



*a deep-fried and sanctified "total immersion" nature experience!*

# The 2010 TRAIL TRIPLE CROWN

## Marathon, Half-Marathon, 10K and 5K

Saturday, April 24, 2010 – White Clay Creek State Park, Newark, DE

Our 13<sup>th</sup> annual trail-race festival benefiting area homeless programs

- **The Delaware Trail Marathon** starts at **7:40 AM** (10 minutes after the half). Two loops of the half-marathon course: scenic single-track trail, mostly wooded and runnable. Water/aid about every 2 miles.
- **White Clay Half-Marathon** starts at **7:30 AM**. A 13.1-mile frolic through White Clay Creek Preserve and WCCSP. Two creek crossings, knee-deep; six water/aid points.
- **10K for Shelter** starts at **10:00 AM**. A bucolic 6.2-mile streamside ramble. Two water/aid points; no creek crossings. *This is planned to be part of USATF Mid-Atlantic's 2006 Off-Road Series.*
- **The Human Race 5K Run/Walk** starts at **11:15 AM**. Our patented "wasn't my PR" 3.1-mile trail loop within Carpenter Rec. Area.
- **Triple Crown** (Half-Marathon, 10K and 5K) -- individual or team. Three races in one morning for the true die-hards, scored by sum of finish places; TC runners are eligible for individual race awards too.

Register online at [www.active.com](http://www.active.com) event #1819422

**All races start and finish at the W.S. Carpenter Recreation Area pavilion, White Clay Creek State Park, Rt. 896, Newark, DE.**

**Directions to the park:** Take I-95 to Delaware exit 1 (Newark); follow Rt. 896N (aka S. College Ave.) thru campus to Main St.; turn left, then bear R at fork staying on 896N, continue ~2 miles; after Wedgewood Rd. intersection turn R into park entrance.

**Race day registration begins 6:30AM at the pavilion.**

**Extras:** Cool runnin' dawg t-shirts; you must pre-register to be guaranteed a shirt. Free Survivors' BBQ for all runners and volunteers. Marathon finishers receive finisher medals; Triple Crown and first 100 Half-Marathon finishers receive commemorative mugs. Post-race snacks through the morning.

**Awards:** M&F overall and age-group winners (10-year intervals) for each race; M&F TC champions, age-group and team medals.

**Participants acknowledge that they run these races entirely at their own risk.** The churches, homeless shelters, other organizations and individuals involved in this event assume no responsibility for any participant injury arising from it. The courses include stream crossings, rocks, mud, fallen trees and branches, protruding roots, and various other hazards. You will be solely responsible for your own safety at all times. The marathon, half-marathon and 10K courses include road crossings; although all but one are at painted crosswalks, you must watch out for traffic at all crossings. The trails are mostly single-track with short sections of dirt road. The marathon and half-marathon involve creek crossings; we recommend that you keep your shoes on in the creek. The courses will be marked with spray chalk, flags, etc.; you must *pay attention to the course marks and think for yourself*. The course map is posted on the web at [www.triplecrowntrailrun.org](http://www.triplecrowntrailrun.org). This event happens **rain or shine!**

**Marathoners: Packet pick-up is race morning only.** The marathon and half-marathon start together. There is no official cut-off time for finishing, but **all water/traffic volunteers will leave the course at noon**. After that time, water will be self-serve, and you will be responsible for crossing any remaining roads on your own and getting yourself to the finish without further volunteer assistance or direction. Expect wet shoes at miles 3, 10, 16 and 23; change into dry socks and shoes at the halfway point if you wish. Between 10 AM and noon west of the creek you will be sharing trail with runners in the 10K and 5K races; please give them the right of way.

**Triple Crown runners:** Endorphin junkies doing the half-marathon/10K/5K combo may want to change into dry socks and shoes after the half-marathon. The 10K start is 2½ hours after the half-marathon, and the 5K start is 1¼ hours after the 10K. **Races will start promptly!** We need to maintain these intervals and still get done in reasonable time. Most Triple Crown runners can finish the half-marathon and 10K in time for quick snack and recovery. Keep warm and moving between races. We'll have standard snacks like bagels, bananas and oranges at the pavilion, but if you are accustomed to a specific sports drink or snack, bring your own.

