



RUNNER HANDBOOK

DELAWARE MARATHON RUNNING FESTIVAL
 COME RUN WITH US IN WILMINGTON
APR. 28-29

delawaremarathon.org



USING THIS HANDBOOK

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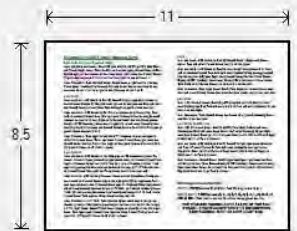
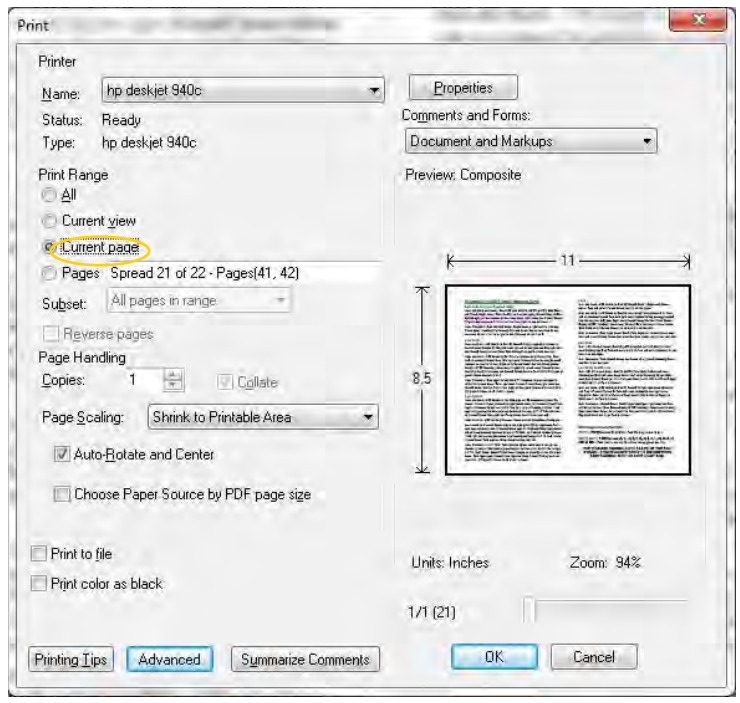
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Welcome to the 15th running of the Delaware Running Festival. On behalf of the entire Corrigan Sports staff, we thank you for your support of the Delaware Running Festival. We are thrilled to be bringing the event back for its 15th year and we are excited that you will be part of this monumental year.

In addition to the full marathon, half-marathon and team relay on Sunday, the lineup also includes a Twilight 5K and a kids fun run, both held in the evening of Saturday, April 28. This lineup of five races ensures that there is a race distance for participants of every ability! SO drag your friend and family off the couch to join you! As added incentive, every race finisher will once again receive a finisher's medal.

This handbook includes important information that will prepare you for the events and activities surrounding race day. If you have entered the Full Marathon, the Half-Marathon, the 4-Person Team Relay, the Discover Bank Twilight 5K or the Highmark Kids Fun Run, **it is extremely important that you thoroughly read all of the information in this booklet carefully.**

We will be sending all runners an e-registration email on Monday, April 23 by 3pm. Race bibs and timing chips will only be available for pick-up at the Health & Fitness Expo. The Delaware RunFest Health & Fitness Expo will be held on Saturday, April 28 from 10am - 5pm, at the DoubleTree by Hilton Hotel in Downtown Wilmington. Gone are the days of sloshing through the mud and jumping from tent to tent at Tubman-Garrett Park to pick up your race materials. Now, runners will be able to visit a single, indoor location to claim their race bib and race premium and also have a chance to visit some vendors who will offer their wares to help you prepare for or celebrate your race experience.

Information on claiming your race materials are described in detail in this handbook.

On-line confirmation of your entry is also available here:
<https://runsignup.com/Race/RegistrationLookup?racelid=56096>
 You can search the database of all registered runners to find out who is participating in this year's race. For more information and to view your confirmation, visit <http://www.delawaremarathon.org>.



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<https://www.facebook.com/demarathon/>

A CORRIGAN SPORTS EVENT



Most Valuable Runners (MoVeRs)

There are as many as 15 runners who will be completing their 15th Delaware RunFest. These special runners come to us from SIX different states and will travel from as far away as Texas and Florida! NINE of them have completed the full marathon in each of the previous 14 years! We invite you to join us in cheering these Most Valuable Runners (MoVeRs) as they look to continue their streaks in 2018 and beyond! Here is a list of each of the 14 time participants who are eligible to become 15-timers.

RICK ASTER (PA)	DAVID MORL (OH)
ETHEL COOK (PA)	Mike Piorkowski (PA)
Lori Culnane (DE)	KEITH STRAW (PA)
EUGENE FRITZEL (MD)	Dirk Sweigart (DE)
Tom Govindan (DE)	Rich Szymanski (DE)
Chris James (DE)	ROBERT TOONKEL (OH)
LAURENCE MACON (TX)	CHUCK VAN DUZEE (FL)
DAVID MCCORQUODALE (DE)	

*ALL CAPS MEANS 26.2 EACH YEAR

Schedule of Events

Saturday, April 28, 2018 (DoubleTree by Hilton Hotel)

Health & Fitness Expo/Package Pick-Up	10am - 5pm
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Saturday, April 28, 2018 (Tubman-Garrett Riverfront Park)

Kick Off Party	4pm - 7pm
DJ Music on Main Stage courtesy of WJBR	5pm - 7pm
Kids Fun Run (two legs)	5pm
The Twilight 5K	6pm
5K Awards Ceremony	6:30pm

Sunday, April 29, 2018 (Tubman-Garrett Riverfront Park)

Limited Race Morning Pick-Up**	5:30am-6:15am
Bag Check	6am-1pm
Opening Remarks & Final Instructions	6:45am
Full, Half-Marathon Start	7:00am
Relay Start	7:10am
Full, Half-Marathon/Relay Awards Ceremony	11:00am
Celebration Village Activities	8am-2pm

Awards Ceremonies on Main Stage in Celebration Village

** Limited to 200 runners who pre-registered for this opportunity.

Official Host Hotel

We are excited to be partnering with the DoubleTree by Hilton Hotel Downtown Wilmington – Legal District for hotel accommodations! The hotel is just 0.6 mile walk from the start/finish line at Tubman-Garrett Riverfront Park with the lowest rates for the Delaware Running Festival. The hotel will also be the site of the packet pick-up and the Health & Fitness Expo on Saturday prior to the race.



