

WILDWOOD CREST



*inspira*  
HEALTH

**ATHLETE GUIDE**



The Crest Best Run Fest 10 Miler, 5 Miler, & 5K Presented by Inspira Health is the only DelMoSports event that actually occurred in 2020 and we're pumped to bring it back in 2021. Complete with our new date, we have a slightly new course in 2021 that give us more running on the boardwalk, but with the same appeal as in events past with stunning views of Sunset Lake, Ocean Drive Causeway, and complete with running through the Wildlife Preserve!

Centennial Park is our host venue for the start and finish of all three races. We begin with the Saturday Night Sunset Lake 5K. It's a one-of-a-kind course complete with closed roads and tons of volunteers. On Sunday morning we host our 10 Mile and 5 Mile races. Our 5 Mile will begin at 8am followed shortly thereafter by 10 Milers. We've mixed things up for 2021 due to road construction on Ocean Avenue in Wildwood. New in 2021, all runners will start on the bike path at Centennial Park under the Start/Finish Arch and run north to the boardwalk and run to their respective turnarounds. As runners hit "the Crest" they will pass Centennial Park on Ocean Avenue before turning right onto Rambler Road. From there, all runners get a beautiful view of Sunset Lake as they continue onto the course. Jefferson/Pacific Aves is where 5 Milers stay straight, and 10 Milers turn right to get the necessary mileage. All runners will return via Seaview Avenue as they head for the finish on the bike path.

We are aware of our current COVID environment and will follow the local county health department guidelines for this event. Currently, all athletes and spectators are welcome onto the lawn and finish areas (unlike last year) but we do ask that you take PERSONAL RESPONSIBILITY for keeping your distance and auditing your own health prior to arrival. Remember, if you do not feel well, stay home and get checked out.

We are keeping with our fill stations in 2021. All runners will receive a reusable cup, or asked to run with a water bottle, hydration vest, or hydration belt. Our fill stations will have plenty of water and Base Nutrition as well as ample coolers to allow for athletes to spread out.

This event would not be possible without the financial commitment of Inspira Health, the Greater Wildwood Tourism Improvement Development Authority, Cape May County Tourism, and the Borough of Wildwood Crest. Furthermore, Big THANKS to Mayor Cabrera, and Commissioners Gould and Tompkins for their unwavering support to allow us to showcase our beautiful hometown.

See you at Crest Best!

Best of Luck,

Stephen & Jamie Del Monte





## *What we offer*

- Joint specific operable and non-operable cases
- Identification/Return to Play Process
- Concussion Education
- PED Education
- Injury rehabilitation
- Sporting performance improvement including nutrition, strength and conditioning
- Sports & exercise medical syndrome identification
- Injury prevention and treatment
- Application of physiological and biomechanical principles

# Sports Medicine at Inspira Health

**Sports Medicine** is an area of health care that focuses on maximizing the athletic performance of both professional and amateur athletes as well as the treatment and prevention of injury related to sports exercise. Inspira Sports Medicine programs are managed by a team of trained clinical professionals including a sports orthopedic specialist, certified athletic trainer, physical therapist and strength and conditioning coach.

To learn more or to schedule a consultation call **(856) 641-8000 ext. SPORT** or email **[SportsMedicine@ihn.org](mailto:SportsMedicine@ihn.org)**



Official Health Care Partner of the  
PHILADELPHIA WINGS



# SCHEDULE

## SATURDAY, OCTOBER 2, 2021

START	END	EVENT	LOCATION
4:00 pm	5:20 pm	Athlete Check In	Centennial Park
5:30 pm		<b>5K RACE STARTS</b>	Centennial Park
6:30 pm		Awards Ceremony	Centennial Park Stage

## SUNDAY, OCTOBER 3, 2021

START	END	EVENT	LOCATION
6:00 am	7:50 am	Athlete Check In <i>*10 Miler &amp; 5 Miler ONLY</i>	Centennial Park
8:00 am		<b>5 MILER RACE STARTS</b>	Centennial Park
8:10 am		<b>10 MILER RACE STARTS</b>	Centennial Park
10:30 am		Awards Ceremony	Centennial Park Stage
11:30 am		Race Course Closes	Wildwood Crest, NJ



### Centennial Park

E Forget-Me-Not Rd, E Fern Rd, & E Palm Rd,  
Wildwood Crest, NJ 08260



# YOUR VACATION, YOUR WAY!

**Everything you could ever want in a fun and safe family vacation is all here!**

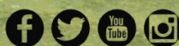
The Wildwoods are ready when you are – offering everything you could ever want in a safe, stress-free family getaway.

