

ATHLETE GUIDE

2026

POWERING RACE DAY



STAMPONE O'BRIEN
DILSHEIMER HOLLOWAY
INJURY LAWYERS



LINCOLN
INVESTMENT



USA
TRIATHLON



UNLIMITED BIKING



Liquid Death



WELCOME



Welcome to the 13th Annual Stampone Dilsheimer Holloway Escape the Cape Triathlon in Lower Township, NJ. This is without question the most unique triathlon east of the Mississippi River. Congratulations on "taking the leap" and signing up for what will be your most memorable triathlon experience! Our team has spent countless hours, days, and months preparing for this special weekend. Since our first race in 2013, we have consistently refined our procedures to make the Escape the Cape Triathlon the safest and most efficient event possible. We would like to thank our host communities of North Cape May, West Cape May, and all of those in Lower Township who welcome us for the weekend. This event is not possible without the cooperation of hundreds of people, including, but not limited to the Lower Township Police Department, Public Works Department, Recreation Department, the Cape May Police Department, Cape May County Sheriff's Department, New Jersey State Police, US Coast Guard, Townbank Vol. Fire Company, West Cape May Vol Fire Company, Townbank Property Owners Association, hundreds of volunteers, dozens of staff, neighboring beach patrols, and countless others who put in the work to help make this special day happen. Of course, we are extremely grateful to the Delaware River and Bay Authority (DRBA) for allowing us to jump off a perfectly good boat!

A very special THANK YOU to the Stampone O'Brien Dilsheimer Holloway Law Firm for stepping up to be our new title partner. I have known Joe Stampone, his family, and his firm for nearly 20 years. They are outstanding lawyers, and event partners, but more importantly they are tremendous family men and women, and we are grateful for their support.

Ok, let's get to the race. Contained in this athlete guide is everything you need to know to have a successful event. Please take your time and read through to understand the ins and outs of what makes escape the Cape tick. It is your responsibility to know as much as possible prior to the event. Here are my 7 BEST TIPS for success:

- 1. Read This Athlete Guide.** Inside you will find incredibly valuable information on every aspect of this event; spectators and athletes alike, this guide is your best friend.
- 2. Download the DelMo Elie Events App.** Our FREE app is outstanding and can provide both spectators and athletes with any and all information including the ability to track one or multiple athletes.
- 3. Park & Ride.** There is no parking at the Ferry Terminal or on Beach Drive for this event. We encourage all to park in the neighborhoods adjacent to the terminal and walk or ride your bikes in.
- 4. Pack a Snack.** We board the Ferry early in the morning, some of you will not jump until after 7:30am. Bring a small snack/gel to keep your calories right.
- 5. BYOB.** We always encourage you to BYO water and carry your own aid whether it be your own hydration bottle, reusable cup or hydration vest. We WILL have cups available at the aid stations, HOWEVER, please ensure you throw away trash in trash cans throughout the course. DO NOT LITTER! You can also use these station to refill your hydration bottles or reusable cups.
- 6. VIP.** Back in 2026 is our VIP program. For some of you, this is going to be a highly convenient for you and your family. There are limited slots remaining so act fast!
- 7. Attend 1 Athlete Meeting.** We have three athlete meetings on Saturday, June 6th. Plan to attend one of those meetings to get up to date information as well as walk the Ferry property and get acclimated. Of course, you'll have an opportunity to get any questions answered.

Escape the Cape is more than just a triathlon. It's a living, breathing example of what is possible when someone has an idea and is willing to put in the work to bring that dream to life. This is the best metaphor I have to share and hopefully, when you're here, you will feel that energy and ultimately bring your own dreams to life.

We'll see you on the boat!

DELMO



**STAMPONE O'BRIEN
DILSHEIMER HOLLOWAY**
INJURY LAWYERS

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500 Cottman Ave.
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Philadelphia
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ST HAPPENS. WE CAN HELP!

WHY US?

- Over \$1,000,000,000+ recovered for our clients
- 99% win rate
- 40 years of local personal injury experience.
- Doctor/Lawyer on staff

PRACTICE AREAS

Bicycle Accidents, Pedestrian Strike Downs, Gym / Fitness Center / Health Club Injuries, Wrongful Death, Medical Malpractice, Motor Vehicle Accidents, Premises Liability/ Slip & Falls, Construction Accidents, Product Liability



Stampone O'Brien Dilsheimer Holloway is proud to sponsor the Desatnick Real Estate Escape the Cape Triathlon presented by Delmo Elite Events. As members of the Cape May County community who have represented injured bikers, runners, swimmers, and other athletes, we are thrilled with the opportunity to support you in your competitive pursuits!

Our firm's talented mix of experienced, aggressive trial lawyers and youthful, technologically savvy litigators has produced numerous multi-million dollar settlements for our clients over the last 40 years. Our lawyers understand you and your needs and your desire to win. We don't back down from tough cases, and we don't settle for less than you deserve. #WeTriCases Good luck and congratulations in advance to all of this year's competitors.



Joseph P. Stampone
Managing Shareholder

Learn more at www.stamponelaw.com or contact **Joe Stampone**, one of Super Lawyers Top 100 attorneys in Philadelphia and Top 100 attorneys in Pennsylvania, at jstampone@stamponelaw.com.

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SCHEDULE



SATURDAY, JUNE 6TH, 2026

*SUBJECT TO CHANGE

START	END	EVENT	LOCATION
10:00 am	5:00 pm	Expo / Athlete Check In *MANDATORY	Cape May Ferry Terminal
10:00 am	5:00 pm	Transition & Bike Check In *OPTIONAL	Cape May Ferry Terminal
10:00 am	2:55 pm	Kids Registration (FREE!)	Cape May Ferry Terminal
11:00 am		Athlete Meeting #1 *Strongly encouraged to attend at least one meeting	Ferry Lawn Stage
1:00 pm		Athlete Meeting #2 *Strongly encouraged to attend at least one meeting	Ferry Lawn Stage
3:00 pm		FREE Kids' Fun Run (all ages welcome)	Finish Arch on the Boardwalk
4:00 pm		Athlete Meeting #3 *Strongly encouraged to attend at least one meeting	Ferry Lawn Stage

SUNDAY, JUNE 7TH, 2026

*SUBJECT TO CHANGE

START	END	EVENT	LOCATION
4:00 am	5:30 am	Transition & Bike Check In	Cape May Ferry Terminal
5:00 am	5:30 am	Board the Ferry	Cape May Ferry Terminal
5:50 am		Departure of Vessel	Cape May Ferry Terminal
6:20 am		OPEN WATER SWIM STARTS	The New Jersey (Vessel)
6:30 am		OLYMPIC RACE STARTS	The New Jersey (Vessel)
7:15 am		SPRINT RACE STARTS	The New Jersey (Vessel)
8:00 am		Expo	Cape May Ferry Terminal
8:30 am		Open Water Swim Awards	Ferry Lawn Stage
9:45 am		Triathlon Awards	Ferry Lawn Stage