Deadline Extended: BOOK BY APRIL 18th TO SECURE THE BEST RATES OF \$109 PER NIGHT. VISIT HERE to book online- <http://bit.ly/2GEVTML>

Group Name: Delaware Marathon

Group Code: DEM

Hotel Name: DoubleTree by Hilton Hotel Downtown Wilmington – Legal District

Hotel Address: 700 N. King Street, Wilmington, Delaware 19801

Phone Number: 302-661-4364

Parking While at the Expo

There is a parking garage connected to the DoubleTree Hotel managed by the Wilmington Parking Authority. It is called the CUSTOMS HOUSE/ COURTHOUSE SQUARE garage and is located on both King and Walnut Streets at 7th St.

During the expo hours, runners may park in this lot for \$5 while picking up their bib. When entering the garage, take a ticket as you normally would. Upon exit you MUST SHOW YOUR BIB along with your entry ticket to receive the special pricing. **This offer expires at 8pm.** All runners whose car is not moved from this lot prior to 8pm on Saturday will be required to pay the full rate.

Directions are available here:

<http://www.wilmingtonparking.com/customs-house-courthouse-square/>

Free street parking may also be available during the expo.

WALKING MAP TO START/FINISH AREA It is a 15 minute walk (0.6 mi) from the expo venue to the start/finish area at Tubman-Garrett Park.

View a walking route map here: <http://bit.ly/2uQoKmZ>

Packet Pick-Up for All Races

PRIOR TO PACKET PICK-UP: On Monday, April 23 by 3pm you will receive an email with your e-registration that will include your personal information as well as your bib number. **PLEASE VERIFY ALL PERSONAL INFO.** If you find an error you can only make the edits when you pick up your bib. (You CANNOT do it prior to picking up your race bib.) **PLEASE, PLEASE, PLEASE** bring a copy of the e-registration email with you to bib pick-up. You can print it out or show it on your smart device. This will greatly speed up the process for everyone.

PICK-UP FOR A FRIEND: Individual runners are asked to pick up their own bib. (Relay captains can pick up for entire team.) However a friend or family member is allowed to pick up your packet for you. They will need to bring your bib number (that you will receive via email the week of the race) AND a copy of your photo ID.

You are limited to picking up ONE other race packet that is not yours. (Relay teams count as one packet. Kids Fun Run participants do not count toward your limit.)

EXPO BIB & PREMIUM PICK-UP: With your e-registration card in hand, either printed or on your smart device, you can come to DoubleTree by Hilton Hotel in Downtown Wilmington. The expo is in Salon C (1st floor) on Saturday, April 28 from 10am to 5pm. Here you will receive your race bib with a “ThinTag” timing responder pre-attached. (NOTE: Relay runners will use a relay belt that can be passed among teammates.) You will **then** claim your race premium and have the opportunity to visit the vendors who have set up that day. (details on the adjacent page.) NOTE: **Dare Devils** will receive one bib that will be worn for both races.)

LIMITED SUNDAY BIB PICK-UP We ASK! BEG!! PLEAD!!! with you to come to get your bib before race day if at all possible. We are happy that we are able to offer race morning pick-up to eligible runners but with everyone going to the same spot at the same time, WE know and YOU know that it is going to be hectic. Do us all a favor and get your race bib early if you can! PRE-REGISTRATION IS LIMITED & REQUIRED for this option. Details included in this packet or on our website.

Free Print Glass

Michelob Ultra, our Official Beer Partner will once again be providing a Free Pint Glass to all of-age runners (while supplies last). **You MUST pickup your pint glass during the Expo** at the DoubleTree Hotel. Pint glasses will not be distributed at the park.



Register Online Until April 27

Online registration will remain open until Friday, April 27 at 8pm. If you know someone who still wants to run but has not registered, please encourage them to do so. They will still need to stop by the DoubleTree Hotel on Saturday to pick up their race bib.

E-Registration Cards

On Monday, April 23 by 3pm, you will receive an emailed e-registration that will include your personal information as well as your race number. PLEASE VERIFY ALL PERSONAL INFO. If you find an error you will need to make the edits at the expo. (YOU CANNOT DO IT PRIOR TO THE EXPO.) If you do not get an e-registration via email DO NOT PANIC. Simply send an email to corrigansportsbib@gmail.com and we will be able to help you troubleshoot your issue.

PLEASE **bring a copy** of the e-registration email (printed out or on your smart device.) You will use this e-registration email when you go to STEP 2 to pick up your Race Number.

Saturday Expo Race Packet Pick Up

STEP ONE: Start in the Registration Table located in the Salon C of the DoubleTree Hotel. **MAKE SURE YOU HAVE YOUR E-REGISTRATION CARD BEFORE YOU ARRIVE.** We will have a designated area in hall where you can troubleshoot your entry if necessary but you can speed up the process if you have yours printed out or pulled up on your smart device prior to arrival.

STEP TWO: If you have your e-registration card, (printed or on your smart device) you may proceed to the Race Number Pick-Up area. Here you will receive your race number with a “ThinTag” timing responder pre-attached. **BEFORE YOU LEAVE STEP 2, VERIFY THAT YOUR RACE NUMBER MATCHES THE NUMBER ON YOUR E-REGISTRATION CARD.**

STEP THREE: There will be a separate Shirt Pick-Up station for each race in the Expo Hall. You must present your race bib to receive your shirt. A volunteer will tear the tab from race bib indicating that you have received your shirt.

