



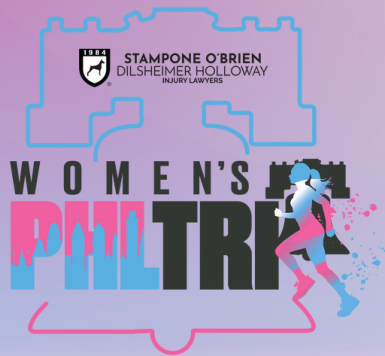
STAMPONE O'BRIEN
DILSHEIMER HOLLOWAY
INJURY LAWYERS

WOMEN'S PHILTRONATHLON



ATHLETE GUIDE 2025





WELCOME

Ladies,

Welcome to the 8th Annual Stampone Law Women's Philadelphia Triathlon, named one of the Best Races in the USA by Triathlete.com and Winner of Best First Timer Race by Triathlon Business International!

If you raced with us in the past, WELCOME BACK; if you're new to the DelMo Family, WE WELCOME YOU! We're honored to host 1,500+ women from over 25+ different states to the City of "Sisterly Love!" Couple this race with our Saturday Morning Kids' Triathlon, there really is something for everyone!

The Stampone Law Women's Philadelphia Triathlon has become one of the largest all women's triathlons in the United States. New in 2025, we have the Super Sprint consisting of a 100m swim, 5 mile bike, and 2 mile run. All athletes will get to experience swimming in Kelly Pool, biking along MLK Jr. Drive, and running through the Fairmount Park Horticultural Center!

What you can expect:

- World Class, Friendly Customer Service
- Fast, Efficient Check In
- Safe Pool Swim
- Closed Bike and Run Courses
- Awesome Swag!
- Big, Shiny Finisher Medal
- AMAZING POST RACE BREAKFAST courtesy of Winnie's of Manayunk!

While visiting our historic city be sure to take a day or an afternoon to absorb all that makes Philadelphia special. Take a run up the Art Museum steps like Rocky, sample the best cheesesteaks on the planet, or visit Independence Hall to see where our country declared its freedom. Philadelphia and DelMo Elite Events are committed to providing you, your family and friends, a world class experience.

We thank you for "doing the work," taking time out of your busy schedules and making the Stampone Law Women's Philadelphia Triathlon a great experience for all!

Best of Luck,

Stephen and Jamie Del Monte

Founders

DelMo Elite Events





STAMPONE O'BRIEN
DILSHEIMER HOLLOWAY
INJURY LAWYERS

stamponelaw.com
215.663.0400
info@stamponelaw.com

Montgomery County
500 Cottman Avenue
Cheltenham, PA
19102

Philadelphia
The Graham Building
30 S. 15th Street, 15th Floor
Philadelphia, PA 19102

New Jersey
5501 New Jersey Avenue,
Wildwood Crest, NJ 08260

PERSONAL INJURIES NEED PERSONAL LAWYERS

WHY US?

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

PRACTICE AREAS

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



CELEBRATING THE WOMEN OF PHILADELPHIA

We are proud to again sponsor the Stampone O'Brien Dilsheimer Holloway Women's Philadelphia Triathlon and celebrate the amazing women from our City and the surrounding suburbs. Philly born and bred, our lawyers understand you and your needs - and your desire to win. Since 1984 we have represented the hard-working people of Philadelphia - and won.

Our firm's talented mix of experienced, aggressive trial lawyers and youthful, technologically savvy litigators has produced numerous multi-million dollar settlements for our client's over the last 40 years. 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.

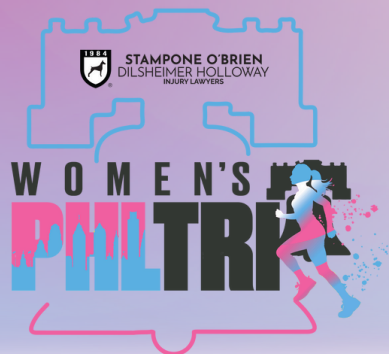


Joseph P. Stampone

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

Catastrophic Personal Injury Lawyers
Serving Pennsylvania, New Jersey, Florida, & Nationwide



