



PRESENTED BY
STAMPONE O'BRIEN
DILSHEIMER HOLLOWAY
INJURY LAWYERS



2026

ATHLETE GUIDE

POWERING RACE DAY



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

CRDA

Casino Reinvestment Development Authority



LINCOLN
INVESTMENT

DRONE ONE
AERIAL TECHNOLOGY



UNLIMITED BIKING



ATLANTIC CITY
SPORTS COMMISSION



BODYWORK BY JEFF
MANUAL THERAPY | KINESIO TAPING | ASSISTED STRETCHING



**GET
READY**
MARKETING



DELMO
ELITE EVENTS



WELCOME

Athletes,

Welcome to the 2026 16th Annual CRDA Atlantic City Triathlon presented by Stampone Dilsheimer Holloway!

Whether you're returning to Atlantic City or joining us for the very first time, we're thrilled to have you as part of the TRI AC family. This year, we'll welcome athletes from across the country to one of the East Coast's most unique and exciting triathlon venues.

If you're a returning athlete, welcome back! Thank you for making TRI AC part of your racing season. If this is your first triathlon, you've picked an incredible event to begin your journey. Our supportive volunteers, energetic spectators, and one-of-a-kind course create an unforgettable race-day experience for athletes of every level.

Race weekend begins at Historic Bader Field, home to Athlete Check-In and Transition. From there, you'll take on the calm waters of the Back Bay Swim Course, located just steps from transition near the Atlantic City High School Boathouse.

After the swim, you'll head onto one of the most unique bike courses in triathlon, riding on the Atlantic City Expressway, where dedicated lanes are closed exclusively for TRI AC athletes, giving you a fast, smooth, and memorable ride.

Then it's time for the grand finale! Your run takes you onto the world-famous Atlantic City Boardwalk, where you'll enjoy ocean breezes, incredible shoreline views, enthusiastic spectators, and an unforgettable finish at Kennedy Plaza, in front of the historic Boardwalk Hall.

At DelMo, we're always striving to make TRI AC an even better experience. Your feedback helps us continue to improve and grow this event year after year, and we truly appreciate you being part of the journey.

Thank you for racing with us. Train hard, race smart, and most importantly, have fun!

We'll see you on the starting line in Atlantic City!



If you registered for CAMP AC, you'll receive an email with all the details and instructions on July 30. If you do not receive it, please contact us at info@delmosports.com.



SCHEDULE

SATURDAY, AUGUST 8, 2026

***Subject to change*

START	END	EVENT	LOCATION
12:00 pm	5:00 pm	CAMP AC & Parking Opens	BADER FIELD
12:00 pm	5:00 pm	Expo / Athlete Check In *OPTIONAL	BADER FIELD
12:00 pm	5:00 pm	Transition & Bike Check In *OPTIONAL	BADER FIELD
1:00 pm		Athlete Meeting #1 *Strongly encouraged to attend at least one meeting	BADER FIELD /STAGE
4:00 pm		Athlete Meeting #2 *Strongly encouraged to attend at least one meeting	BADER FIELD /STAGE

SUNDAY, AUGUST 9, 2026

***Subject to change*

START	END	EVENT	LOCATION
4:00 am		Parking Opens	BADER FIELD
4:30 am	6:00 am	Athlete Check In	BADER FIELD
4:30 am	6:15 am	Transition & Bike Check In	BADER FIELD
6:30 am		SPRINT RACE STARTS	SWIM START/BADER FIELD
7:00 am		OLYMPIC RACE STARTS	SWIM START/BADER FIELD
9:30 am		SPRINT AWARDS CEREMONY	BADER FIELD /STAGE
10:30 am		OLYMPIC AWARDS CEREMONY	BADER FIELD /STAGE

START: Bader Field - 545 N. Albany Ave, Atlantic City, NJ 08401

FINISH: BOARDWALK & KENNEDY PLAZA

AWARDS: BADER FIELD--MAIN STAGE



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

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Cheltenham, PA 19012

Philadelphia
One Liberty Place
1650 Market Street, 55th Floor
Philadelphia, PA 19103

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PRACTICE AREAS

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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

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PRE RACE INFO

ATHLETE CHECK IN:

IMPORTANT: YOU ARE THE ONLY PERSON WHO CAN PICK UP YOUR PACKET. NO EXCEPTIONS.