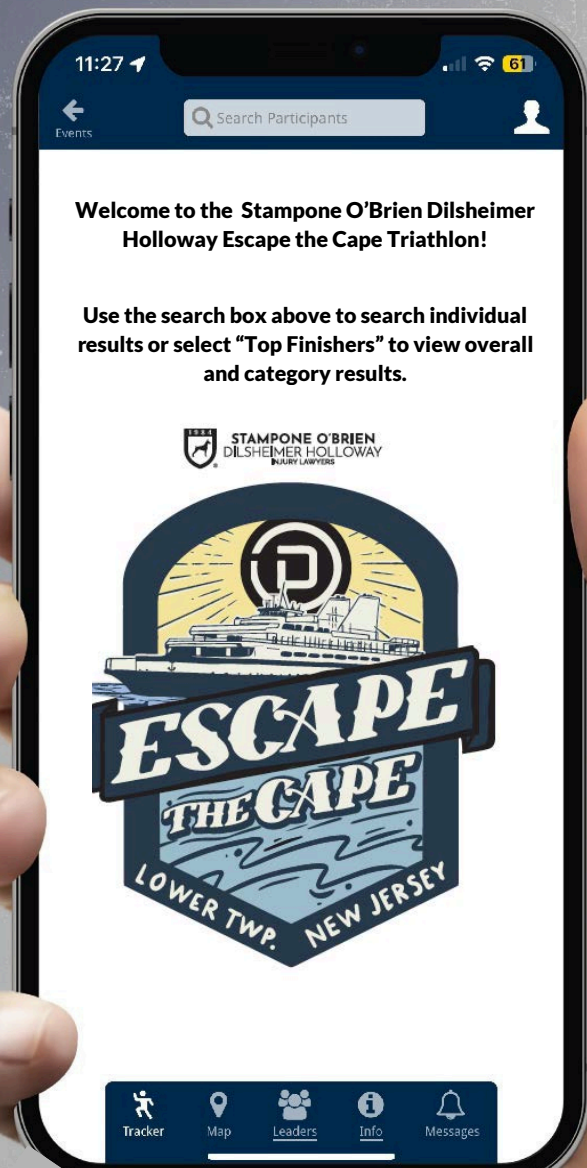
GET THE @ELMOELITE EVENTS APP NOW!

- INTERACTIVE COURSE MAPS
- REAL TIME ATHLETE TRACKING
- OFFICIAL RESULTS
- NOTIFICATIONS
- RACE INFORMATION

***BASICALLY
EVERYTHING YOU
NEED RIGHT AT
YOUR FINGERTIPS!***



SCAN ME





PARKING



When it comes to parking at Escape the Cape, know the rules.

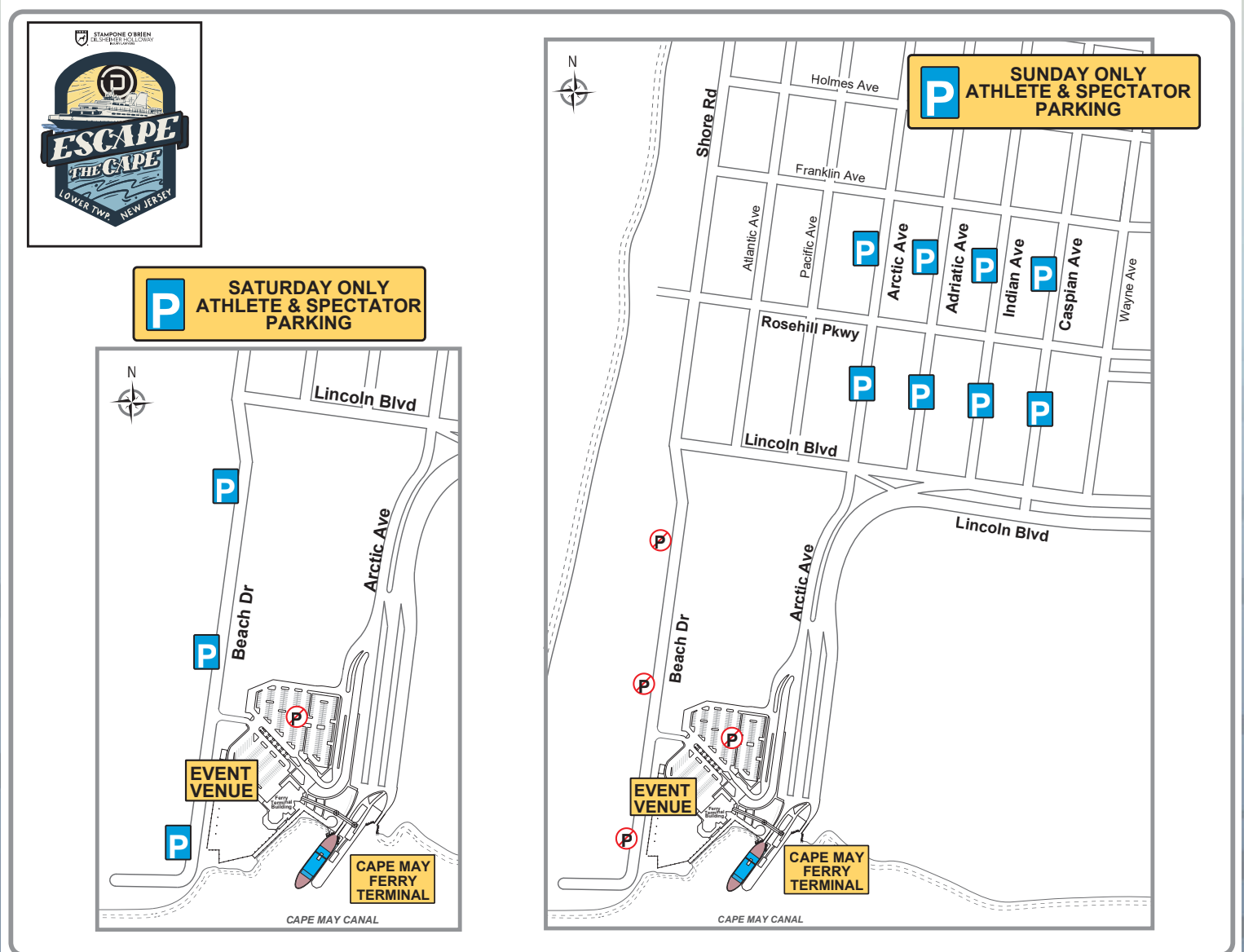
- **There is NO PARKING at the Ferry Terminal on Saturday or Sunday. NO EXCEPTIONS.**
- We DO NOT have shuttle service and you may NOT park at the Cape May Winery's Vineyard or Beach Drive like in years past.

On Saturday for Athlete Check In, we recommend finding street parking in residential North Cape May and making your way to the Ferry Terminal for the event. However, **DO NOT** block someone's driveway, you will be towed at your expense. Luckily, there are no meters in North Cape May.

Also, please **DO NOT** park along the racecourse.

HANDICAP PARKING:

- **DRBA Police has set aside a row of parking spaces for Handicap Spectator Needs. They are located near the front of the terminal building.**