IMPORTANT NOTE: Runners will receive the shirt size they requested when registering which will be listed on your E-Registration Card. PLEASE DO NOT ask volunteers to provide a different size as they have been instructed not to do so. This will ensure all registrants receive the shirt they ordered. *Runners have the opportunity to log into their account and change their size online until Friday, April 20.*

5K & Kids Fun Run Packet Pick-Up on Saturday

The Discover Bank Twilight 5K (including Dare Devils) and Kids Fun Run participants MUST pick up their race shirts at the expo BEFORE their race on Saturday. The expo closes at 5pm prior to the start of your race and 5K and kids run shirts WILL NOT be available for pick up at the park on Saturday or Sunday.

DISCOVER BANK



PLEASE ARRIVE EARLY ON SATURDAY TO AVOID LONG LINES.

If you know someone who has yet to register but would like to run the 5K, please encourage them to sign up online by April 27. The registration line can be long prior to the 5K start. **REGISTRATION ON SATURDAY WILL TAKE PLACE AT THE DOUBLETREE HOTEL ONLY.** No 5k or Kids registration will take place at the park.

Limited Full/Half/Relay Packet Pick-Up on Sunday

The first 200 full marathon, half-marathon and relay runners who PRE-REGISTER on our website will be able pick up their race bib and timing chip on the morning of the race. There will be NO CHARGE to do this, however, we do have to limit the numbers so our volunteers do not get overwhelmed prior to the race.

REMEMBER: We urge you to come to the DoubleTree Hotel for packet pickup. FURTHER, don't sign up to pick up on race morning and then show up at one of the alternate locations. This will only screw up the plan and take a spot away from a fellow runner who truly needs to use it.

Here is how it will work:

1. Pre-Register at <http://www.delawaremarathon.org/sunday-bib-pick-up/> as one of the 200 runners granted permission to use race day pick-up
2. Print out your e-registration email (*these will be emailed on April 23*). YOU WILL HAVE TO bring this that day. This is an absolute requirement!
3. Arrive at Tubman-Garrett Park NO LATER than 5:30 am on April 29. BE SURE to allow yourself enough time to drive and park. TRAFFIC IS HEAVY on race morning. Whatever time you think you need to leave, leave at least 20 minutes before that!
4. Race bibs and timing chips will be distributed in the registration tent from 5:30 am to 6:15 am-- And Not A Second Longer!

This plan only works if everyone cooperates. We hope this helps the few of you who need to use this option and hope to see the rest of you at one of our four pre-race pick up locations.

ThinTag Timing

Adult participants will utilize the MyLaps ThinTag timing system. This system uses a thin computer transponder that is built into the bib and stays attached to your race bib while you run.

On race day, runners simply secure the race bib to their shirts and they are ready to run. After crossing the finish, runners do not need to return the tag and can dispose of it at their convenience.

DO NOT Remove your ThinTag from your bib

DO NOT Forget your ThinTag Race Bib on race day - NO BIB, NO TIME

DO NOT Exchange your ThinTag with any other participant

DO NOT Cross the finish line twice or go back on any part of the course

NOTE FOR RELAY RUNNERS: You will utilize a ThinTag timing chip bib attached to a race number belt which allows you to pass it between runners. The belt can be worn while running and then removed and passed to the next runner on your team at the exchange area.

Race Bibs

- **Dare Devils** will receive one bib that will be worn for both races.
- You must show your race bib to enter the starting area.
- You must wear your race bib on the front of your body throughout the race.
- Your race bib must be visible throughout the race so the official course photographers can identify you.
- Your race bib is also a ticket to all race activities! Please have your race bib with you at all times to assure proper access.
- Do not exchange or transfer your number to someone else.
- In order to help our Medical Team work more efficiently, please fill out the medical history information on the back of your number.
- Your bib contains tabs for your post race beers as well as your race premium. Please allow the volunteer to remove these tabs.

Race Premium Sizing

You must present the tear-tag from your race bib to receive your premium. **DO NOT TEAR THE TAG. PLEASE ALLOW THE VOLUNTEER TO DO SO.** Only one (1) shirt will be given per participant. **Runners will receive the shirt size they requested which will be listed on your E-Registration Card. PLEASE DO NOT ask volunteers to provide a different size as they have been instructed not to do so. This will ensure all registrants receive the shirt they ordered. Runners have the opportunity to log into their account and change their size online until April 20th.**



Prohibited Items

For safety reasons, please adhere to the following: no dogs, no strollers, no bicycles, no in-line skates, no roller blades, no wheeled vehicles (except pre-registered wheelchairs and medical strollers). Violators may be disqualified and removed from the course by a Race Official. This policy has been established by the USATF and is required for insurance purposes and the safety of all runners. Please do not leave bags unattended. Report any unattended packages, baggage or suspicious behavior anywhere on the event grounds.

Headphone Policy

The use of personal music devices is strongly discouraged at this race. To enjoy all that our race has to offer and for the safety of all participants, the Delaware Running Festival encourages a headphone-free environment during the running of all its race distances.

Runner safety has always been, and will continue to be, a top priority for this event. Please be mindful of the other participants and respect the race personnel to ensure a safe and enjoyable race for everyone. If wearing an iPod or other audio device results in you being unable to hear verbal instructions or commands, approaching vehicles or course marshals on foot or on bicycles, you may be asked to relinquish the device.

Runner's Gear Check

All runners may check their gear at the Gear Check Area located in the parking lot on the east side of the Tubman-Garrett Park. Look for the yellow BAG CHECK flag.

Gear check hours are as follows:

Saturday	5pm-7:30pm
Sunday	6am-1 pm.

For safety reasons, we ask that you utilize a transparent bag for gear check. If you do not have one, we will make one available to you. Your bib will contain a bag check receipt for identification. We will not handle oversized luggage. Your bag will remain at Runner's Gear Check Area at all times and will be available when you finish. Do not check valuables as we cannot be responsible for lost or stolen articles. You must have your bib to claim your items. Items not claimed will be donated to charity.