PLEASE HAVE AVAILABLE:

- Valid PHOTO ID. NO ID, NO RACE, NO EXCEPTIONS.
- QR Code from your 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:

- **Wristband:** For access in and out of transition.
- **MYLAPS ProChip:** MUST WEAR ON YOUR LEFT ANKLE. MUST BE RETURNED AT FINISH LINE. **FAILURE TO DO SO WILL RESULT IN A \$50 CHARGE.**
- **Sticker Sheet:** For helmet & bike frame.
- **Run Bib:** To be worn on your front side during the run. Grab safety pins if needed.
- **Bike Check Out Ticket:** In the event that you cannot get your bike, give this ticket to a friend or family member to check out your bike.
- **Silicone Swim Cap:**
 - Olympic - GREEN
 - Sprint - WHITE
- **Competitor Shirt**

ATHENA/CLYDESDALE ATHLETES:

- If you registered for the **Athena (165+ lbs) or Clydesdale (220+ lbs) division**, you must weigh in at the Solutions Desk during check-in. Failure to weigh in will result in being placed in your Age Group for awards.

SHIRT EXCHANGE:

- Shirt exchange will be available on Sunday starting at 8:00 AM at the Volunteer Tent on Bader Field.

TRANSITION:

- You may rack your bike on Saturday, August 8th between 12PM-5PM or race morning, Sunday August 9th between 4:30AM-6:15AM
- You must present your wristband to enter and exit transition --there will be a staff checking.
- Bike racks are assigned by bib number and labeled with matching stickers. Please rack your bike in the correct spot by the seat (not the handlebars). Bikes placed incorrectly may be moved by a USAT official. Once your bike is racked, it must remain in transition until the race.
- **DO NOT lock your bike to the bike rack. If a rack needs to be moved or collapses, locked bikes cannot be relocated quickly and may delay emergency response or damage other bikes.**
- Bar end plugs are a MUST.

BODY MARKING:

- Body mark yourself (or with a friend) with a thick sharpie and write your bib number down both arms.

PRE-RACE ATHLETE MEETING(S):

- 1 PM and 4 PM on Saturday, August 8TH at the Main Stage at Bader Field.

If you registered for CAMP AC, you'll receive an email with all the details and instructions on July 30. If you do not receive it, please contact us at info@delmosports.com.

NUMBER PLACEMENT

BIKE STICKER:

goes on the frame of your bike; must be on before racking bike in transition.



HELMET STICKER:

goes on the front of your helmet.



RACE BIB:

goes on the front of your body with safety pins or a race belt.



BODY MARKING:

goes on both arms between shoulder & elbow with a sharpie marker.





HELPFUL INFORMATION

Transition:

- Your bike will be inspected before it enters transition (where the bike is racked). We will check for “bar end plugs” and many of you will ask “what?” The handlebars on most bikes are hollow tubing – and USAT requires that the end of the tube be plugged on both ends in case of accident.
- We will also check for operational brakes – front and rear. If your tubes are 3 years or older, we would recommend replacement. **Beware the borrowed bike** – have a bike shop check it out.
- When you pick up your packet from registration, you will receive a sticker bib sheet that shows your bib numbers in a large “butterfly” format and a smaller one in the center (for the front of your helmet). The butterfly will identify your bike and should be placed in one of three spots:
 - Butterflied off of your seat stem to the rear (that might mean removing the rear reflector)
 - Butterflied in the front of the top tube (not near the seat post) or
 - Trimmed to put on both sides of the down tube (we always have scissors at a DelMo event).
- These stickers must be on your bike before coming into Transition-----we have volunteers to assist!

Bike:

- There are several rules for the bike part of the competition: for example, you are not allowed to draft another bike. We suggest you go to USAT and check their list. However, the ones we will check for are the following: you must wear a bike helmet and have it fastened “rack to rack”.
- You are not allowed to ride your bike in transition and only mount after instructed at the “mount/dismount line.”
- You may not use any electrical device while riding except for a bike computer. That means radios, phones, headphones, etc. No garbage/gel wrappers, etc. shall be discarded on the course – please use trash cans.

Run:

- You have completed two thirds of the race – enjoy your run. Make sure you are hydrated.
- Our rule: run thru the finish line with a great big smile and your head up high. You did it – be proud!

All of us with DelMo want you to have a great race and an extraordinary life experience. We encourage you to attend at least one athlete briefing when you pick up your race items at registration race weekend.