SECURITY



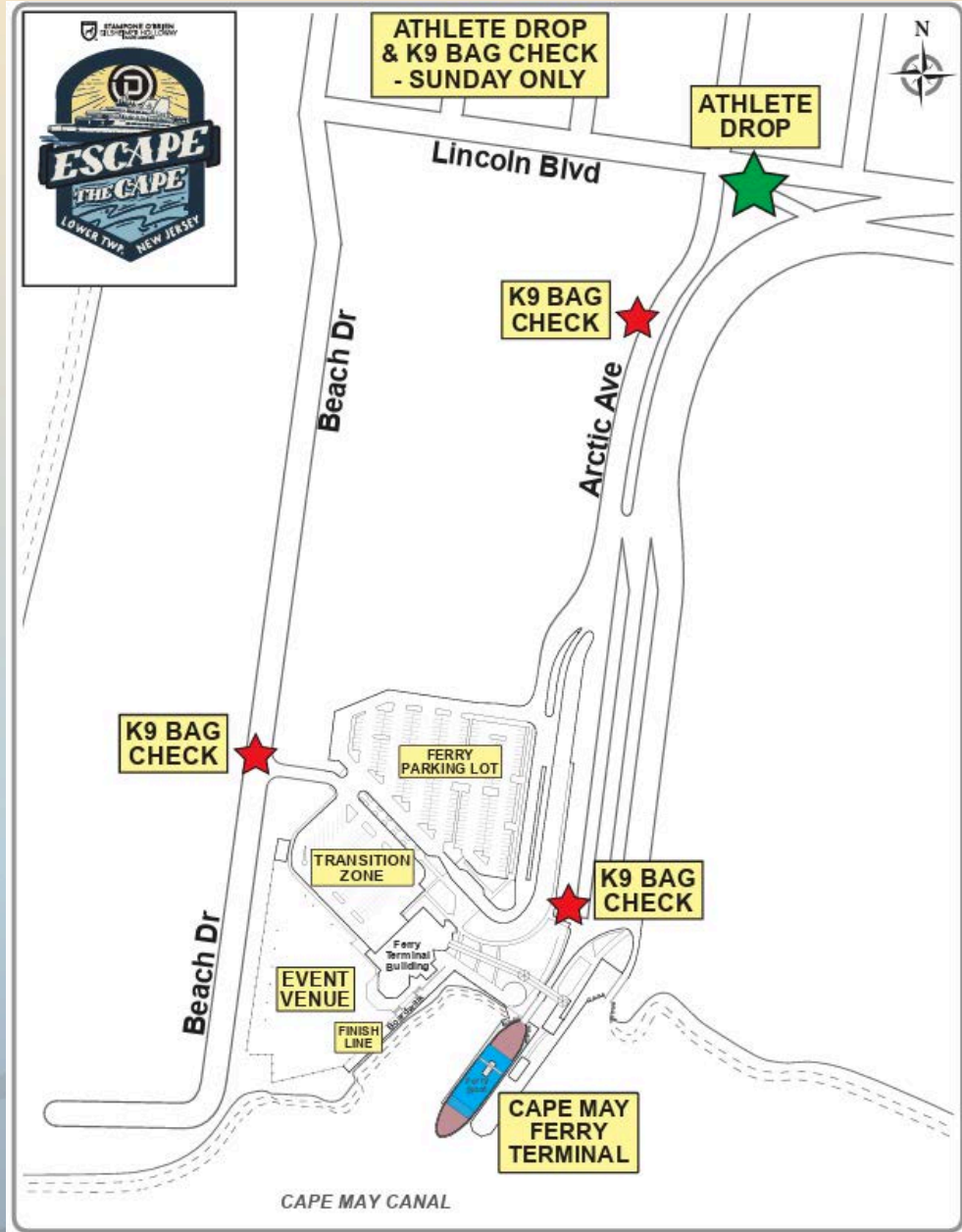
Please be advised of the following security measures:

- MANDATORY Athlete Check In on Saturday, June 6th. **No ID, No RACE, No EXCEPTIONS.**
- OPTIONAL Bike Check In is on Saturday, June 6th OR Sunday, June 7th. It is up to you!

Please, if you SEE SOMETHING, SAY SOMETHING to any of the numerous DRBA Police or other uniformed authority on site.

ATHLETES & SPECTATORS:

While on site at the Ferry Terminal grounds, you WILL be searched when you arrive and may be searched again at any time for any reason by the uniformed DRBA Police. In addition to our race, the Cape May-Lewes Ferry will be operating its normal daily business.





Pictured: Kathy Leckey,
Lincoln Investment CEO



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investors to achieve their goals.

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601 Office Center Drive, Suite 300, Fort Washington, PA 19034, 800-242-1421





COMMON RULE VIOLATIONS



1. Helmets and Chinstraps: Helmets must be worn and securely fastened at all times while in possession of your bike. This means from the time you remove your bike from the rack at the start of the bike leg, until after you have placed your bike on the rack at the finish of the bike leg.

2. Unauthorized Assistance: No assistance other than that offered by race staff (including volunteers), medical officials and active participants may be used. A participant shall not physically assist the forward progress of another participant on any part of the course.

3. Non-Draft Legal Bike Position Rules: Athletes must ride right and only move left to complete a legal pass and must not block athletes attempting a legal pass. Athletes must not pass on the right. Drafting is not allowed. An athlete should not attempt to complete a pass unless the athlete is highly confident in their ability to complete the pass in the allotted amount of time. Once an athlete enters the draft zone of another cyclist there is only one exit and that is out the front.

4. Entire Course: Athletes must complete the race course in its entirety and as prescribed including in segment order.

5. Headphones and Communication devices:

Participants may carry a phone (such as, mounted on bike handlebars or in an arm band), but may not use communication devices of any type, including but not limited to cell phones, smart watches, and two-way radios, in any distracting manner during the competition. A “distracting manner” includes but is not limited to making or receiving phone calls, sending or receiving text messages, playing music, using social media, taking photographs or using in a one- or two- way radio communication. Using any communication device in this manner during the competition may result in disqualification.

6. Glass Containers: Glass containers are prohibited. Bringing a glass container into transition may result in disqualification.

7. Race numbers: All athletes are required to wear race numbers at all times during the run. Numbers must be clearly visible at all times. Numbers may not be altered in any way that prevents clear identification.

8. Race number Transferring: Do not transfer your number to any other athlete or take a number from an athlete that is not competing. The penalty for doing so is Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.



PRE-RACE



Mandatory Athlete Check In is Saturday, June 6th between 10AM-5PM. NO EXCEPTIONS.
IMPORTANT: YOU ARE THE ONLY PERSON WHO CAN PICK UP YOUR PACKET. NO EXCEPTIONS

Athlete Check In will take place on the Cape May-Lewes Ferry Terminal LAWN, not inside the terminal

PLEASE HAVE AVAILABLE:

- **Valid PHOTO ID--- NO ID, NO RACE, NO EXCEPTIONS.**
- QR code from your confirmation email or tell us your last name.

BIB NUMBER:

- We will be using "Dynamic Bib Assignment" for this event. This means that you will not receive a bib number ahead of time. Once you check in, you will receive the next available bib number. IF you would like to rack your bike next to your friends, be sure to go to Athlete Check In TOGETHER (same lane/same bin)!

PACKET ITEMS INCLUDE:

- Race Bib
- Wristband for access in and out of transition
 - MUST BE WORN AT ALL TIMES
- Bike Check Out Ticket
 - In the event that you cannot get your bike post event, give this ticket to a friend or family member to check out your bike.
- Sticker Sheet (Helmet & Bike Frame)
- MYLAPS ProChip
 - MUST wear on your LEFT ankle
 - MUST be returned at finish line. Failure to do so will result in a \$50 charge.
- Tri Tats
 - You will receive 1 for right arm and 1 for left arm.

ADDITIONAL ITEMS TO PICK UP:

- Swim Caps
 - Olympic (WHITE)
 - Sprint (LIGHT BLUE)
- Competitor Shirt
 - Shirt exchange will be available on Sunday starting at 8am at the Info tent on the Ferry lawn. Bring the shirt you are exchanging.

ATHENA/CLYDESDALE ATHLETES:

- Some people may have selected Athena/Clydesdale during registration for awards.
- You will need to weigh in at the Solutions Desk during check in.
 - Athena 165lbs+
 - Clydesdale 220lbs+
- Failure to do so will put you In Age group category for Awards.

TRANSITION:

- You can rack your bike either Saturday, June 6th between 10AM-5PM OR race morning, Sunday, June 7th between 4:30AM and 5:30AM.
- You must present your wristband to enter and exit transition. DelMo staff will be checking.

