



Our 8th Annual Springtime Nature Romp!

The 2005 TRAIL TRIPLE CROWN

Marathon, Half-Marathon, 10K & 5K

Saturday, April 30, 2005 – White Clay Creek State Park, Newark, DE

A trail-race festival for runners and walkers of all ages and abilities benefiting area homeless programs

- ❑ **The Delaware Trail Marathon** starts at **7:30 AM**. A two-loop course of rolling, scenic single-track trail, mostly wooded and very runnable. Water stations approximately every 2 miles. Registration: **\$40** includes finisher's medal and certificate, post-race Survivors' lunch at noon. Marathon awards at lunch.
- ❑ **White Clay Half-Marathon** starts at **7:30 AM**. A 13.1-mile frolic through White Clay Creek Preserve and WCCSP. Creek crossings at miles 3 and 10; six water stations. Registration: **\$25** Commemorative coffee mugs for first 100 finishers. Half-marathon awards ~9:50AM.
- ❑ **10K for Shelter** starts at **10:00 AM**. A bucolic 6.2-mile streamside ramble to the PA border and back. Two water stations. Registration: **\$20** includes Survivors' lunch. 10K awards ~11:30AM. *This is planned to be the first race in USATF Mid-Atlantic's 2005 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. Registration: **\$15** includes Survivors' lunch. 5K awards at lunch.
- ❑ **Triple Crown** (Half-Marathon+10K+5K). A unique 3-race combo for the judgmentally impaired, scored by sum of finish places; TC runners are eligible for individual race awards too. Individual registration **\$45**; 3-person teams **\$50**. Team categories: open, female, masters (40+), corporate. TC awards after lunch.

All races start & 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 to park entrance on R. The park has easy parking, flush toilets, pavilion, phone, picnic tables, kids playground, disc golf, volleyball, etc. **Race day registration begins 6:30AM at the pavilion** (the park will open early). We intend to start races *promptly*!

Extras: Free **Survivors' lunch** for all runners and volunteers starts at noon (bring lawn chairs! \$4 donation suggested for non-participants). Medals for Marathon finishers, commemorative mugs for Triple Crown and first 100 Half-Marathon finishers. Post-race **snacks** through the morning at the pavilion. Cool **runnin' dawg T-shirts** are \$10 extra; if you want a shirt you **must pre-register**, specify size(s), and include \$10 per shirt with your registration. We will have very few extra shirts to sell on race day. **Medal ceremonies after the Half-Marathon, 10K and at the Survivors' lunch to award...** M&F overall and age-group winners (10-year intervals) for each race; also M&F TC champions, age-group and team medals, 5K walk winners.

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 clearly marked, but you must *pay attention to the course marks and think for yourself*. The course map is posted on the web at: www.traildawgs.org/tc.

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. We need prompt starts 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 snacks and some recovery. Keep warm and moving between races. We'll have standard stuff 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 rule: runner with faster half-marathon time wins. Triple Crown teams: please use a single registration form.

Survivors' lunch: All runners and volunteers are invited to a free post-race lunch starting at noon at the pavilion. (A \$4/person donation is requested for non-participants.) Meet the 40+ 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 near I-95 at exit 1 (Rt. 896N):

- Howard Johnson's, Rts. 896 & I-95, phone: 302-368-8521 or 800-446-4656 (request Triple Crown rate)
- Sleep Inn, 630 South College Ave., phone: 302-453-1700
- Embassy Suites, Rts. 896 & 4, phone: 302-368-8000
- Comfort Inn, 1120 South College Ave., phone: 302-368-8715

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: www.traildaws.org/tc, contact John Mackenzie (johnmack@udel.edu), or call Head of Christiana Presbyterian Church (weekday mornings are best) at 302-731-4169.

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PARTICIPANT REGISTRATION—*please write clearly!* Make checks out 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 _____

Mailing Address _____

E-Mail _____ # of prior years you have run a TC race: _____

Event(s) **Marathon** (\$40) **Half-Marathon** (\$25) **10K** (\$20) **5K Run or Walk** (\$15)
 Triple Crown--Individual (\$45)
 Triple Crown--Team (\$50)

Triple Crown teams only: Category: Open All-Female All-Master (40+) Corporate
Awe-inspiring team name: _____
Half-Marathon team runner name: _____ Age: _____ Sex: _____
10K team runner name: _____ Age: _____ Sex: _____
5K team runner name: _____ Age: _____ Sex: _____

Optional T-shirt(s) #Med _____ #Large _____ #XL _____ (please include an **additional \$10/shirt** with your registration payment.)

How you found us: web *Running Times* *Runner's World* *Trail Runner* 50-stater club flyer at race word of mouth

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. 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) _____