

inspira
HEALTH

ATHLETE GUIDE

2023



WELCOME

Greetings Athletes,

Welcome to the official kick-off to the 2023 racing season with DelMoSports at the MudHen Brewing Co. IPA 5K & Beer Mile Island Championships Presented by Inspira Health.

Last year, the MudHen IPA 5K & Beer Mile was the largest running event of the spring in Cape May County and this year will be no different. One of the biggest reasons athletes love this event is our outstanding host partner; The MudHen Brewing Company. Over the past several years, Brendan and Robin Sciarra have poured their heart and soul into their dreams and have created one of the top breweries (and destinations) in all of New Jersey. We are honored to host this amazing running event and work with their team.

The IPA 5K and Beer Mile starts and finishes at the MudHen Brewing Co. in Wildwood, NJ for a truly one-of-a-kind experience in the Wildwoods. Within this packet of information, you will find everything you need to know on times, schedules, parking, post-race festivities and best practices for viewing the MudHen Beer Mile Island Championships! We highly encourage you to bring friends and family as the MudHen Brewing Co. is an outstanding location to hang out and enjoy the best of what the Wildwoods has to offer.

See you at the MudHen!

Stephen & Jamie Del Monte
Founders, DelMoSports



Is Your Heart Race Ready?

PREVENTATIVE CARDIAC SCREENINGS WITH INSPIRA HEALTH SPORTS MEDICINE

You train year-round to keep your body in peak shape, but are you forgetting about your most important muscle? A preventative cardiac screening with Inspira's Sports Medicine program can give you the edge you need, knowing your heart is safe and ready to compete.

Inspira's preventative cardiac screening program consists of a short, non-invasive, EKG screening, performed by a trained cardiovascular technician. These screenings can:

- Uncover heart problems before symptoms occur
- Assess the function of your heart's electrical system
- Identify arrhythmias (irregular heartbeat), such as Tachycardia or Atrial Fibrillation
- Measure your heart's blood supply, which can indicate possibility of heart attacks

Don't let an unknown heart issue keep you from finishing the race this season.



Scan Code to
Request Appointment

Schedule your preventative cardiac screening with Inspira's Sports Medicine program today by calling (800) 220-8599.

*Preventative cardiac screenings with Inspira's Sports Medicine Program are a fee for service and are not covered by most insurances. Enrollment in the program requires a one-time payment of \$75. Have your payment available and with you when you arrive for your appointment.



SCHEDULE

THURS, APRIL 20, 2023

START	END	EVENT	LOCATION
5:00 pm	7:00 pm	Athlete Check In *OPTIONAL	Biergarten

FRIDAY, APRIL 21, 2023

START	END	EVENT	LOCATION
5:00 pm	6:30 pm	Athlete Check In	Parking Lot
5:00 pm	9:00 pm	Live Music w/ Billy D Light	Biergarten
5:00 pm	10:00 pm	Live Music w/ DJ KY	Parking Lot
6:30 pm		5K RACE STARTS	MudHen Brewing Co.
7:15 pm		Overall Awards Ceremony / Age Group Pick Up	Parking Lot
7:45 pm		BEER MILE RACE STARTS	Parking Lot





GET LOST IN THE MEMORIES.

Get lost in the Woods. The Wildwoods.

You don't have to go far to get away from it all. With over 8,000 hotel-motel rooms and 3,000 vacations rentals in the Wildwoods, you'll discover the best of the Jersey Shore—all on one five-mile island. With everything from FREE white-sand beaches to a 38-block world-famous boardwalk, it's easy to find something new to discover around every corner. Start planning your stay today and enter to win a free family vacation. Visit **WildwoodsNJ.com** or call **800.992.9732**





IMPORTANT INFORMATION

ATHLETE CHECK IN:

@ MudHen Brewing Co.
127 W. Rio Grande Ave, Wildwood, NJ 08260

- Thursday, April 20th 5pm-7pm (Biergarten)
- Friday, April 21st 5pm-6:30pm (Parking Lot)

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 via:

- DelMoSports Mobile App
- RunSignUp Event Website

PHOTO ID:

Please have your Photo ID readily accessible to you as you approach to venue. You will be ID Checked before you Check In.

- Please keep your ID on you at all times.
- **NO ID, NO RACE, NO BEER, NO EXCEPTIONS.**

ITEMS TO PICK UP:

- Running Bib
- Safety Pins
- Competitor Shirt
- Beer Token

Shirt exchange will be available on Friday starting at 7:00PM at the Info Tent. Be prepared to bring the shirt you are exchanging. First Come, First Serve while sizes last.

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. You may also give your personal belongings to your family/friends spectating.

FREE PARKING:

We encourage you to find **FREE** parking at the "MudHen Approved Parking Lots" or 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. See map on Schedule page.

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!

COURSE DETAILS:

There will be (1) Fill Station along the race course. If you feel that you will need water during your 5K and want to use this Fill Station, PLEASE be self sufficient and carry your own refillable bottle, cup or wear a hydration vest. Cups will not be available.

CUT OFF TIME:

There will be a time limit of 1 hour for the IPA 5K per the request of the Wildwood Police Department.