BIKE RACKING IN TRANSITION:

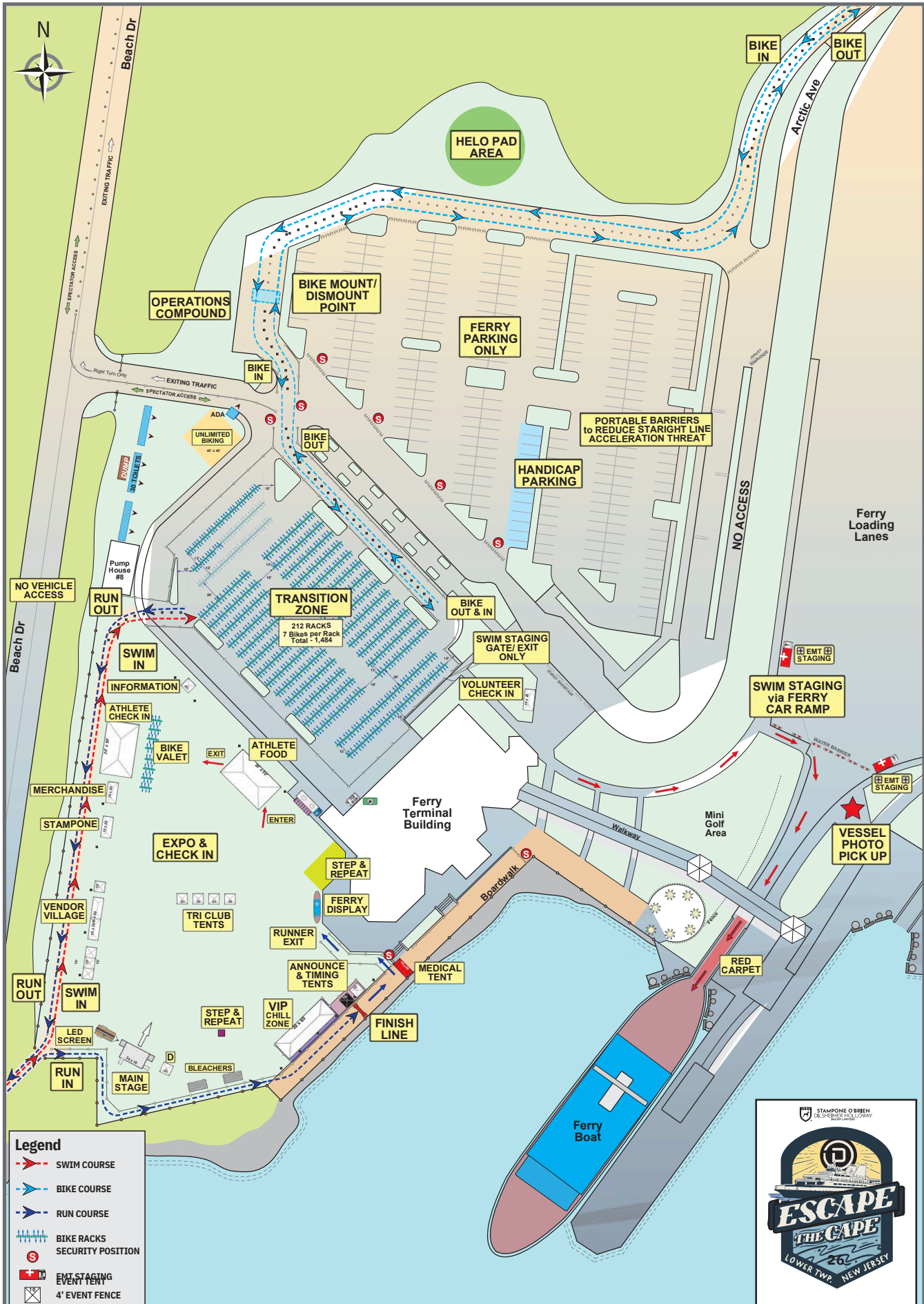
- Rack assignments are by bib number. There will be stickers with your bib number on them. If you do not rack your bike in the proper place, it may be moved for you by a USAT official. Bikes must be racked by the SEAT, not the handlebars.
- Once your bike is racked, it stays in transition.
- **Bar end plugs are a MUST.**

BODY MARKING:

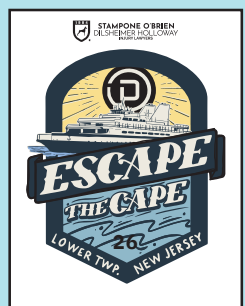
- Tri Tats MUST be put on at your OWN time prior to race morning.
- IF you do not want to use the Tri Tats, please body mark yourself (or with a friend) with a thick Sharpie and write your bib number down both arms.
- You are NOT permitted into Transition Race Morning without being marked with either the Tri Tats or Sharpie!
- **We will NOT offer body marking race morning.**

PRE-RACE ATHLETE MEETING(S):

- Stephen Del Monte, Race Director, will review important information at 11AM, 1PM and 4PM on Saturday June 6th. Athletes are strongly encouraged to attend at least one meeting.



- Legend**
- SWIM COURSE
 - BIKE COURSE
 - RUN COURSE
 - BIKE RACKS
 - SECURITY POSITION
 - EMT STAGING
 - 4' EVENT FENCE
 - JERSEY BARRICADE
 - WATER BARRIER
 - TOILETS
 - SHORE POWER
 -



CAPE MAY CANAL

EVENT VENUE



BODYWORK BY JEFF

MANUAL THERAPY | KINESIO TAPING | ASSISTED STRETCHING

BODYWORK BY JEFF IS EXCITED TO RETURN AND OFFER ONSITE SERVICES WHICH INCLUDE:



ASSISTED STRETCHING



SPORTS MASSAGE



INJURY PREVENTION SCREENINGS



PERFORMANCE ENHANCEMENT AND RECOVERY



KINESIO TAPING APPLICATIONS



BODYWORK BY JEFF WILL BE AVAILABLE FOR SERVICES DURING ALL OF EXPO HOURS AND REMAIN ONSITE ON RACE DAY FOR YOUR RECOVERY NEEDS. MAKE SURE TO STOP BY THEIR BOOTH FOR TREATMENT, INFO, AND MORE.

PRICING AS FOLLOWS:



10 MINS
\$20



15 MINS
\$30



20 MINS
\$40

* KINESIO TAPING: \$25 PER APPLICATION
(accepting cash, credit, Venmo, Apple Pay)



FOR MORE INFO PRIOR TO EVENT VISIT:
WWW.BODYWORKBYJEFF.COM

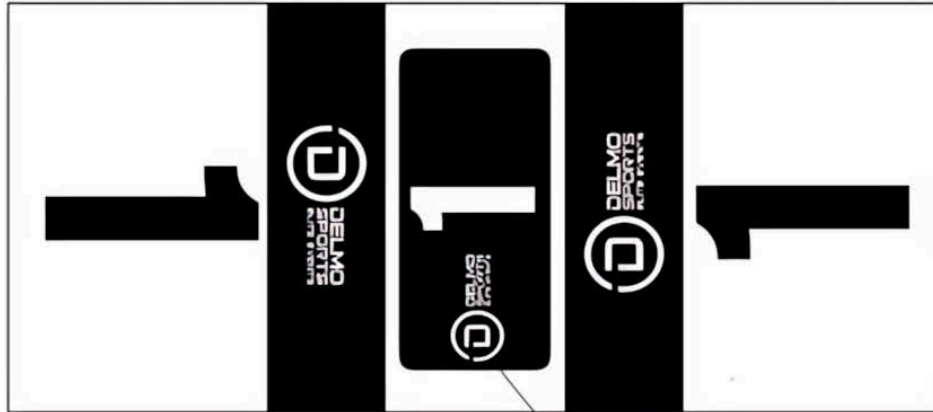


NUMBER PLACEMENT



Bike Number Please Wrap Around
Bike Seat Post

-Bike Post ID -
Please center the stickers so race numbers are visible on all sides.
Bike Post ID should be facing towards the rear of the bike



Helmet Label

-Bike Helmet ID's -
Please Center on front of helmet.

Race ID/Bike ID Wristband
Place wristband on either wrist



Race Tattoos Placement

-Arm SporTats- Adhere Race tattoos on bicep on each arm



Race Tattoos - Pre Race Prep

For best results, make sure that the area of your body that you will adhere the SportTats too is dry and clean from dirt and lotion

PREPARATION FOR ADHERING

- 1) Prepare a lightly soaked towel or wet paper towel
- 2) Peel away the protective plastic strip.
- 3) Place the lightly soaked towel or wet paper towel over every part of paper.
- 4) Hold for a complete 30-40 seconds to adhere to skin.
- 5) Slowly remove paper from skin in a diagonal motion.



Please have bib centered on front of body with race belt or pinned to race shirt.



Arm Group Tattoos

Tattoo Removal

Soak the SporTats tattoo in baby oil, rubbing alcohol or nail polish remover.
If there are spots that are missed, place transparent tape over areas to remove.