RACE-DAY CHECKLIST: What to bring to every event			
GENERAL	SWIM GEAR	PERSONAL REMINDERS	
☐ USAT membership card	☐ Wetsuit	_____	
☐ Photo ID	☐ Swim cap	_____	
☐ Registration confirmation	☐ Goggles	_____	
☐ Directions to venue		_____	
☐ Course map		_____	
☐ Money	BIKE GEAR	_____	
☐ Race uniform	☐ Bike	_____	
☐ Race numbers and timing chip	☐ Helmet	_____	
☐ Sunscreen	☐ Bike shoes	_____	
☐ Sunglasses	☐ Bike gloves	_____	
☐ Anti-chafing product	☐ Tire pump	_____	
☐ Extra clothes	☐ Spare tube(s)	_____	
☐ Watch	☐ CO2 cartridges	_____	
	☐ Tools	_____	
	☐ Bar-end plugs	_____	
TRANSITION GEAR	RUN GEAR	_____	
☐ Towel(s)/Transition mat	☐ Running shoes	_____	
☐ Water bottle(s)	☐ Hat/visor	_____	
☐ Gels/energy bars and drinks/salt tablets	☐ Race number belt	_____	
	☐ Socks	_____	

Never worry about forgetting important items again.
Use this checklist to ensure you arrive at your next
race relaxed and prepared.



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TRI ATLANTIC CITY 2026

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YOUR SAFETY IS OUR MISSION

MedCycle EMS has proudly served TRI AC 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



AMBULANCE SUPPORT

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



COMPLIMENTARY BLOOD PRESSURE SCREENINGS

Free for all athletes & spectators



COMPLIMENTARY 12-LEAD EKG CARDIAC SCREENINGS

Advanced on-site cardiac evaluation



BOTH SCREENINGS AVAILABLE ON RACE DAY

At the MedCycle Medical Tent — FINISH LINE ON THE BOARDWALK



OTC MEDICATIONS & SUPPLIES

Complimentary over-the-counter items



RAPID EMERGENCY RESPONSE

From minor issues to serious emergencies

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HERE FOR YOU!





SWIM

1. What should I expect?

- Our swim is a single loop course! Athletes will enter the water via a ramp (Swim Start) and finish at the ramp close to transition (Swim Finish).

2. What should I bring with me?

- Cheap flip flops!

3. What do I do with my vision glasses?

- We will have a glasses table at the Swim In / Swim Finish area. There we will have bags for you to put your glasses in and will be labeled with your race number.

4. What is the expected water temperature?

- The median water temperature for the Back Bay at Bader Field is 75-80 degrees in August.

5. When does the clock start?

- Your time begins when you cross the timing mat! The start will be a rolling start. Place yourself where you see fit. We suggest strong swimmers towards the front and not as strong swimmers towards the back. The swim course will close at 8:15AM.

6. Who is watching me swim?

- The Atlantic City Beach Patrol will be watching over you! The USCG, NJ State Police, and the Atlantic City Fire Department will also be in the water.

7. What else do I need to know?

- Athletes will NOT be able to do a practice swim pre-event as it is an active waterway with no lifeguards on duty pre-event.
- DISTANCE: Olympic 1 mile swim and Sprint .25 mile swim
- You **MUST** wear the silicone swim cap provided to you
 - Olympic = **GREEN** Sprint = **WHITE**
- No fins, paddles, snorkels or flotation devices of any kind are permitted.
- Wetsuits are permitted if the water temperature is below 84°F. However, in accordance with USAT rules, if the water temperature is between 78.0°F and 83.9°F, athletes who choose to wear a wetsuit may participate but will not be eligible for awards or age-group rankings.
 - Please remember that you will be swimming in an open body of water. It is important that you are prepared and comfortable swimming in a variety of water conditions.
 - Wetsuits are NOT permitted if the water temperature is 84.0°F or higher.



SPRINT & OLYMPIC SWIM

→→ Sprint
→→ Olympic

Bader Field

FINISH
START

Albany Ave





BIKE

BIKE COURSE SUMMARY:

- The bike course is a combination of the Black Horse Pike and the Atlantic City Expressway.
- The Sprint Course is an 11 Mile out and back.
- The Olympic Course is a 22 Mile "loop and a half" on the Atlantic City Expressway.
- Bike Cutoff Time: 10:10 AM

NEED TO KNOWS:

The bike course of the Atlantic City Triathlon is one of the BEST on the East Coast. This is the ONLY time of the year where cyclists can test their skills on the Atlantic City Expressway! TOLL FREE!