POST-RACE FOOD & BEER:

Enjoy a delicious post-race food spread provided by MudHen Brewing Co.! You must show your bib for Athlete Food. *Spectator food and beer available for fee.*

TIMING:

DelMoPRO will be handling the official timing. You **MUST** wear your running bib on the **FRONT** of your **CHEST/ BODY**. **LIVE TRACKING** will be available on the DelMoSports Elite Events Mobile App. Results and leaderboards will be available on the App as well.

- Overall Awards and Age Group awards are based on chip time.

AWARDS:

NEW in 2023! We are working to simplify our long awards ceremony. Awards Ceremony will not only be for **OVERALL** winners. Awards Pick Up will be available for all Age Group winners to pick up awards. There will be a step & repeat backdrop for photos.

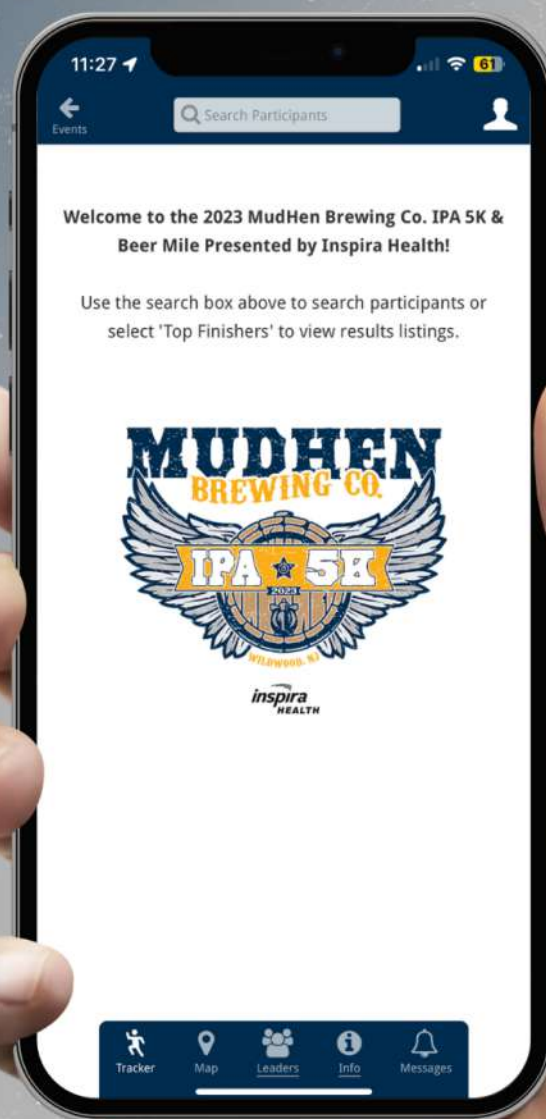
GET THE @ELMOSPORTS APP NOW!

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

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



SCAN ME



**APP POWERED BY
CAPE MAY COUNTY TOURISM**

For interactive Course Maps, visit:
<https://track.rtrt.me/e/DELMO-MUDHEN-2023>



inspira
HEALTH

FILL
STATION

SURFSIDE PIER

TURN
AROUND

2 mi.

MARINER'S PIER

1 mi.

ADVENTURE PIER

WILDWOODS
CONVENTION
CENTER

FOX
PARK

3 mi.

START
FINISH

Rio Grande Ave

Ocean Ave

Beach Ave

Pacific Ave

Seaview Ave

Atlantic Ave

De

Juniper Ave

Poplar Ave

Magnolia Ave

Glenwood Ave

Maple Ave

Pine Ave

Wildwood Ave

Oak Ave

Schellenger Ave

Lincoln Ave

Garfield Ave

Spicer Ave

Spencer Ave

Young Ave

Roberts Ave

Baker Ave

Montgomery Ave

Davis Ave

Burk Ave



Hand Ave

Leaming Ave

Bennett Ave

Hildreth Ave

Cresse Ave

Morning Glory Rd.

Buttercup Rd

Lavender Rd

Heather Rd

Crocus Rd

Aster Rd

Cardinal Rd

Sweet Briar Rd

Park Blvd

Arctic Ave

Park Blvd



GET 20% OFF

USING CODE:

DELMO23 ONLINE @

WWW.BASEPERFORMANCE.COM



BEER MILE

STICK AROUND AFTER THE IPA 5K TO WITNESS HISTORY AND CHEER ON OUR COMPETITORS FOR THE BEER MILE ISLAND CHAMPIONSHIPS!

- Starting at 7:45pm, all 10 Beer Mile competitors (5 men, 5 women) will commence this 2nd Annual event! It starts with a chug of a beer, running $\frac{1}{4}$ mile lap, another chug, another lap, etc. So in total, 4 beers and 1 Mile run.
- See roster below:



JUSTIN EHRLING
LORI HOLDSWORTH
MICHELLE KAAS
STEPHEN KAZMIERCZAK
AMY LINZEY
RICHARD MILLER
ALEXIS MOORE
DIANA STAVROU
PETER VUONG
JIM WARRENFELTZ

For interactive Course Maps, visit:

<https://track.rtrt.me/e/DELMO-MUDHEN-2023>

Taylor Ave

START
FINISH

MUDHEN
WILDWOOD, NEW JERSEY
BREWING Co.