Getting Your Tats On



1 Tear along perforations.
Separate

2 Peel
Peel off clear plastic

3 Place
Place sticky side to you skin.

4 Soak
Soak the back with water and wait 10 seconds!

10 Sec!

Slide

When ready the backing will slide off easily

Then just leave for a couple of minutes to dry

Wear Your Story On Your Skin

5 Selfie
cheese
flash
Smile

Snap & Share!
#GetFourTatsOut

Get your Tats Off!

6 Tattoo Removal
No Scrubbing Required
Follow our simple instructions to...
#GetFourTatsOff

Wipe
WIPE

Or Oil

Just None of This...

Vaseline

Massage with olive, vaseline or baby oil, any will do

But no scrubbing please!



AQUABIKE / RELAY



AQUABIKE

Q: What will be in my race packet?

A: You will have everything that the individual athletes have! AKA a swim cap, sticker system, race bib and a wristband.

Q: Why do I have a race bib even though I am not running?

A: You will put on the race bib for a couple of different reasons: finisher photo, finisher medal and entry into the food tent!

Q: How does Aquabike finish?

A: Your time will officially end when you enter transition at the "Aquabike Finish" arch. You will receive your finisher medal inside transition.

Q: When will I jump off the boat?

A: You will jump with whichever distance you are competing with. If you are in the Olympic distance, you will jump with the Olympic athletes. If you are in the Sprint distance, you will jump with the Sprint athletes.

Q: How are the awards for Aquabike?

A: Awards will go ONE deep for each USAT Age Group for both male and female.

Does not apply to Athena or Clydesdale athletes.

RELAY TEAMS

Q: How many people per relay team?

A: You can have anywhere from 2 to 3 athletes.

Q: Do all team members need to show up to athlete check-in?

A: Yes. We encourage that all team members arrive together for athlete check in to ensure that all the materials are accounted for.

BUT if team members are arriving at different times: Each team member is required to check in with their ID. The packet will not be handed over until ALL members of the team have been checked in and have gone through the registration process. If you are doing the bike leg, you will be able to get your wristband and bike stickers at check in, in order to rack your bike.

RELAY TEAMS CON'T

Q: As a relay member, what materials do I receive?

A: In your packet: swim cap and timing chip is for the swimmer; the sticker sheet is for the biker, the bib is for the runner, and each member will receive a set of Tri Tats. All members will have wristbands.

Everyone will receive a participant shirt at athlete check in. At the finish line, we encourage all relay team members to finish together. You may meet your team's runner at the start of the finish line chute and run in together. If not, the runner will make sure to pick up finisher medals for each team member.

Q: How do I know when my leg of the race starts?

A: The athlete that will be completing the next leg of the race will wait in transition for the previous team member. Once that team member arrives, they will tag and hand over their chip to the next team member. This will continue for each transition.

Q: Who goes on the boat?

A: Only the swimmer! Don't forget your swim cap!

Q: How do I get food without a bib?

A: Upon entering a food tent, show the volunteer your wristband to indicate that you are on a relay team OR show them your bib (as each team is given 3 bibs).

Q: If we only have a swimmer and a biker, can we switch to Aquabike?

A: No, we unfortunately do not have an Aquabike relay category.

Q: Does each relay member receive a timing chip?

A: No. The team will receive one chip. The timing chip acts as a "baton" and team members must handoff the timing strap/chip to move forward to the next discipline. Relay athletes must keep ankle strap and chip on their ankle at all times until making the transfer between teammates. PLEASE RETURN YOUR TIMING CHIP AT THE FINISH LINE. FAILURE TO DO SO WILL RESULT WITH A FEE.



MEDCYCLE

WHERE AMBULANCES CAN'T GO—WE CAN!

ESCAPE THE CAPE 2026

OFFICIAL MEDICAL PROVIDER



YOUR SAFETY IS OUR MISSION

MedCycle EMS has proudly served Escape The Cape since 2018. Our highly mobile teams are deployed across every phase of race day – on the water, on the course, and at the finish line.

ON-SITE SUPPORT



BIKE PATROL

Rapid response along the course



FOOT PATROL

Coverage where athletes need us



FERRY MEDICAL TEAM

Onboard medical coverage



WAVERUNNER RESPONSE

On-water emergency response



FINISH LINE MEDICAL TENT

Full-service medical care at the finish



ON-COURSE FIRST AID

Quick care for minor injuries & needs

ATHLETE SERVICES



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Free for all athletes & spectators



COMPLIMENTARY 12-LEAD EKG CARDIAC SCREENINGS

Advanced on-site cardiac evaluation



BOTH SCREENINGS AVAILABLE SATURDAY AFTERNOON (CHECK-IN) & RACE DAY

At the MedCycle Medical Tent – Finish Line



OTC MEDICATIONS & SUPPLIES

Complimentary over-the-counter items



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From minor issues to serious emergencies

MEDCYCLE EMS
EMERGENCY MEDICAL SERVICES
APPROVED 501(C)(3) NONPROFIT

PROUDLY SERVING
ESCAPE THE CAPE
SINCE 2018

MED-CYCLE.ORG
STOP BY OUR TENT – WE'RE
HERE FOR YOU!





SWIM COURSE



1. What should I expect on the boat?

- Athletes will **NOT** be able to enter the inside of the boat. All athletes will stay on the car deck. Expect to be on the boat 1-2 hours MAX. Therefore, do not wear your wetsuit on the boat, carry it on with you.
- Bring something to eat. Bring a disposable bottle of water to keep yourself hydrated. Port-O-Johns will be available to you on the boat. approach the Ferry to drop your vision glasses prior to boarding. All glasses will be moved to Swim Exit. If you need glasses on the boat, we encourage you to bring \$1 pairs with you.
- **Clothing Donation Bin:** There is no gear check on the boat. We will have bins to collect what you wear/bring/leave on the boat and these items will be donated to charity.

2. What is the expected the water temperature?

- The median water temperature for the Delaware Bay at the Ferry Terminal is 70 degrees in June. However, it can range from 55-75F. Please be aware you are swimming in an open body of water, it is imperative you are prepared for all water conditions.

3. What is the tide?

- High Tide the morning of the event is **1:55 AM**. The swim will have athletes going with the current (the current will still be strong for the entire race a low tide is **8:24 AM**).
- We will be swimming closer to the shoreline. Each swim is a point to point with no loops or turns.
 - Note: You must swim the entire swim length. Do not exit the water until you reach the inflatable arch. You will be penalized by USAT if you exit the water and run along the shore.

4. When does the clock start?

- Your time starts when you cross over the timing mat at the edge of the boat. Once you step over the mat, **YOUR** race has begun. While there is no official swim cutoff time, we reserve the right to pull any athlete from the water if they are unable to complete the swim.

5. Will someone jump on top of me?

- No! Although you will be jumping with 4-6 people at a time, there is no danger of someone else jumping on you. We will wait for you to land in the water, collect yourself, and start swimming before sending more swimmers into the water.

6. Once I'm on the boat, do I have to jump?

- NO. If you are not "feeling it" that day you **DO NOT HAVE TO JUMP**. If you don't jump, we are happy to take you back to the dock, however your race is over for the day. You will turn in your timing chip and can enjoy the Expo.

7. Who is watching me swim?

- We will have certified ocean lifeguards in the water. Additionally, we will have US Coast Guard and various other water safety teams, boats, paddlers and wave runners watching you.

8. What else do I need to know?

- You **MUST** wear the swim cap provided to you.
 - **Olympic = WHITE**
 - **Sprint = LIGHT BLUE**
- The Olympic Distance will jump first. Once all Oly athletes have entered the water, we will reposition the boat and the Sprint Distance will jump. No fins, paddles, snorkels or flotation devices of any kind are permitted. Sport Psychologist, Dr. Mitch will be on the boat this year!
- Smile for the camera! We will have photographers from FinisherPix capturing your big moment! Available for purchase via RunSignup.com > add ons.