- **CHANGE FOR THIS YEAR:** We will be utilizing Exit 4's ON and OFF ramps (previously used Exit 5).
- Note of CAUTION:
 - Although the bike course has right hand lane and shoulder closures for cyclists, there are cars and possibly congestion on roads.
 - Be cautious of the RUMBLE strips. There will be ample signage and cones out on the course. HOWEVER, IT IS UP TO YOU TO KNOW THE COURSE.
- **KEEP YOUR HEAD UP** at all times. Especially when entering and exiting Bader Field.
- When on the Atlantic City Expressway, you are to STAY IN THE SHOULDER AT ALL TIMES.

UNLIMITED BIKING: Bike Tech Services

- On-site for all of your bike needs. HOWEVER, you are expected to be as self sufficient as possible and have your own supplies (tubes, etc.)
- Look for Unlimited Biking outside transition for bike wrenching services.
 - Replacing tubes will be an additional charge from Unlimited Biking.
- If you still need to rent a bike, please visit: <https://unlimitedbiking.com/events/atlantic-city-triathlon/>



UNLIMITED BIKING

CADENCE CYCLING: On Course SAG

- 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.





SPRINT 11 MILE BIKE

**EXIT 4
TURN AROUND**

— Outgoing
— Incoming

EXIT 2



**STAMPONE O'BRIEN
DILSHEIMER LAW**

**START
FINISH**



**EXIT 4
TURN AROUND**

OLYMPIC 22 MILE BIKE

322 Black Horse Pike

EXIT 2

Outgoing
Incoming

Delilah Rd

Atlantic City Expressway

N. Albany Ave

**AC Connector
Turn Around**

**Bader Field
START
FINISH**

**AC Convention
Center**

Atlantic City

Atlantic Ave



RUN

RUN COURSE SUMMARY:

- The run course for the Atlantic City Triathlon just happens to be on the boardwalk!
- Run Cutoff Time: You **MUST** finish by 12 PM.

NEED TO KNOWS:

- After exiting Bader Field via Porter Ave., you will make a left on Albany Ave.
- Once you reach the boardwalk you will head north, making a left.
 - **Sprint Athletes:** Turnaround @ MLK BLVD & THE BOARDWALK
 - **Olympic Athletes:** Turnaround @ MAINE & ATLANTIC ON THE BOARDWALK
 - Please be sure to run **OVER** the timing mat at the finish line!

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.

Water will be available at:

- Fill #1: Bellvue Ave. & Boardwalk
- Fill #2 & 5: New York Ave. & Boardwalk (OLY only)
- Fill #3 & 4: New Hampshire Ave. & Boardwalk (OLY only)



N. Albany Ave

START

**BADER
FIELD**

FINISH

S Bellevue Ave

**AC
CONVENTION
CENTER**

Pacific Ave

Arctic Ave

S Dr Martin Luther King Blvd

SPRINT
Turn Around

**ATLANTIC
CITY**

S New York Ave

Absecon Blvd

CRDA
Casino Reinvestment Development Authority



Atlantic Ave

North Maine Ave

OLYMPIC
Turn Around

**SPRINT & OLYMPIC
RUN**





RECOVER. REPLENISH. PERFORM.

IV HYDRATION FOR ATHLETES.
POST RACE. POST LIMITS.

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POST RACE ONLY
SUNDAY, JUNE 7TH



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- ✓ VITAMIN COMPLEX
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IV THERAPY CAN HELP



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REPLENISH LOST
FLUIDS & ELECTROLYTES



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RELAY/ AQUABIKE FAQs

RELAY TEAMS

1. How many people per relay team?

- You can have either 2 or 3 members for a team.

2. Do all team members need to come to athlete check in?

- 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, members will receive their discipline's items.
- If you are doing the swim leg, you will receive the swim cap and your wristband. If you are doing the bike leg, you will receive your bike sticker system, bike check out ticket and your wristband in order to rack your bike. And finally, if you're doing the run leg, you will receive the race bib and wristband.

3. As a relay member, what materials do I receive?

- In your packet: the swim cap is for the swimmer; the sticker sheet and bike check out ticket is for the biker; the race bib is for the runner. All members will have to be body marked. 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.

4. How do I know when my leg of the race starts?

- 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 (at your bike rack). This will continue for each transition.

5. How do I get food without a bib?

- When entering the food tent, show your wristband.