- Relax on our wide spacious FREE beaches offering plenty of room to spread out.
- Enjoy the fun and excitement of a stroll down our 38 block world-famous boardwalk complete with amusement rides, waterparks, shops, arcades, and carnival games.
- Enjoy great restaurants featuring everything from traditional family fare to delicious fresh caught seafood.

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**WILDWOODS**  
New Jersey  
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# PRE-RACE INFO

## **ATHLETE CHECK IN:**

Centennial Park  
Located between:  
E Forget-Me-Not Rd, E Fern Rd, & E Palm Rd  
Wildwood Crest, NJ 08260

## **BIB LOOK UP:**

PLEASE be sure to know your Bib Number before Check In. There will **NOT** be a Bib Look Up Station at the event. Find your number:

- DelMoSports Mobile App
- RunSignUp Event Website

## **PLEASE HAVE AVAILABLE:**

- Valid PHOTO ID.
- Please keep your ID on you at all times.
- NO ID, NO RACE, NO EXCEPTIONS.

## **ITEMS TO PICK UP:**

- Running Bib
- Safety Pins
- Competitor Shirt
- Reusable Cup

## **IMPORTANT THINGS TO NOTE:**

- Please arrive early.
- There will **NOT** be the following:
  - **BIB LOOK UP STATION.** Know your bib # ahead of time.
  - **RESULTS KIOSK.** Please use your personal mobile device to see results.
  - **BAG DROP.** Please give your personal belongings to a spectator or place in your vehicle before your race.

## **FREE PARKING:**

We encourage you to find FREE street parking since the parking meters will not be in effect. **DO NOT** BLOCK someone's driveway and/or parking spots, you will be towed at your expense. Please be courteous of nearby motels.

## **GEAR CHECK:**

There is **NO** Gear Check; however, public parking is located near the start/finish so you will have access to your vehicle if you arrive early.

## **LIVE ATHLETE TRACKING:**

We encourage athletes and spectators to download the DelMoSports Elite Events Mobile App Powered by Cape May County Tourism before race weekend. Find it in the Apple Store and on Google Play by searching for "DelMoSports." The app features live athlete tracking, the event schedule, important push notifications, selfies and much more!



[WWW.CAPEMAYRUNNING.CO](http://WWW.CAPEMAYRUNNING.CO)

# THE BEST RUN THE CREST

SHOES // NUTRITION // APPAREL // ACCESSORIES





# COURSE DETAILS

## ON COURSE:

Say goodbye to Volunteer Manned Aid Stations for now. In today's world, we encourage you to BYO and carry your own aid whether it be your own hydration bottle, reusable cup or hydration vest. Remember, these are FILL STATIONS, not Aid Stations anymore. All runners will receive a reusable cup during Athlete Check In, however, if you forget to run with it, **cups will NOT be available at these Fill Stations.** Please use these Fill Stations to "refill" your hydration bottles or reusable cups with BASE or Water.

## FILL STATIONS

- 10 Mile Runners will have 6 opportunities to hydrate with BASE and Water.
- 5 Mile Runners will have 4 opportunities to hydrate with BASE and Water.
- 5K Runners will have 1 opportunity to hydrate with BASE and Water.

## CUT OFF TIMES:

- 5K: there will be a time limit of 1 hour.
- 10 Miler: there will be an intermediate cut off time of 9:45am at the Middle Thorofare Bridge.



Official On Course Nutrition

**BASE**  
P E R F O R M A N C E







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**DELMO21 ONLINE @**  
**WWW.BASEPERFORMANCE.COM**







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# COURSE MAP







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# COURSE MAP





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# COURSE MAP





# POST RACE INFO

## FINISH LINE:

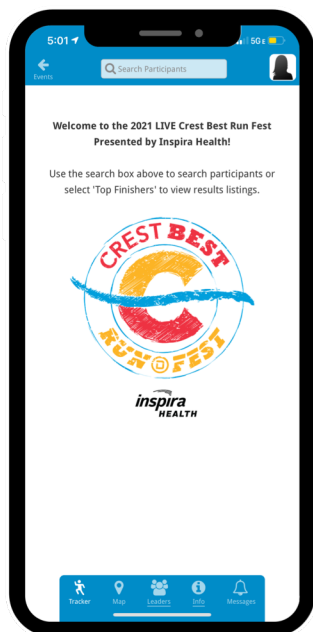
- Expect an energetic welcome from our volunteers as you enter the Finish Chute.
- You will receive your:
  - AWESOME Finisher Medal
  - THIRST QUENCHING Water
- Awards Ceremony will be held on the main stage at Centennial Park.

## ATHLETE FOOD:

- Enjoy finisher food at Centennial Park.
- You must show your bib for Athlete Food.

## TIMING:

- DelMoPRO will handle all timing for the event.
- Full results and splits will be posted on our website and the DelMoSports Mobile App. Scan QR code below!
- Overall Awards and Age Group awards are based on chip time.