9. BACK IN 2026! We are adding buoys along the course to help YOU navigate the swim.

- Olympic: Look for GREEN buoys every .10 miles
- Sprint: Look for ORANGE buoys every .10 miles

Note: Always keep land on your left!

10. What if I do not finish the swim?

- If you do not finish the swim, your timing chip is taken and your race is finished.



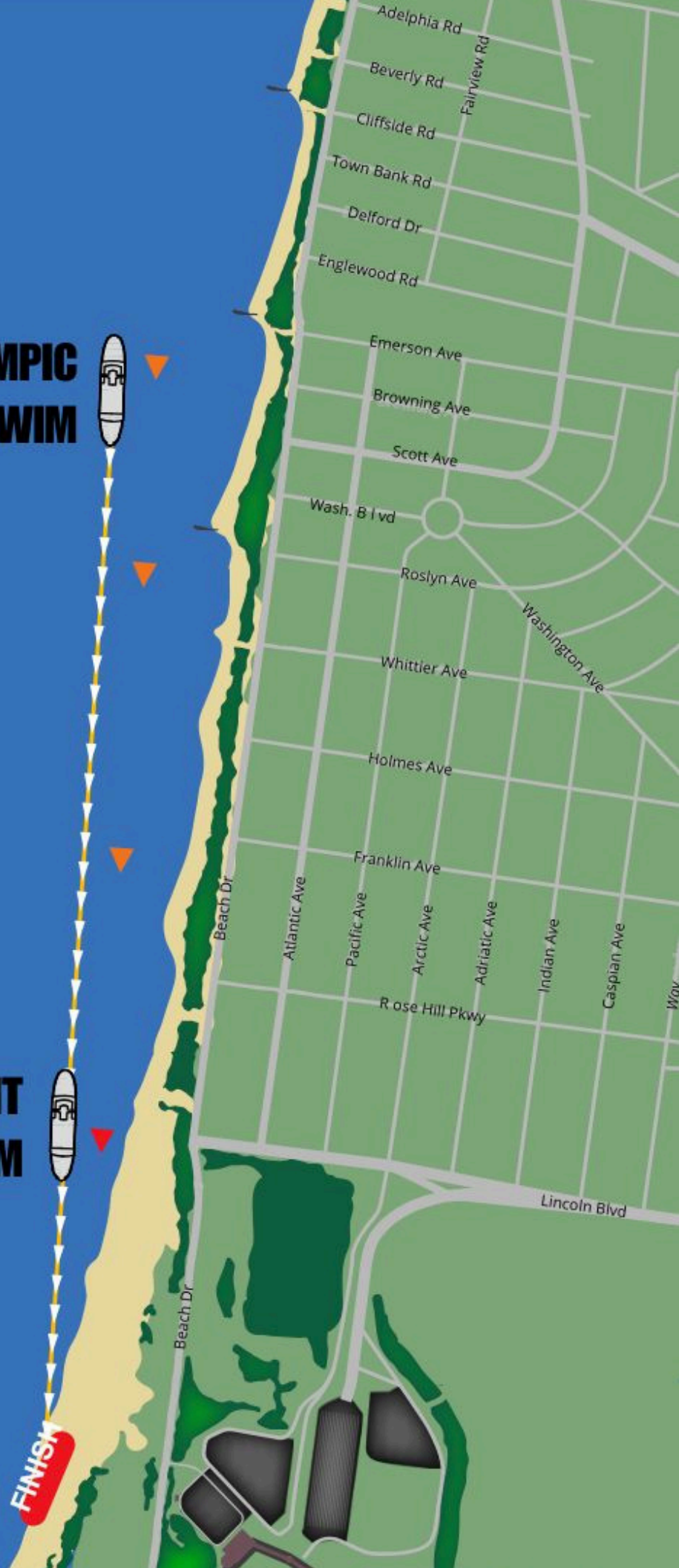
OLYMPIC SWIM



SPRINT SWIM



FINISH



"Map not to scale"



BIKE COURSE



THE COURSE

- Olympic Distance athletes ride 2 loops.
- Sprint Distance athletes ride 1 loop.
- Review Course Maps

CUT OFF TIMES:

- There will be a cutoff at the base of the bridge at 9AM.
 - Athletes who do not reach the base of the bridge by then will be asked to turn around and head to transition. These athletes **MAY** continue to do the run portion but will receive a DNF.

TRAFFIC

- Most of the course is closed to traffic, **HOWEVER**, always **KEEP YOUR HEAD UP AT ALL TIMES**.
- This is a non-drafting race and rules will be enforced by USAT Race Officials.
- All traffic posts will be monitored by DRBA Police, Lower Township Police, Cape May County Sheriff's Department, various fire departments and volunteers.
- There will be ample signage and cones out on the course, **HOWEVER**, it is up to you to **KNOW THE COURSE**.

Bike Tech Services

- Unlimited Biking if our Official Bike Mechanic.
- Look for Unlimited Biking outside transition for bike wrenching services.
- If you still need to rent a bike, please visit:
www.unlimitedbiking.com/events/escape-the-cape-triathlon/

AID STATIONS

- There are **NO** bike aid stations. You are responsible for providing your own nutrition/hydration on the bike.

SAG VEHICLE

- There will be a vehicle on the course to provide support. **HOWEVER**, you are expected to be self-sufficient. It is not guaranteed that the SAG vehicle can get to you in a timely manner to meet the cut off requirements.

SAG PROVIDED BY:



UNLIMITED BIKING



SPRINT COURSE
TURN'S BACK

OLYMPIC COURSE
CONTIGUES
Beverly Rd
Cliffside Rd

1984 STAMPONE O'BRIEN
DILSHEIMER HOLLOWAY
INJURY LAWYERS



Legend

- Bike Course
- Bike Course Mile Marker

THIS DRAWING IS THE PROPERTY OF
DELMOSPORTS
351 Ranger Rd, Unit 1
Cape May NJ 08204
Tel # (609) 849 - 8908



RUN COURSE



THE COURSE

- Olympic Athletes turn around at Fern Road on the beach.
- Sprint Athletes turn around at Englewood Road over the dune.
- Both turnarounds will be clearly marked.

REVIEW THE COURSE MAPS!

CUT OFF TIMES

- All athletes must be off the run course before 10am!

AID STATIONS

- We always encourage you to BYO water and carry your own aid whether it be your own hydration bottle, reusable cup or hydration vest.
- We WILL have cups available at the aid stations, **HOWEVER, please ensure you throw away trash in trash cans throughout the course. DO NOT LITTER!** You can also use these station to refill your hydration bottles or reusable cups.
- Aid Stations are marked on the map.