**Triple Crown scoring:** The Triple Crown is scored by sum of your three race finish places among TC participants only—low sum wins. Tiebreaker: runner with faster half-marathon time wins. Triple Crown teams: please use a single team registration form.

**Survivors' BBQ:** All runners and volunteers are invited to a free post-race lunch starting around 10:30 at the pavilion. Meet the 30+ volunteers who help put on this event. Bring your own lawn chairs and enjoy the sun! Medals for the 5K, Triple Crown and Marathon will be awarded to overall and age group winners at the lunch. Please obey the park rules: no alcohol; dogs must be on leashes. If you prefer lunch in town, Newark is an active college town with plenty of restaurants and other amusements on Main Street.

**Transportation and Accommodations:** This park has no camping--the nearest camping is at Lums Pond, about 18 miles south. If you're coming in the night before and/or staying the night after, Newark has several hotels:

- Courtyard Marriott, 400 Pencader Way, ph: 302-737-0900      Embassy Suites, Rts. 896 & 4, ph: 302-368-8000
- Howard Johnson's, Rts. 896 & I-95, ph: 800-446-4656      Comfort Inn, 1120 South College Ave., ph: 302-368-8715
- Sleep Inn, 630 South College Ave., ph: 302-453-1700

Newark is 45 minutes down I-95 from Philadelphia Airport; there are several door-to-door shuttle services available from the airport.

*This is a volunteer Mission Project of Head of Christiana Presbyterian Church, Newark, DE. All proceeds benefit area homeless programs: Meeting Ground, Friendship House, Elkton Men's Shelter and Newark Area Welfare Committee.*

**For more info, maps, etc, check out: [triplecrowntrailrun.org](http://triplecrowntrailrun.org) or contact John Mackenzie ([johnmack@udel.edu](mailto:johnmack@udel.edu)) or call Head of Christiana Presbyterian Church (weekday mornings are best) at 302-731-4169.**

**PLEASE USE THIS MAIL-IN REGISTRATION FORM ONLY IF YOU CAN'T REGISTER ONLINE:**

----- ( cut here – duplicate as needed ) -----

**PARTICIPANT REGISTRATION**—*please write clearly!* Write checks to "Head of Christiana PC" and mail to: Triple Crown, Head of Christiana Presbyterian Church, 1100 Church Rd., Newark, DE 19711

(this space for registration use)

NAME \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_  
Address \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

E-Mail \_\_\_\_\_ T-shirt size (circle): **M L XL**

Event(s) \_\_\_ **Marathon** (\$60) \_\_\_ **Half-Marathon** (\$45) \_\_\_ **10K** (\$35) \_\_\_ **5K Run or Walk** (\$25)  
\_\_\_ **Triple Crown--Individual** (\$65)  
\_\_\_ **Triple Crown--Team** (\$80)

**Triple Crown teams only:** Category: \_\_\_Open \_\_\_All-Female \_\_\_All-Master (40+) \_\_\_Corporate  
Awe-inspiring team name: \_\_\_\_\_  
Half-Marathon team runner name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_ Shirt: M L XL  
10K team runner name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_ Shirt: M L XL  
5K team runner name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_ Shirt: M L XL

**Additional t-shirts @ \$10:** #Med \_\_\_\_\_ #Large \_\_\_\_\_ #XL \_\_\_\_\_

**Additional donation to homeless ministries:** \$ \_\_\_\_\_ **TOTAL REMITTED:** \$ \_\_\_\_\_

**LIABILITY WAIVER:** I recognize the risks of injury inherent in this event. In consideration of this entry being accepted, I hereby waive and release any and all rights I may have against any and all persons and organizations involved in this event for any injury I may suffer as a consequence of participating in it. I verify that I am physically fit and have trained sufficiently for this event, and if I get hurt in any way, it's entirely my own fault! I understand that all course volunteers will leave the course at noon; if I am still on the course at that time I will be solely responsible for getting myself safely to the finish without further aid. I will comply with all park regulations. Race director has the right to refuse any entry. No refunds. Courses may be rerouted without notice. Parent signature required if under 18. **TEAMS: all team members must sign.**

SIGNATURE(S) \_\_\_\_\_