Please be mindful that area roadways will begin to close as much as 60 minutes prior to the race start times. We ask that you and your cheering section arrive early to avoid traffic delays and give yourself adequate time to park, check your gear and get to the starting line.

Directions to Tubman-Garrett Riverfront Park

FROM NEW YORK/NEW JERSEY

Take the New Jersey Turnpike South to the Delaware Memorial Bridge. Follow the signs that read South to I-95 & Wilmington/Baltimore. Take I-95 North (not I-495) to Wilmington. Use Exit 6 (Maryland Avenue/MLK Boulevard) and turn right onto Maryland Avenue off the exit ramp. Follow Maryland Avenue to MLK Boulevard, turning right onto MLK. Access to Tubman Park is via S. Market Street or S. French Street (off MLK Blvd) and Rosa Parks Drive.

FROM PHILADELPHIA

Take I-95 South to Exit 6 in Wilmington, Delaware (Martin Luther King Jr. Blvd.). Turn left at the 4th traffic light onto MLK Blvd. Access to Tubman Park is via S. Market Street or S. French Street (off MLK Blvd) and Rosa Parks Drive.

FROM MARYLAND (BALTIMORE/DC)

Take I-95 North into Delaware. Stay towards the left, following I-95 (not I-295 or I-495) to downtown Wilmington Use Exit 6 (Maryland Avenue/MLK Boulevard) and turn right onto Maryland Avenue off the exit ramp. Follow Maryland Avenue to MLK Boulevard, turning right onto MLK. Access to Tubman Park is via S. Market Street or S. French Street (off MLK Blvd) and Rosa Parks Drive.

FROM WEST CHESTER

Take Concord Pike South towards downtown Wilmington. Take I-95 South to Exit 6 in Wilmington, Delaware (Martin Luther King Jr. Blvd.). Turn left at the 4th traffic light onto MLK Blvd. Access to Tubman Park is via S. Market Street or S. French Street (off MLK Blvd) and Rosa Parks Drive.

FROM DOWNTOWN WILMINGTON HOTELS

Sheraton: Exiting the hotel garage on the back side of hotel, make a right (one-way) onto W. 10th Street. At the corner, make a Left (one-way) onto N. Washington Street. Proceed down to W. 2nd Street. Cross the traffic light, go down the steep hill, make a left onto MLK Blvd and a right at S. Market Street.

Courtyard: From the front of the hotel, proceed on North West Street until W. 13th Street. Make a Right and proceed until N. King Street. Make a Right and proceed down King Street until MLK Blvd. Make a Right onto MLK and a left at S. Market Street.

Please be mindful that area roadways will begin to close as much as 60 minutes prior to the race start times. We ask that you and your cheering section arrive early to avoid traffic delays and give yourself adequate time to park, check your gear and get to the starting line.

Parking on Race Day

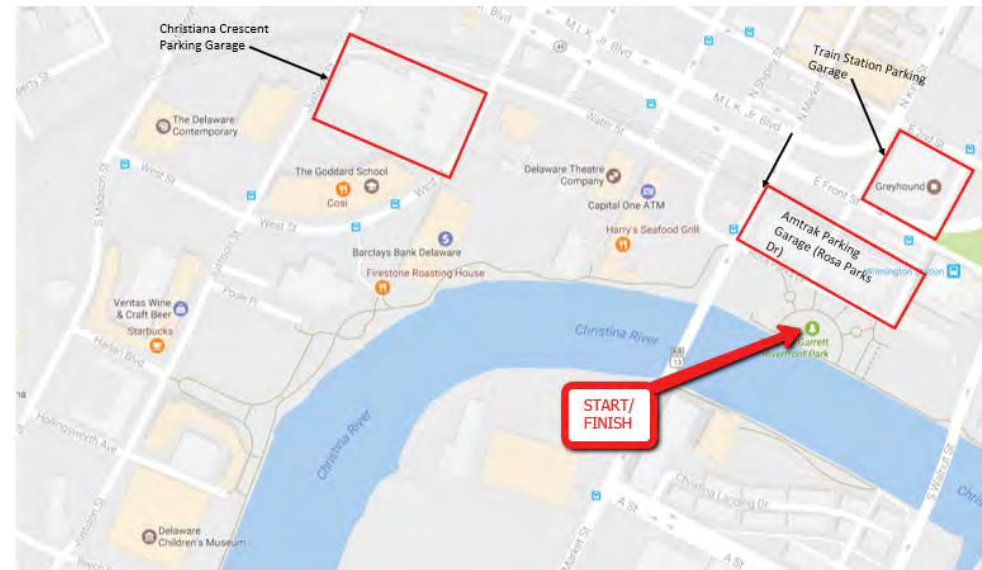
We have secured the following parking lots for parking on both Saturday and Sunday. Runners will pay a discounted rate of \$5.00 for all day parking in the garages listed below by presenting your race bib at the point of exit. Runners who fail to show their bib will be subject to the full parking fee.

- *Christiana Crescent Parking Garage* – Enter off MLK and turn right on Justison St. Garage entrance will be on your left
- *Amtrak Parking Garage* – Enter on Market St. Garage is located between Rosa Parks Drive and Front St
- *Train Station Parking Garage* – Enter garage on 2nd St & King St.
- *Customs House/Courthouse Sq. Garage*- located on both King and Walnut Streets at 7th St. @ DoubleTree Hotel (5a - 2p)

There is also plenty of free parking within walking distance of the race START. Please do not attempt to park at Tubman-Garrett Riverfront Park or the Riverfront Market lot at any time as these lots will be closed on race weekend.

Please be mindful that area roadways will begin to close as much as 60 minutes prior to the race start times. We ask that you and your cheering section arrive early to avoid traffic delays and give yourself adequate time to park, check your gear and get to the starting line.