AQUABIKE (swim, bike, DONE)

• Sprint

- .25 Mile Swim
- 11 Mile Bike

• Olympic

- 1 Mile Swim
- 22 Mile Bike

1. What will be in my race packet?

- You will have a MYLAPS ProChip, swim cap, sticker system, bike check out ticket, race bib and a wristband.

2. Why do I have a race bib even though I am not running?

- You will put on the race bib for athlete food!

3. How does Aquabike finish?

- Your time will officially end when you enter transition at the "BIKE IN" structure. You will receive your finisher medal inside transition.
- Be sure to return your MYLAPS ProChip (timing chip) at the BIKE IN structure.

4. How are the awards for Aquabike?

- Awards will go ONE deep for each USAT Age Group for males and females.
 - Does NOT include Athena/Clydesdale or Relay Teams.

5. How do I get my finisher food?

- Concluding your event, you will visit the food truck at the Expo on Bader Field. Be sure to show them your race bib.

Failure to return timing chip will result in \$50 fee.

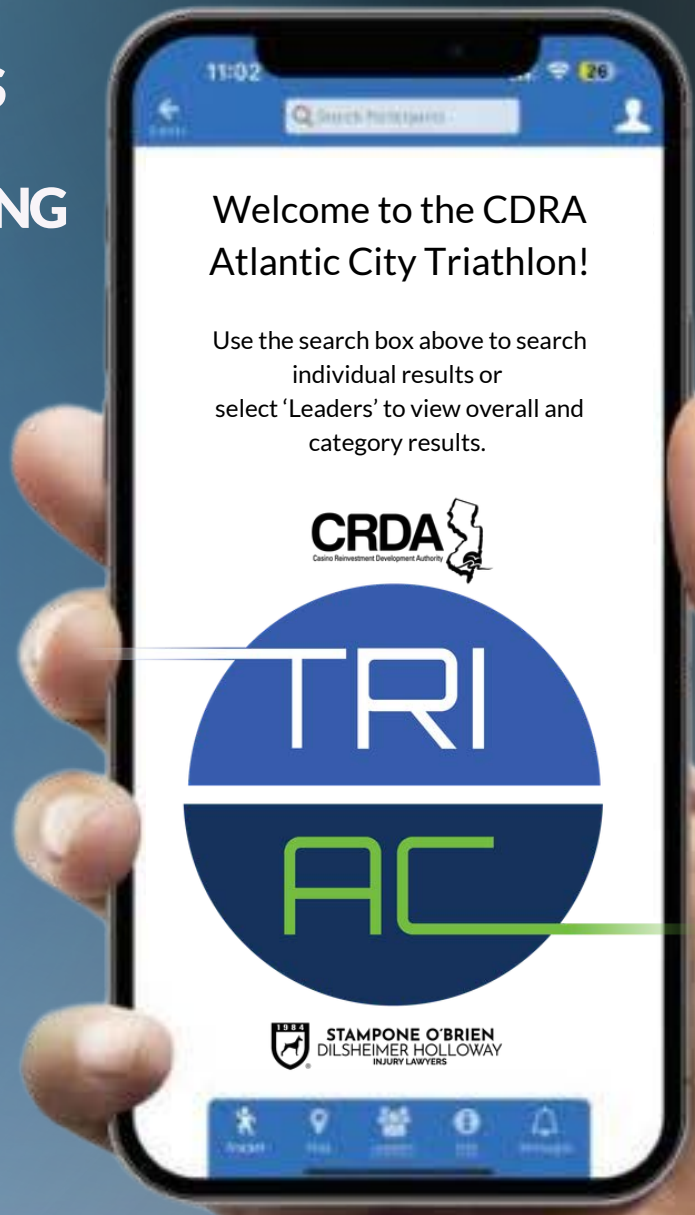
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- OFFICIAL RESULTS
- NOTIFICATIONS
- RACE INFORMATION

BASICALLY EVERYTHING
YOU NEED RIGHT AT
YOUR FINGERTIPS!



SCAN ME





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.
- Be sure to return your MYLAPS ProChip!

*****Staff will not allow you to re-enter the Finish Chute once you exit.***

ATHLETE FOOD:

- Each Athlete is allowed (1) meal--food truck (Bader Field/Aquabike), or food tent (Finish Line/Triathlon).
- Remember, you MUST be wearing your wristband to access the Athlete-Only Food area and show your race bib; relay members – bring your extra Bibs from your packet.