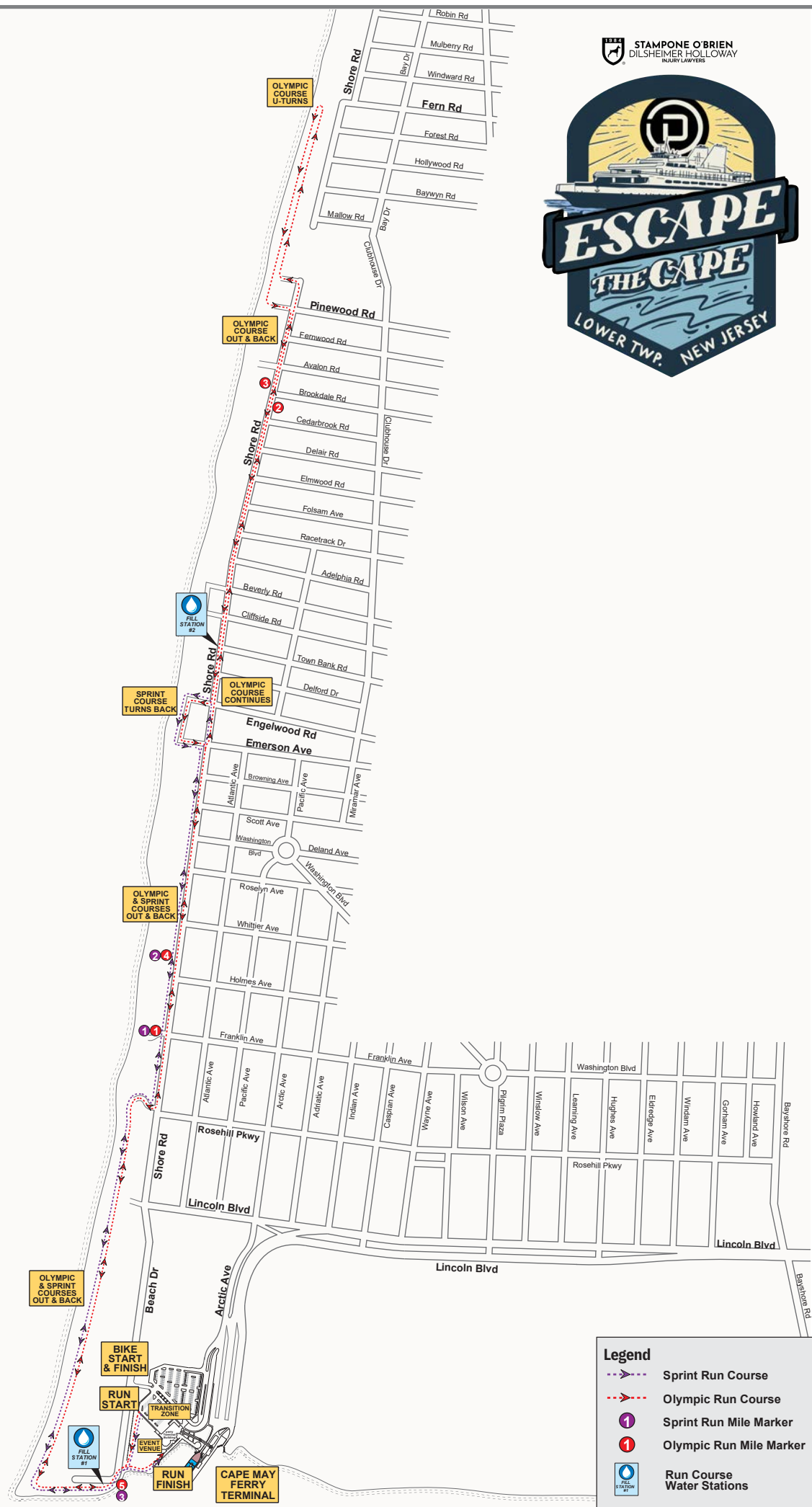
Sprint Athletes will have 1 opportunity to hydrate.

- DOUGLASS PARK

Olympic Athletes will have 2 opportunities to hydrate.

- DOUGLASS PARK
- TOWNBANK ROAD

Port-O-Johns will be available at each fill station on the run course.



Legend

- Sprint Run Course
- Olympic Run Course
- Sprint Run Mile Marker
- Olympic Run Mile Marker
- Run Course Water Stations



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.
- Relay Teams: cross together! You will each receive a medal.
- Aquabikers: you will finish and receive your medal in transition.
- Med Cycle will be providing medical support.
- Security will not allow you to re-enter the Finish Chute once you exit.
- Be sure to return your MYLAPS ProChip!

ATHLETE FOOD: ATHLETES ONLY!

- Each Athlete is allowed (1) meal from the food tent.
- **You MUST trade in your Food tear off ticket from your bib in exchange for food.**

MOBILE APP:

- Download the **FREE** DelMo Elite Events App from the Apple Store or Google Play. App
- The app offers live athlete tracking, important event notifications, take selfies with custom filters, find athlete photos, access exclusive sponsor promotions, keep up to date with the event schedule, and **SO MUCH MORE!**

ATHLETE PHOTOS:

We've partnered with FinisherPix to offer incredible photos. To ensure you get some great photos:

- We will have photographers positioned throughout the course on event weekend. Smile **BIG** and make sure they can see your bib!
- **After the event, you will be able to view, purchase, download and share your AWESOME photos and videos.**
- **PURCHASING BEFORE THE EVENT!** RunSignup.com >Event> Manage Event >Add On's
- Get social and share your amazing accomplishment! Make sure to use our hashtags
 - #EscapeTheCape
 - #ETC
 - #DelMoEliteEvents





RECOVER. REPLENISH. PERFORM.

IV HYDRATION FOR ATHLETES.
POST RACE. POST LIMITS.



★ SPECIAL OFFER
POST RACE ONLY
SUNDAY, JUNE 7TH



POST RACE
RECOVERY IV
\$180

A nutrient-packed infusion to help you recover, repair, and come back stronger.

- ✓ ASCORBIC ACID (VITAMIN C)
- ✓ VITAMIN COMPLEX
- ✓ AMINO BLENDS
- ✓ MINERAL BLEND



IV HYDRATION
\$120

1L of Normal Saline

Restore fluids and electrolytes lost during your race.

IV THERAPY CAN HELP



REHYDRATE
REPLENISH LOST
FLUIDS & ELECTROLYTES



REDUCE FATIGUE
COMBAT EXHAUSTION &
MUSCLE SORENESS



SUPPORT RECOVERY
AID MUSCLE REPAIR
& REDUCE INFLAMMATION



PERFORM BETTER
FEEL YOUR BEST
FASTER

INJECTABLES OFFERED



B12 Shot
\$25



GLUTATHIONE SHOT
\$40



LOCATED ONSITE AT
BODYWORK BY JEFF TENT



TO SECURE YOUR SPOT
CALL/TEXT
856.498.5618



POWERED BY
APX SPORTS MEDICINE



TIMING



DELMOPRO will handle all timing for the event.

- Athletes must use the MYLAPS ProChip provided. You **MUST** return the chip at the Finish line. There will be a \$50.00 charge for anyone that does not return their timing chip.
- Results Kiosks will **NOT** be provided. Find results on the **DELMOELITEEVENTS** app.
- Remember, the clock time at the finish reflects the race start time of the first swim jumpers.
- Full results and splits will be posted on our website and app.
- Please report any discrepancy to the USAT official **PRIOR** to award presentation.

DROPPING OUT:

- If you drop out of the race, **YOU MUST NOTIFY A RACE OFFICIAL OR DELMO STAFF MEMBER.**
- If you cannot find a race official, please find a Delmo crew member at the info tent at the Ferry Terminal lawn.
- Please Note: If you do not start the race or you drop out, you **MUST** return your chip.

MOBILE APP:

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- The app offers live athlete tracking, important event notifications, take selfies with custom filters, find athlete photos, access exclusive sponsor promotions, keep up to date with the event schedule, and **SO MUCH MORE!**



LINCOLN INVESTMENT DELMOCUP



DelMo Elite Events is proud to announce an updated format for the **Lincoln Investment DelMoCup Club Competition** beginning in 2026. These changes are designed to elevate the team experience and ensure fair, exciting competition among clubs across our triathlon events. In addition- the competition will be able to be followed real-time in the DelMo Elite Events live tracking app with live team results!

Lincoln Investment DelMoCup Club Registration – Important Instructions

When registering, be sure to select your club affiliation. To confirm or update your registration, follow these steps:

1. Log in to RunSignUp.com.
2. Navigate to your “Profile” page.
3. Under Upcoming Events, locate your race and click “Manage Registration.”
4. Use the left-hand menu to modify your club/team affiliation by modifying your registration question answers

Please Note: If your club is not listed on your registration by race day, you will not be included in team scoring. Athletes may only represent one club per event.

Competition Divisions

There will be two competition divisions in the Lincoln Investment DelMoCup:

- Sprint Triathlon Club Division
- Olympic Triathlon Club Division

All DelMo Elite Events triathlon events will feature both divisions except the Women’s Philadelphia Triathlon, which will include only a Sprint Triathlon Club Division.