CAUTION: S. Market Street at MLK Blvd. and Rosa Parks Drive WILL BE CLOSED ON RACE SUNDAY!



for a larger map visit <http://bit.ly/2nozWzQ>

Full Marathon Course Map

Two 13.1 Mile Laps = 26.2 Miles



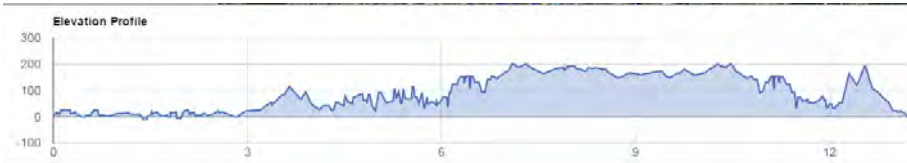
Starts and finishes at Tubman Garrett Riverfront Park

Lap 1: Water St. to West St. to Justison St. to the Riverwalk

Lap 2: Out and back on the Riverwalk, past the Shipyard Shops.

U-Turn before Peterson Wildlife Center. Two way traffic.

FOR A LARGER FULL MAP VISIT: <http://bit.ly/2o4aQs3>



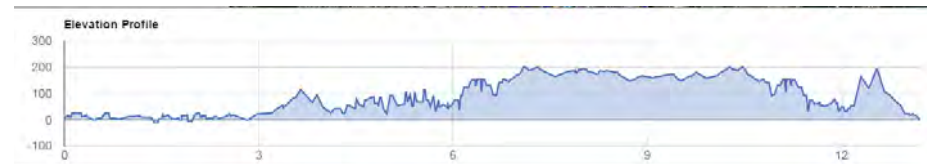
Half-Marathon Course Map

One 13.1 Mile Lap



Starts and finishes at Tubman Garrett Riverfront Park

FOR A LARGER HALF MARATHON MAP VISIT: <http://bit.ly/2nKwK5N>



4-Person Relay Course Map

Four 6.55 Mile Laps = 26.2 miles



Starts and finishes at Tubman Garrett Riverfront Park

Head out on the second segment of the Riverwalk.

Turnaround is on the lower end of Kentmere Parkway (below Augustine Cutoff overpass), just past Lovering Avenue.

FOR A LARGER RELAY MAP VISIT: <http://bit.ly/2nbxDDs>

FREE Race Day Photos

Sign up to get your Delaware Running Festival photos for FREE Visit <http://bit.ly/del-free-photos> and sign up (beginning April 23) to take advantage of this great opportunity to share your race experience with your friends and family.

Full Marathon, Half-Marathon & Relay Time Line

The full and half marathons start together promptly at 7:00am. The relay will start at 7:10am. **No one may start the race after these times.** Our agreement with the City of Wilmington requires that all participants be able to complete the marathon in six hours. Runners expected to finish in over six hours will be asked to start early. Runners who do not maintain this pace are encouraged to use the SAG vehicle. If you choose to stay on the road once the course is open to traffic, you're considered a pedestrian and must walk in the sidewalks and abide by all traffic laws. **The finish facilities for these races will close at 2pm.**

Starting the Full Marathon, Half-Marathon & Relay

The start line is located on Rosa Parks Dr. just outside the Amtrak parking garage. Once at the start line please find the signs denoting runner's estimated pace per mile (i.e. 6 minute/mile, 7 minute/mile, etc.). Start in the designated "Pace Per Mile" area according to the pace you expect to run the race. This is for your benefit as well as for other competitors. Remember, your chip time will begin when you cross the timing mat. Pre-Race water will be available near the start line.

Full Marathon Course

The full marathon course is two 13.1 mile laps. The race starts and finishes at Tubman-Garrett Park. Lap 1 follows Water St. to West St. to Justison St. to the Riverwalk. Lap 2: includes and out and back on the Riverwalk, past the Shipyard Shops. You will make a U-Turn before Peterson Wildlife Center. CAUTION: There will be two-way traffic on this portion of the course.

4-Person Relay Course

The relay course is (4) 6.55 mile laps to give you the 26.2 miles. The race starts and finishes at Tubman-Garrett Park and all exchanges will also take place at the park. Each lap heads out on the Riverwalk and includes a turnaround is on the lower end of Kentmere Parkway (below Augustine Cutoff overpass), just past Lovering Avenue. CAUTION: This course is SLIGHTLY DIFFERENT than the full marathon course. Please be aware of course marshal instructions and signage so that you do not miss the turnaround point for the relay.

Half Marathon Course

The half marathon course is one 13.1 mile lap. The race starts and finishes at Tubman-Garrett Park. It follows the same 13.1 course as the first loop of the full marathon and ends when you return to the park.

Early Start for Marathon Runners

Our agreement with the City of Wilmington requires that all participants be able to complete the marathon in six hours. Runners expected to finish in over six hours are required to request an early start. Runners not able to keep this pace should be aware that the roads will re-open at 1:00 p.m. We will leave the timing equipment on until about 2:00 p.m.

We ask that you pre-register for the opportunity to start early. To do so please email us at customerservice@corrigan sports.com. Be sure to include your name and your expected pace per mile. We will notify you if your early start waiver is approved. NOTE: This is not meant for those who have brunch plans and want to get home early. You will not be permitted to pass the pacer while running the first 3 miles of the course.

On-Course Aid Stations

There will be a total of 9 aid stations on the half marathon course, 19 aid stations on the marathon and relay course and 1 aid station on the 5K course. Some of these locations will be used multiple times. Each aid station will be fully stocked with water and Gatorade. Stations #4 and #5 will have GU gels, GU chomps and bananas. All aid stations will have a medical kit containing emergency supplies for runners. Port-a-lets will be located at each aid station as well.