*****Your patience appreciated as we expedite all finishers!***

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** USD charge for anyone that does not return their timing chip.
- There will be NO Results Kiosks provided at the Expo.
- Remember the clock time at the finish reflects the race start time of the first triathlon wave.
- Full results and splits will be posted on our website and the app.
- Please report any discrepancy to the USAT official PRIOR to the start of the award presentation.

AWARDS:

- Awards will go 3 deep per age group for Tri
- Awards will go 1 deep per age group for Aquabike

MOBILE APP:

- Download the DelMo Elite Events App from the Apple Store or Google Play.
- 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.
 - Add to you event: RunSignup.com > Event > Manage Event > Add On's



DROPPING OUT:

- If you drop out of the race **YOU MUST** notify RACE OFFICIAL OR STAFF MEMBER. If you cannot find a race official, please find a DelMo crew member at the Information Tent located at Bader Field.
- Please Note: If you do not start the race, or you drop out, you MUST return your chip.



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.!



LINCOLN
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A trusted partner.
In your corner. On your course.



Pictured: Kathy Leckey,
Lincoln Investment CEO



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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.



SHUTTLE SERVICE

NEW FOR 2026: To help reduce race morning traffic and make it easier for athletes and spectators to get where they need to go, we're introducing a new complimentary shuttle route this year.

Shuttle Schedule:

7:00 AM – 10:00 AM

- O'Donnell Park (Providence & Atlantic Ave.) → Boardwalk Hall Finish Line (Columbia Place)
- Athletes and spectators parking at Bader Field between 7:00 AM and 10:00 AM should walk approximately $\frac{1}{4}$ mile to O'Donnell Park to board the shuttle.
- From O'Donnell Park, the shuttle will take you directly to the finish line area at Boardwalk Hall (Columbia Place), helping you avoid the heavy race morning traffic.

10:00 AM – 11:30 AM

- Boardwalk Hall Finish Line (Columbia Place) → Bader Field
- Beginning at 10:00 AM, the shuttle will transport athletes and spectators from finish line area to Bader Field.

Please note that while we expect this shuttle service to improve transportation throughout the morning, traffic conditions may still impact travel times. Shuttle service is not guaranteed to be faster than walking.

Our recommendation: If you're comfortable walking, the Boardwalk is still the fastest and most reliable way to travel between Bader Field and the finish line.



SPECTATOR GUIDE

THE ATLANTIC CITY BOARDWALK IS THE BEST PLACE TO BE!

Congratulations! You're the big winner! You were dragged out of your bed at 4 AM to... watch! Kudos!!! There are a few really good spots to watch the event.

SWIM START:

- The shores of the Back Bay is where you want to watch the swim. Stand along the shore with the AC Skyline in the backdrop and watch your athlete swim at Bader Field.

BIKE:

- We ask that you **DO NOT FOLLOW** any part of the bike course to help us avoid congestion. Cheer them on as they enter transition and bike out the runway to Albany Ave. at Bader Field.

RUN:

- Cheer for them as run along the Atlantic City Boardwalk between Albany Ave and Maine Ave.

FINISH:

- Watch and cheer on your athletes as they cross the finish line at Kennedy Plaza In front of the Historic Boardwalk Hall. (Mississippi Ave & The Boardwalk)

RESTROOMS:

- Port-O-Johns are available at Bader Field and near the finish line.

TRACKING and TIMING:

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

SPECTATOR FOOD:

- Bader Field - Food Truck will be available at Bader Field.
- Finish Line - There are plenty of options along the boardwalk!

SHUTTLE INFORMATION:

- 7am-10am: O'DONNELL PARK (Providence and Atlantic) to Boardwalk Hall (Finish line @ Columbia Place)
- 10am- 11:30am: Boardwalk Hall (Finish line @ Columbia Place) to Bader Field.
- **PLEASE SEE PREVIOUS PAGE FOR MORE INFORMATION.**

PARKING:

- Hours of Operation:
 - Saturday Parking Opens @12PM
 - Sunday Parking Opens @4AM
- DO NOT PARK in the FLYERS SKATE ZONE LOT. (You will be towed)
- Enter ONLY on Filbert Ave. OR Crossan Ave.

CRDA



STAMPONE O'BRIEN
DILSHEMER HOLLOWAY
WITH ARIAN

SAVE THE DATE



SUNDAY, AUGUST 1st, 2027