Each division will crown its own Lincoln Investment DelMoCup Club Champion based on team performance.

Scoring Criteria

Team scoring will be based on the combined finish times of the top five athletes from each club in a given division. Scoring rules include:

- Only finishers in the Sprint or Olympic Triathlon distances will be counted.
- Aquabike, duathlon, and other non-triathlon formats are not included in the DelMoCup scoring.
- A club must have a minimum of five finishers in a given distance to be eligible for scoring.

The top five scoring members must include:

- 2 males
- 2 females
- 1 additional athlete of any gender

If a club does not meet these composition requirements, it will be marked as incomplete and will not be eligible for scoring in that distance.

Awards & Recognition

- Two DelMo Cups will be awarded at each event—one each for the top Sprint Triathlon Club and Olympic Triathlon Club.
- If a club wins both divisions at the same event, they will be awarded both trophies.
- Winners receive not only the Lincoln Investment DelMo Cup Club Trophy but also bragging rights until the next DelMo Elite Event!

Join the Competition. Represent Your Club. Take Home the Cup!





KIDS FUN RUN



GET READY! THESE KIDS ARE READY TO FOLLOW IN THEIR PARENTS FOOTPRINTS!

WHO:

Kids' of all ages are encouraged to join!

WHAT:

½ Mile Fun Run

WHERE:

Start/Finish @ Finish Line

WHEN:

Saturday, June 6th @ 3pm

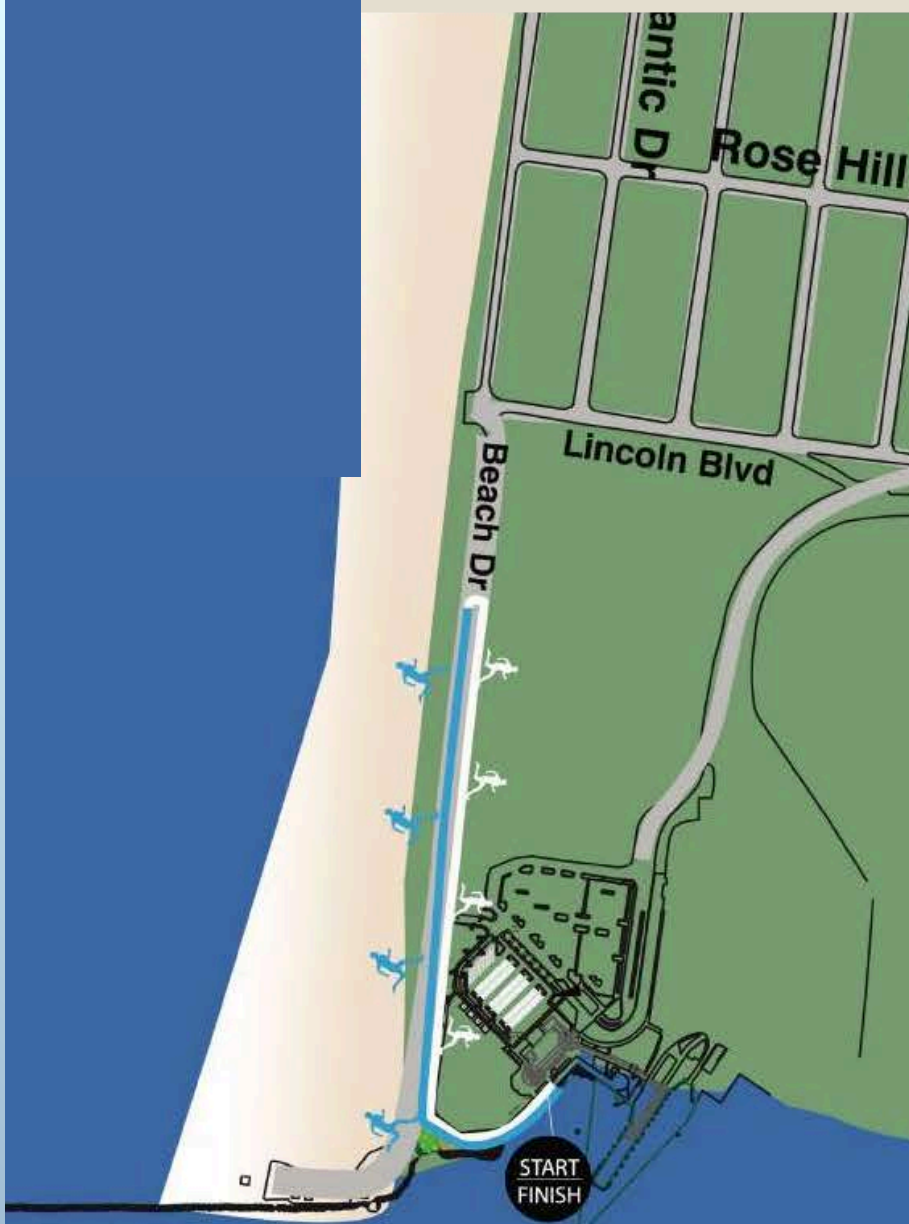
INCLUDES:

Race Bib

REGISTRATION:

Registration for the Kids' Fun Run will be FREE!

Registration will open on site at the Cape May-Lewes Ferry Terminal lawn during Expo hours on Saturday, June 6th from 10AM-2:45PM.



KIDS' FUN RUN



SPECTATOR GUIDE



***You may not be racing, but you're still part of the adventure.
Here are the top spots to cheer on your athlete!***

TRANSITION:

- Transition is where athletes will be bright and early race morning. You will also get to see athletes coming in from the swim, head out onto the bike, and come in to start their run. It's a great location to get photos! Located at the Cape May Lewes Ferry Terminal parking lot.

SWIM START:

- The beach between Roslyn Ave and West End Jetty is a great place to watch the swim.
 - *Closed to vehicular traffic.*

BIKE/RUN:

- To help avoid congestion, we ask that you **DO NOT FOLLOW** any part of the bike course. The best place to watch is at Harpoon's on the Bay Restaurant on Beach Drive at Browning.

FINISH:

- Watch and cheer on your athletes as they approach and cross the finish line. Located along the boardwalk at the Cape May-Lewes Ferry Terminal near the Expo.

LIVE TRACKING:

- Download the *DelMo Elite Events* App from the Apple Store or Google Play so you can track you athlete LIVE!

PARKING:

- We recommend residential/street parking within North Cape May. Do not block a driveway.
 - Note: NO SHUTTLES will be provided this year. And NO parking at the Ferry Terminal.

SPECTATOR FOOD/DRINK:

- Stowaways Cafe and Restaurant

RESTROOMS:

- Port-O-Johns are available along the Ferry Lawn.

SPECTATOR VIP PACKAGE:

- We are proud to offer VIP Packages for Spectators! This will give you access to the Overlook Lounge and Chill Zone to get prime viewing of your athletes! Your athlete can purchase your VIP ticket via runsignup.com > Add On or you can purchase it on site at the VIP tent.

SAVE THE DATE



JUNE 13TH 2027





UP NEXT

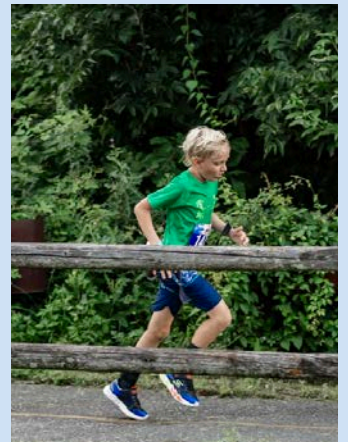


SATURDAY
JULY 11TH
2026



SUNDAY
JULY 12TH
2026

TWO DAYS. TWO EVENTS. ONE UNFORGETTABLE WEEKEND.



UP NEXT

CRDA
Crabtree Reinvestment Development Authority



ATLANTIC CITY TRIATHLON

SUNDAY

AUGUST 9TH

2026