## MOBILE APP:

- Download the DelMoSports Elite Events App from the Apple Store or Google Play.
  - Powered by Cape May County Tourism
  - FREE!!
- The app offers live athlete tracking, selfie filters, maps, schedules, promos and so much more!

## FREE RACE PHOTOS:

- We will have photographers on the course event weekend. Smile BIG and make sure you wear your bib on your front side so they can see your bib number!
- Within a few days, maybe even hours following the race, your photos will be available to view, download and share your AWESOME and FREE photos.
- Link: <https://crest-best-2021.runnertag.site>
- Get social and share your amazing accomplishment! Make sure to use our hashtags #CrestBestRunFest #DelMoSports #InspiraHealth
- Thanks to Inspira Health, these photos are FREE and they're YOURS!







# VIRTUAL RUN

## TIMEFRAME:

START: Monday, September 27th @ 12:00 AM EDT.

END: Sunday, October 3rd @ 11:59 PM EDT.

- You MUST start the race in the app by Sunday, October 3rd @ 9 PM EDT.

## NEW SYSTEM:

This BRAND NEW app is going to take your Virtual running experience to the next level. The Real-Time Remote Racing™ component of the new app uses your phone's GPS to track your virtual race.

Follow the steps coming to you via email or the easy steps listed > and you'll be chasing the pack or tracking your friends anywhere, in real-time!

## VIRTUAL BIB:

Feel free to print it out and use on your run(s)! Or take a photo and share it with us!


1. Log into your [RunSignUp.com](https://RunSignUp.com) account
2. Profile > Upcoming Events > Crest Best Run Fest 2021> View Digital Bib > Print

## EASY STEPS:

### Option 1:

- Click on the "Connect and Claim" link in the email you received to claim your remote registration in the app.

### Option 2:

1. Download the App to your mobile device and find your race.
  - Make sure you are in the correct event within the app: Virtual 10 Miler, Virtual 5 Miler, Virtual 5K. Also, if you are doing multiple virtual events, you will need to switch to the event within the app that you are wanting to run.
2. Search and Select your name, Claim your profile in the app.
  - You can [See here](#) to watch a video on how the Claim Process works.
3. Enable Location Services (GPS) and Activity / Motion when prompted. 
4. You can use PRACTICE RACE before the official race start time or START RACE after the official race start and you are ready to run; you will see a countdown begin.
5. Let's Go! The activity will automatically stop and upload once you complete the distance of the race.

*See pre-race email and DelMoSports App for further details and links.*



# DOWNLOAD THE ALL NEW DELMOSPORTS APP

NOTIFICATIONS

CUSTOM  
SELFIES

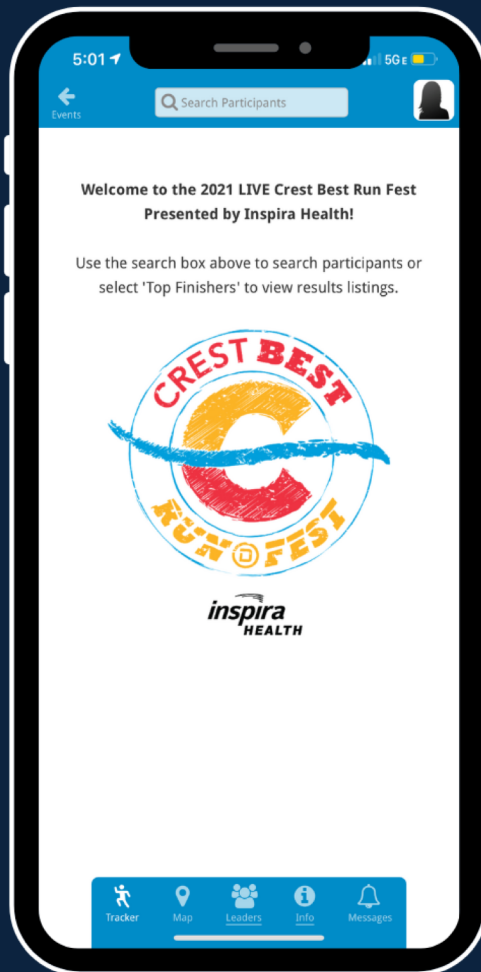
RESULTS

REAL TIME  
TRACKING

AND MORE!



POWERED BY  
CAPE MAY  
COUNTY  
TOURISM



SCAN ON  
PHONE TO  
DOWNLOAD  
& SEE RESULTS



NEW APP FOR THE 2021 SEASON! LOOK FOR THE  
WHITE BACKGROUND. SEARCH "DELMOSPORTS"  
IN YOUR APP STORE OR SCAN QR CODE.