SCHEDULE

SATURDAY, JULY 12, 2025

*Subject to change

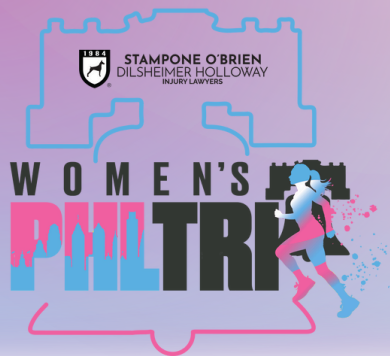
START	END	EVENT	LOCATION
7:00 am	8:00 am	Kids Athlete Check In	West Fairmount Park / Expo
8:30 am		KIDS TRI RACE STARTS	Kelly Pool
10:00 am		Kid's Awards Ceremoy	Main Stage
11:00 am	5:00 pm	Expo / Athlete Check In *OPTIONAL	West Fairmount Park / Expo
11:00 am	5:00 pm	Transition & Bike Check In *OPTIONAL	West Fairmount Park / Expo
12:00 pm		Athlete Meeting #1 <i>*Strongly encouraged to attend at least one meeting</i>	Main Stage
1:00 pm	1:30 pm	Workout w/ Wolfpack Fitness	Main Stage
2:00 pm		Athlete Meeting #2 <i>*Strongly encouraged to attend at least one meeting</i>	Main Stage
4:00 pm		Athlete Meeting #3 <i>*Strongly encouraged to attend at least one meeting</i>	Main Stage

SUNDAY, JULY 13, 2025

*Subject to change

START	END	EVENT	LOCATION
5:00 am	6:45 am	Athlete Check In	West Fairmount Park / Expo
5:00 am	6:45 am	Transition & Bike Check In	West Fairmount Park / Expo
7:00 am		SUPER SPRINT RACE STARTS	Kelly Pool
7:30 am		DUATHLON RACE STARTS	Landsdowne/Black Rd
7:30 am		TRIATHLON & AQUABIKE RACE STARTS	Kelly Pool
7:30 am	11:30 am	Race Expo	West Fairmount Park / Expo
10:00 am	11:30 am	Awards Ceremony	Main Stage

Event Address: 4231 Lansdowne Drive, Philadelphia, PA 19131



PRE RACE INFO

ATHLETE CHECK IN:

- Saturday, July 12th at 11AM-5PM or Sunday, July 13th at 5AM-6:45AM.

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

TRI/AQUA/DU /SUPER SPRINT- PLEASE HAVE AVAILABLE:

- Valid PHOTO ID.

****NO ID, NO RACE, NO EXCEPTIONS.**

- QR code from email

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
 - 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.*
 - Sticker Sheet for 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.**

ADDITIONAL ITEMS TO PICK UP:

- Silicone Swim Cap
- Competitor Shirt
 - *Shirt exchange will be available on Sunday starting at 7:30 AM at the Info Tent at the Expo. Be prepared to bring the shirt you are exchanging.*

ATHENA ATHLETES:

- Some people may have selected Athena during registration for awards instead of Age Group.
- You will need to weigh in at the Solutions Desk during check in. (Athena athletes =165lb +)
- Failure to do so will put you in the Age Group category for Awards.

TRANSITION:

- You may rack your bike on Saturday, July 12th between 11AM-5PM or race morning, July 13th between 5AM-6:45AM (security provided).
 - You **MUST** have your bike stickers on before entering Transition.
 - You must present your wristband to enter and exit transition. A DelMo Staff member will be checking.
- **PLEASE MAKE A PLAN! ARRIVE EARLY!**

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.
- Bikes must be racked by the SEAT, not by the handlebars. Once your bike is racked, it stays in transition. 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.
- You are not permitted into Transition Race Morning without being marked!

PRE-RACE ATHLETE MEETING(S):

- Stephen Del Monte, Race Director, will review important race information at 12PM, 2PM and 4PM Saturday, July 12th at the Main Stage in Expo. This is a good time to ask as many questions as necessary!



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.



