your responsibility to make sure we checked in your team. Please check with the volunteers if you are not sure. Also, these are volunteers that are giving their time to help run the event. Please be courteous and follow their instructions. Remember to thank them whenever possible!
- There will be a designated relay exchange zone in each transition where the runner on deck will wait to get the hand-off.

The Delmarva Dash Race Route

Comprehensive and detailed maps of each race leg of the Delmarva Dash may be found at and must be downloaded (in .pdf format) from the Delmarva Dash website at www.delmarvadaashrelay.org.

Comprehensive and detailed Turn-By-Turn Directions for the Delmarva Dash may be found at and must be downloaded (in .pdf format) from the Delmarva Dash website at www.delmarvadaashrelay.org.



Safety and Medical Support

Please note that there is no formal or dedicated medical support throughout the Delmarva Dash race route or at any of the transition areas—it is simply a practical impossibility in an event spanning 200 miles and 35 hours. Therefore, in the event of a medical emergency, please call 911. In addition, the table below provides contact information and addresses for the state police barracks and hospitals nearest each leg of the Delmarva Dash:

Leg	Transition	State Police	Hospital
1	Nemours	Delaware State Police Troop 1 603 Philadelphia Pike Wilmington, DE (302) 761-6677	Christiana Care Christiana Hospital 4755 Ogletown Stanton Road Newark, DE www.christianacare.org (302) 733-1000
2	Brandywine Creek		
3	Centreville DE		
4	Chadds Ford	Pennsylvania State Police 2 Moxley Road Avondale, PA (610) 268-2022	
5	Longwood		
6	Kennett Square		
7	Hockessin	Delaware State Police Troop 6 3301 Kirkwood Highway Wilmington, DE (302) 633-5000	
8	White Clay Creek		
9	University of Delaware		
10	Newark		
11	Elkton	Maryland State Police North East Barracks 2433 Pulaski Highway North East, MD (410) 996-7800	Union Hospital 106 Bow Street Elkton, MD www.uhcc.com (410) 398-4000
12	Chesapeake City		
13	Bohemia Manor		
14	Cecilton		
15	Georgetown MD	Maryland State Police Centreville Barracks 311 Safety Drive Centreville, MD (410) 758-1101	UM Shore Medical Center 100 Brown Street Chestertown, MD www.umms.org (410) 778-3300
16	Kennedyville		
17	Worton		
18	Chestertown		



Leg	Transition	State Police	Hospital
19	Church Hill	Maryland State Police Centreville Barracks 311 Safety Drive Centreville, MD (410) 758-1101	UM Shore Medical Center 100 Brown Street Chestertown, MD www.umms.org (410) 778-3300
20	Centreville MD		
21	Ruthsburg		
22	Queen Anne		
23	Ridgely		
24	West Denton		
25	Denton		
26	Woodenhawk	Delaware State Police Troop 5 9265 Public Safety Way Bridgeville, DE (302) 337-1090	Nanticoke Memorial Hospital 801 Middleford Road Seaford, DE www.nanticoke.org (302) 629-6611
27	Bridgeville		
28	Old Furnace		
29	Del Tech Comm Coll	Delaware State Police Troop 4 23652 Shortly Road Georgetown, DE (302) 856-5850	Beebe Healthcare 424 Savannah Road Lewes, DE www.beebehealthcare.org (302) 645-3300
30	Georgetown DE		
31	Harbeson		
32	Nassau	Delaware State Police Troop 7 19444 Mulberry Knoll Road Lewes, DE (302) 644-5020	
33	Lewes		
34	Cape Henlopen		
35	Dewey Beach		
36	Delaware Seashore		



Runner Acknowledgement and Waiver – TEAM: _____

Acknowledgement: I understand that the Delmarva Dash is held on public roads, and that there are no road closures, traffic control or aid stations. I am aware that there will be vehicle traffic at all times and several of the legs and transitions are along busy roads. I also understand that many road hazards along the course are NOT marked, the route goes through state parks, forests, reservations and other unpopulated areas where wildlife live, so caution is required from all runners and drivers. I also understand that the Delmarva Dash route is both rural and isolated and that emergency medical treatment will not be immediately available. I understand that I am responsible for reading and knowing the rules of the Delmarva Dash. This includes, but is not limited to respect for all participants and volunteers, quiet zones in or near residential areas, that team vehicles and runners are not exempt from state and local traffic laws, and that private and public property is being used by the Delmarva Dash and must be respected. Failure to abide by the rules of the Delmarva Dash and local and state regulations and laws may, at the discretion of the race director, result in immediate disqualification, without any refund of amounts paid or contributed to the Delmarva Dash or Nemours Fund for Children’s Health.

Waiver of Liability: *I hereby certify that I am physically fit and have no medical conditions or allergies that affect my ability to participate in this event. For myself, my heirs, executors, administrators, legal representative, assignees, and successors in interest (collectively "Successors") I HEREBY WAIVE, RELEASE, DISCHARGE, HOLD HARMLESS, PROMISE NOT TO SUE AND INDEMNIFY the Delmarva Dash Foundation, Nemours Alfred I. duPont Hospital for Children, the Nemours Fund for Children’s Health, Fusion Racing, Seashore Striders, and the States of Delaware and Maryland and the Commonwealth of Pennsylvania, including but not limited to each of their towns and cities, Delaware State Parks, and individually and collectively, their agents, servants, employees, officers, directors, sponsors and volunteers (collectively, the "Released Parties") FROM ANY and all rights and CLAIMS INCLUDING CLAIMS ARISING FROM THE RELEASED PARTIES' OWN NEGLIGENCE, which I have or which may hereafter accrue to me and from any and all damages which may be sustained by me directly or indirectly in connection with, or arising out of, my participation in or association with this event, or travel to or from this event. If any dispute arises between me and any of the Released Parties, I agree to submit the dispute to binding arbitration in accordance with the Commercial Arbitration Rules of the American Arbitration Association ("AAA"). Such arbitration shall take place in Wilmington, Delaware before a single arbitrator agreed upon by the parties, or selected by the AAA in absence of such agreement. The prevailing party shall be entitled to recover its actual monetary losses, plus attorneys’ fees and the costs of arbitration; however the Arbitrator shall not award incidental, consequential, multiple, punitive or special damages or otherwise make any provision, finding of fact, rule, order or award that would provide the prevailing party with greater than such party’s actual out-of-pocket losses.*

I HAVE READ THE ABOVE WAIVER OF LIABILITY; I UNDERSTAND IT AND I AGREE TO ALL OF ITS TERMS AND CONDITIONS. I PERMIT THE DELMARVA DASH FOUNDATION TO RELEASE RESULTS AND PHOTOGRAPHS TO THE MEDIA, ON THE DELMARVA DASH AND NEMOURS WEBSITES AND IN ALL RELATED SOCIAL MEDIA, AND FOR DELMARVA DASH PROMOTION WITHOUT RESTRICTION AND WITHOUT COMPENSATION.

ALL RUNNERS MUST SIGN BELOW.