#0 – Tubman Garrett Park (Auxiliary Parking Lot)
Servicing Miles – RELAY EXCHANGE, 2, 15

#1 – Riverwalk behind Joe's Crab Shack (RIGHT SIDE)
Servicing Miles – 1.5, 13.5, 14.5

#2 – E. 16th St & S. Park Dr (Serving from 2 sides)
Servicing Miles – 4, 12, 17.5, 25

#3 – Lovering Ave & S. Park Dr (RIGHT SIDE)
Servicing Miles – 6.5, 11, 19.5, 24

#4 – Bancroft Pkwy & W. 11th St (RIGHT SIDE)
Servicing Miles – 7.5, 21

#5 – Union St & 9th St at the Dollar Tree (RIGHT SIDE)
Servicing Miles – 9, 22



FREE Race Day Photos

Sign up to get your Delaware Running Festival photos for FREE Visit <http://bit.ly/del-free-photos> and sign up (beginning April 23) to take advantage of this great opportunity to share your race experience with your friends and family.

Finish Line Runner Refreshment

Fruit, snacks, Gatorade and bottled water will be available at the finish line courtesy of Safeway and **are for runners ONLY**. Please be courteous to the other participants and take only one product from each station. In order to keep the finish area and the Celebration Village area clean, please dispose of all your waste in the proper containers provided.



Dropping Out of the Races

If you need to drop out of the race for any reason, please report to the nearest medical station or aid station on the course and inform them that you are retiring from the race. We will have a sag wagon following the last runner. The sag wagon will follow pick you up and return you to the finish area. **Do not cross the finish line if you did not complete the entire race.** The timing chip will record an inaccurate finishing time. There is no need to return the disposable ThinTag timing chip.

Medical Staff will have the right to withdraw any runners from the race at their discretion should they appear in distress or at risk should they continue running.

Race Results

Results for all adult races will be at the NOVA Timing & Scoring tent. Prior to race day you may also sign up for FREE runner tracking courtesy of Corrigan Sports. This will allow you to track specific runners and have messages sent to your computer or mobile device as they cross various timing mats on the course. Details included later in this handbook.

Results will also be available on our website in near real time. Use your smartphone and visit <http://www.delawaremarathon.org>

Awards- New Policy in '18

NEW- Awards will be mailed in May once race results become official.

For the full, half and 5k, trophies will be awarded to the overall male and female champions as well as to the and the second and third place finisher and the first masters finisher in both the male and female divisions.

Age-Group prizes go to the top three male and female age group finishers for the marathon and half-marathon in each of the following divisions: 19& Under, 20-24, 25-29, 30-34, 35- 39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74 and 75+. For the 5k, we will add 16 & under and 17-19 division.

4-Person Relay

Trophy awards will be given to each of the top male, female, and coed teams

Relay Team Member Substitutions

We cannot refund registration fees once a relay team has been registered. However, it is possible to substitute team members as needed. This can be done from the Team Captain Login on the event website until April 20.

Relay Legs

Each runner will run one loop of the relay course and complete the exchange of your race number belts (and timing chip). Relays must exchange their belts on the relay timing mats to be officially scored. Do not carry the belt on your wrist or in your pocket. Timing mats for all events will be placed along the course to prevent cheating.

PLEASE NOTE: If you are Running Leg #1, 2 or 3 you will receive your medal after you complete your leg of the race. Leg #4 runner will receive their medal when they cross the finish line.

Relay Runners MUST turn in their race number belts at the finish line.

Relay Logistics

Please familiarize yourself with the relay course. Relay runners will wear yellow bibs with red numbers. Each person will run 6.55 miles.

The relay course turnaround is on the extension of S. Park Drive, just past the Lovering Avenue bridge. If you are heading up S. Park Drive Ext towards Kentmere Parkway, you've gone too far. The turnaround is marked with signage.

Each lap heads out on the Riverwalk and includes a turnaround on the lower end of Kentmere Parkway (below Augustine Cutoff overpass), just past Lovering Avenue. CAUTION: This course is SLIGHTLY DIFFERENT than the full marathon course. Please be aware of course marshal instructions and signage so that you do not miss the turnaround point for the relay.

The relay exchange point is located in the lot west of Tubman-Garret Park. Look for yellow RELAY flag. (Harry's Overflow Parking Lot.)

EXCHANGE TIPS

- It is helpful if waiting runners keep track of the race time and know approximately when their teammates should be entering the exchange zone.
- It is also suggested that teams wear some sort of identifiable outfit or even carry a balloon which can be left with the incoming runner at the exchange.
- Waiting Runners are also encouraged to assist their fellow runners by shouting all incoming race bibs.
- Do not cross the timing mat more than once with your timing chip.

4-Person Relay Timing & Details

Each team will be given one timing chip and a race number belt at pick up that must be worn during the race. Runners should pin the team bib (the one with the timing chip) to their race number belt. They will also receive 4 additional bibs - one for each team member - to be pinned on their shirt.

The leadoff runner will start at the same location as the marathon/half runners. The relay starts at 7:10 a.m. 10 minutes after the start of the full and half-marathons. Relay runners from legs #2, #3 and #4 will need to be at the exchange zone in the lot on the west side of the park well before their teammate arrives. Upon entering the exchange area, incoming runners should make sure both of their race bibs are visible. A volunteer will announce the incoming runner's race bib to the waiting runners via megaphone.

Waiting runners will be stationed in a designated zone according to their team's race bib. Zones are broken down by bib number (i.e. Bib #9000-9050; 9051-9100; 9101-9150; 9151-9200). Incoming runners should know their bib number and look for these zone signs. They are white with blue numbers and stand 4-ft tall.

Each relay runner will pass the race number belt to the next relay runner at the relay exchange point. Timing mats may be located in the exchange area. We suggest the outgoing runner test that race bib is securely fastened to the race number belt before starting. Do not cross the timing mat more than once with your timing chip.

Finishing the Team Relay

After Legs #1, #2 and #3 finish their loop of the course and pass the race number belt to the next runner, they can enter the Runners Only Compound by going under the grey finish arch used by the marathon/half participants. **PLEASE STAY TO THE SIDE** as not to impede other runners who are finishing their race. Once there, you will receive your finisher's medal and have access to the food and drinks in the Runners Only compound.

LEG #4 will finish with the marathon/half runners under the Grey Finish arch, **NOT IN THE PARKING LOT** like the other three legs.