Arctic Ave

Rio Grande Ave

New Jersey Ave

BEER MILE



BEER MILE RULES

1. Each competitor will consume a total of 4 12oz cups of beer and will run 4 laps around the designated race course on Rio Grande Ave in front of the MudHen Brewery.
2. The race format is as follows: Start, Chug 1, Lap 1, Chug 2, Lap 2, Chug 3, Lap 3, Chug 4, Lap 4, Finish. Competitors will line up on the start line with their first cup of beer in their hand.
3. Beer must be consumed before the lap begins, within the Transition Zone of the MudHen parking lot. The Transition Zone is a 9-meter zone where competitors must chug each beer. There will be a discard bin upon exit of the Transition Zone where cups must be discarded.
4. The race begins with competitors lined up on the starting line, drinking the first beer in the Transition Zone described in the step above. This ensures competitors cover a complete mile. Competitors can walk/move in the Transition Zone while drinking, but all beer must be consumed in the Transition Zone before setting off to run a lap.
5. All competitors must drink the provided Official Competition Beer – MudHen Brewing Co. MudHen Pils (a 4.6% ABV Pilsner) – provided in 12oz cups.
6. The cups of beer will be on a table inside the Transition Zone for each competitor to grab. There are no assigned spots on the table since all competitors are drinking the same beer.
7. Competitors who vomit before they finish the race will receive a 2:00 minute penalty. Race officials will assess and assign all penalties. If a competitor vomits more than 1 time in the race, they will still only receive 1 2:00 minute penalty in total.
8. If a competitor spills their beer while consuming and the Race Officials deem it to be more than a few drops and/or a competitive advantage, a 2:00 minute penalty will be assessed.



SALES & RENTALS



Cape May | North Wildwood | Lower Township

609.884.1300

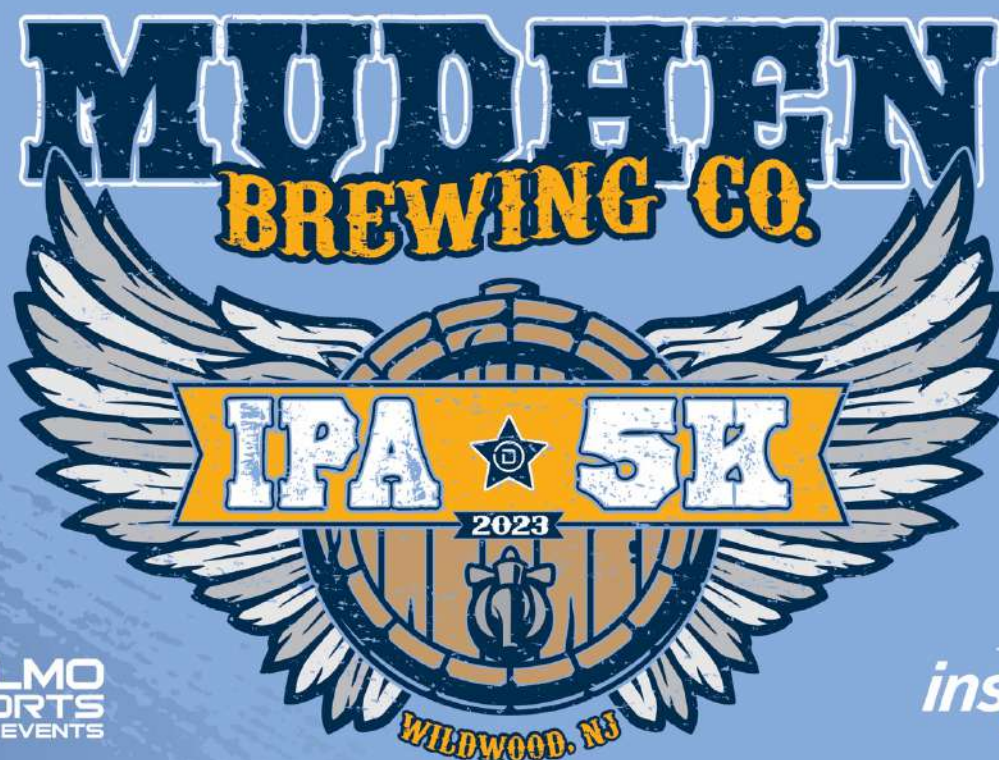
609.551.4066

609.886.6000



www.deSatnickRealEstate.com

Todd H. deSatnick/ Broker of Record | 1001 Lafayette Street, Cape May



FRIDAY, APRIL 21



IPA 5K AT 6:30PM

The **IPA 5K** run course is a combination of closed roads, boardwalk & bike path starting at 6:30PM!



BEER MILE AT 7:45PM

The **2nd Annual Beer Mile Island Championships** will start & finish at MudHen Brewery with a limited field of Beer Mile Specialists in a concert-like atmosphere starting at 7:45PM

REGISTER ONLINE AT **MUDHENBREW.COM**