Leg #4 Relay Runners MUST turn in their race number belt at the finish line.

RELAY MEDALS

Once again, all four relay participants will receive a finisher medal. Medals will be distributed as you enter the Runners Only Compound under the grey finish arch.

Dare Devil Participants

Dare Devils will receive ONE BIB that they will wear for BOTH the 5K and the full or half marathon. After their Sunday race, Dare Devils will receive their extra medal at the finish line. Volunteers are instructed to only give Dare Devil medals to those wearing a Dare Devil bib for your designated distance. **DON'T LOSE YOUR BIB!**

5K Packet Pick-Up

Discover Bank Twilight 5K participants **MUST** pick up their race shirts at the expo **BEFORE** their race on Saturday. The expo closes at 5pm prior to the start of the 5K race and 5K shirts **WILL NOT** be available for pick up at the park on Saturday or Sunday. It is a 0.6 mile walk (about 15 minutes) from the park to the expo at the DoubleTree Hotel. **Please arrive early to avoid lines.**

DISCOVER BANK

5K Course Information- New in 2018

The Twilight 5K will start & finish at the same Start/Finish line that the Sunday races will use. The new out & back course runs along the scenic Riverwalk waterfront. We are excited to showcase this gem of Wilmington during race weekend. The course map is posted here: <http://bit.ly/2IIFO0j>

You must pick up and wear your race bib and B-Tag for proper timing.

IMPORTANT: If you are a Dare Devil, you will wear the **SAME BIB** for both races. If you are running the 5K as well as the relay, you receive a different bib for each of these race distances.

5K Support Amenities

Water will be served on the course and at the finish line. All 5K participants will receive a commemorative short sleeved Under Armour performance shirt that **MUST** be picked up prior to the race in the Expo located at the DoubleTree Hotel

Starting the 5K

The race will start promptly at 6pm on Saturday, April 28. For the benefit of all racers, runners are asked to allow faster runners to move toward the front of the pack for the start & walkers stay two-abreast on the right.

5K Festivities

After the race, join us in the Celebration Village, located in the Tubman Garrett Park. Music, food and beverages await you. The Twilight 5K awards ceremony takes place on the main stage at 6:30pm. *Age Groups awards will NOT be announced; awards will be mailed 30 days following race day.*

Highmark Kids Fun Run Times & Distances

Ages 8 -12 (Blue bibs)	1/4 mile run	5:00 pm start
Ages 7 & U (Red bibs)	100 yard dash	5:10 pm start

Prior to the Kids Fun Run

All fun run participants should pick up their race bib and their shirt at the DoubleTree by Hilton Hotel in Downtown Wilmington on Saturday between 10a and 5p.



Participants should stage with their age group at 4:45p in the Kids Zone located in Tubman-Garrett Waterfront Park near the inflatable games. Groups will begin to walk to their respective start line together prior to the start of the race. Parents are encouraged to go to the start line with their children.

Each fun run race bib includes a Parent Tear-Tag with your child's race bib on it. Please remove this and give this to the person who will meet your child at the finish line. They will need to show this to release your child from the finish corral.

Further, parents should fill out the medical and emergency contact information on the back of the race bib **AND INCLUDE A CELL PHONE NUMBER** so we may contact you if you become separated from your child.

Starting the Kids Fun Run

Parents of children 5 years old & under are required to run the course with their child. All parents are encouraged to run with their child, regardless of age. Races will start promptly at the time indicated above.

Finishing the Kids Fun Run

Upon completion of the race, the kids will receive a finisher's medal as they cross the finish line. All participants are corralled in a holding area at the finish line to meet their parents. Parents are required to pick their child up here. The children will be released to the person with the tear tag that matches their race bib. Look for the Kids Fun Run sign located near the finish line to meet your child.



FREE Race Day Photos

Sign up to get your Delaware Running Festival photos for FREE

That's right, this year everyone will get access to Free Race Photos! Participants will have the ability to share all their race photos on Facebook and/or download them at no charge after the race. You can also access high resolution unbranded individual prints, race album packages or race branded products.

We encourage you to opt in and have your Free Race Photos post directly to your Facebook account once they go live after the race; Visit <http://bit.ly/del-free-photos> and sign up (beginning April 23) to take advantage of this great opportunity to share your race experience with your friends and family. Those who opt in to post to Facebook will be entered into drawing to win one of 10 free entries into the 2019 Delaware Running Festival.

Go to <http://bit.ly/del-free-photos> for your Free Photos (social media images available 48 hours or less after the event; Hi-res photos available by May 5).

Be sure to keep your race bib uncovered and in clear view. We recommend stopping your watch a few seconds after crossing the finish line so it may be possible to identify your photograph.

Race Day Weather & Traffic Information

In Delaware, the average temperature in late April at start time is 58 degrees and the average temperature at 1pm is 72 degrees. Races are held rain or shine. Listen to 99.5 WJBR for the latest weather and traffic info on race day.



If there is lightning in the area, the race may be delayed or canceled. This decision will be made by local safety officials based on the severity of the weather. Safety of our runners is paramount.

Virtual Event Bag

All runners will receive a Virtual Event Bag prior to attending the expo. The Virtual Event Bag is an interactive, virtual "goodie bag" provided electronically to each runner. The bag features rich-media digital gifts, coupons, games, and more from local and national race sponsors. It will contain race tips, and even ways to get free stuff at the expo.

Check your email inbox for your Virtual Event Bag on Tuesday April 24.

USATF Certification

The full marathon and half marathon course are both a USATF certified race courses. Certification numbers are available on our website.

Medical Information

The Delaware Running Festival Medical Team is a dedicated volunteer group of medical professionals from Christiana Care Health Care and New Castle Volunteer Fire Department. There will be a medical station at the start/finish area in Tubman-Garrett Park. In addition, we will have a team of EMT's on bicycles and ambulances throughout the course.



Aid stations at miles 1.5, 4, 6.5, 7.5, 9, 11, 12, 13.5, 14.5, 17.5, 19.5, 21, 22, 24, 25 will have a self-aid box with band-aids, Vaseline, and feminine hygiene products.

If you choose to stop running for any non-medical emergency, you can take the sag wagon back to the park (which follows the last runner).

Medical Staff will have the right to withdraw any runners from the race at their discretion should they appear in distress or at risk should they continue running. To help our Medical Team work more efficiently, please fill out the medical history on the back of your race bib.

Celebration Village

Part of the excitement surrounding the Delaware Running Festival is that it is much more than just a road race. We will have activities in the Celebration Village for people young and old, and for runners and non-runners alike.

The Celebration Village will have activities throughout the day:

- √ Live Band to get you moving
- √ Great viewing location of the racers as they pass the park
- √ Awards on the Main Stage
- √ Interactive Inflatable Games
- √ Activities for kids
- √ Food & Drink (8a-2p)
- √ Vendors including Official Souvenirs

All Celebration Village activities close at 3pm.

Clock & Mile Markers

Digital time clocks will be positioned along the race course indicating your split time at miles 5, 13.1, 18 and Start/Finish. In addition, highly visible mile markers will be positioned at every mile. (*weather permitting*)

Celebration Village Map



FOR A LARGER VILLAGE MAP VISIT HERE: <http://bit.ly/2EC5aL1>

Race Results

Results for all adult races will be at the NOVA Timing & Scoring tent. Prior to race day you may also sign up for FREE runner tracking courtesy of Corrigan Sports. This will allow you to track specific runners and have messages sent to your computer or mobile device as they cross various timing mats on the course. Details included later in this handbook.

PLEASE NOTE: Age Group awards WILL NOT be distributed on race day. All age group awards will be mailed to the address associated with your registration in May after results have been verified.

Results will also be available on our website in near real time. Use your smartphone and visit <http://www.delawaremarathon.org>

Best Viewing Points

There are some great spots to see the runners throughout the course. Aside from Tubman-Garrett Park, here are some of the best locations:

- ✓ Brandywine Park from N. Park Dr to the Swinging Bridge and from S. Park Dr to Adams St (2 mile walk from start)
- ✓ Bancroft Parkway from Kentmere Parkway to 11th (2 mile walk)
- ✓ Riverwalk from Tubman-Garrett Park to Joe's Crab Shack. (.25-1 mile walk)
- ✓ Little Italy from 9th & Union to 4th St. & 9th & Lincoln to 4th St. (1.5 miles)

Post Race Beer

All of-age runners have drink coupons attached to each race bib. (under age runners will have the tags removed.) These can be redeemed for complimentary Michelob Ultra at the beer stand. The coupons have your race bib printed directly on them. YOU MUST present race bib and matching coupons to receive your beverages.



Tips for Spectators

We encourage all runners to invite their family and friends to join them at the event. We will have plenty of activities to entertain even the non-runners while they wait for you to finish the race.

Here are some tips for a good fan:

- 1) Wear Comfortable Shoes. There are several excellent viewing points but you may walk further than some runners!
- 2) Come up with a few things to shout at the runners as they pass. "You're almost there" should not be one of them unless you are within the final 2/10 mile stretch!
- 3) Make lots of noise- cowbells are great, but pots & pans work too!

For your safety and that of the participants, we ask that fans be aware of their surroundings and stay within the park boundaries. Runners will be using all the roads and paths that surround the park so please avoid those areas.

DO NOT bring children onto the race course. All too often when approaching the finish line, excited runners bend over to pick up their kids and pass out when standing up, causing injury to both the runner and the child. Strollers can impede the flow of runners and are not allowed on the race course.

Meeting Runners After the Race

Cheering sections are encouraged to watch the finish stretch from the sidewalks around the park. Fans WILL NOT be permitted onto the course or into the Runners Only Compound.

After your runner crosses the finish line, they will enter the Runners Only Compound where finishers will receive their medal, water, and post-race nourishment as well as have access to bag check

Cheering sections should make plans to meet up with their runner outside of the Runner Only Compound.

NOTE: Fans may sign up for FREE runner tracking. This will allow you to track specific runners and have messages sent to your mobile device as they cross various timing mats on the course. This is a great tool that will help you reunite with your runner following the race. Details on runner tracking available on the next page of this handbook.

Runner Tracking

Register online for the FREE Delaware Running Festival runner tracking services, beginning Tuesday, April 24. Use this helpful information to track your favorite runners, and to reunite with loved ones Family Reunion Zone. The message will provide the runner's time, pace and expected finish time.

You will be able to receive tracking messages on your mobile phone via text messaging, have an email sent to your inbox, or have posts placed on your facebook or twitter accounts. You can also follow athletes live on the map and view live race leaderboards.

Alerts are triggered when each runner's individual timing chip crosses a timing mat that is part of the runner tracking system. By tracking a runner, you will receive the following messages:

Full Marathon: 5 Mile, 13.1 Mile, 18 Mile, Finish
Half Marathon: 5 Mile, Finish
Relay: Lap 1, Lap 2, Lap3, Finish
5K: Finish

How to Sign Up for tracking messages:

1. Go to <https://live.sporhive.com/event/4486/SocialSharing> (starting 4/24)
2. Search for your athlete(s). You can enter a bib number or name.
3. Once you open the record for the athlete, you can sign up for updates via text messaging, email, Twitter or Facebook

How to follow participants on live tracking map:

1. Go to <https://live.sporhive.com/event/4486/Live> on race day on your mobile device or PC
2. Search for your athlete(s). You can enter a bib number or name.
3. You can then view their progress live on the map and click their name for live split results

BIB NUMBERS will be included on your e-cards and sent on Mon., May 23

Delaware law requires all those who appear under the age of 30 to present a photo ID to drink alcohol. We encourage all those who fall into this category to do one of the following:



1. run with a photo ID on your person, OR
2. give it to your cheering section to hold at the finish line OR
3. utilize bag check on race day.