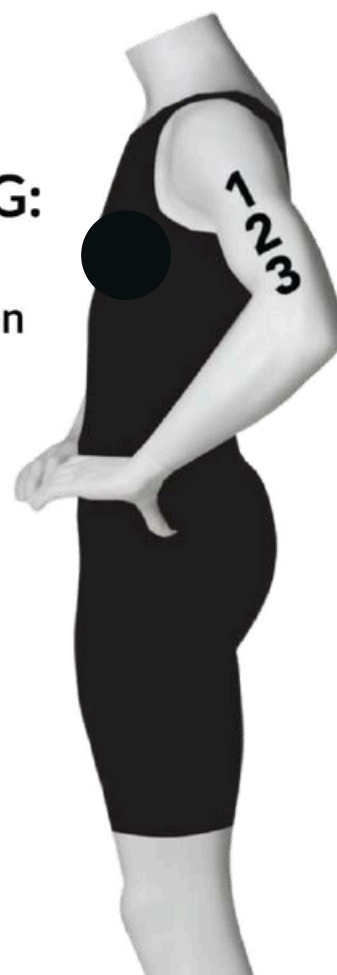
RACE BIB:

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.





- 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!

- 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.

- 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.



GET THE @ELMO ELITE EVENTS APP NOW!

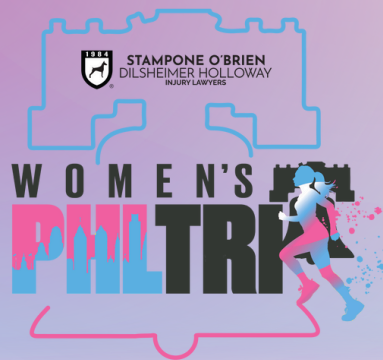
- INTERACTIVE COURSE MAPS
- REAL TIME ATHLETE TRACKING
- OFFICIAL RESULTS
- NOTIFICATIONS
- RACE INFORMATION

BASICALLY EVERYTHING
YOU NEED RIGHT AT
YOUR FINGERTIPS!



SCAN ME





THE COURSE(S)

SWIM

1. Where will I be swimming?

- This event's swim course will take place in a pool! The Kelly Pool in West Fairmount Park. The depth of each end is 3.5 ft with the deepest point of the pool being 7 ft.

2. How will the swim start go?

- The swim start will be a time trial start by waves. Waves will be self seeded by ability. We will have volunteers holding up Swim Time signs. Athletes will enter the water 1 at a time, every 5 seconds from one end of the pool and swim six (6) lengths of the pool in a serpentine fashion [swim up lane 1/2, down lane 3, up lane 4... and finish in lane 7/8].

3. When does the clock start?

- Once you step over the mat, YOUR race has begun.

4. Who is watching me swim?

- We will have certified lifeguards along the pool deck.

5. What if I feel like I need to take a break?

- If at any point an athlete feels the need to rest, they can simply grab the lane line located on either side. There is NO penalty to do so... this is all about finishing!

6. What are the swim times?

- Under 6:00 minutes, 6:01-7:00 minutes, 7:01-8:00 minutes, 8:01-9:00 minutes, 9:01-10:00 minutes, 10:01-11:00 minutes, 11:01-12:00 minutes, 12:01-13:00 minutes, 13:01-14:00 minutes, 14:01-15:00 minutes, 15:01 minutes and above.

7. What else do I need to know?

- You MUST wear the swim cap provided to you. If the swim cap we provide to you does not fit (due to different hair types), please see solutions during Athlete Check In.

BIKE

1. Where is the bike course?

- All athletes ride (1) loop along the **CLOSED** road of Martin Luther King Jr Drive in West Fairmount Park. Be sure to review the Course Maps on page 12.

2. Is there a cutoff time for the bike course?

- There is no official cutoff time for the bike course.

3. Are there any Aid Stations on the bike course?

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

4. Will there be a SAG Vehicle on course?

- Yes, there will be a vehicle on the course to provide support, HOWEVER, you are expected to be self-sufficient and have your own supplies. SAG support provided by Unlimited Biking.

5. Will there be Bike Tech Services?

- Unlimited Biking is our Official Bike Mechanic. Look for Unlimited Biking outside transition for bike wrenching services. Replacing tubes will be an additional charge from Unlimited Biking.

6. What else do I need to know?

- The ENTIRE course is closed to traffic, HOWEVER, always KEEP YOUR HEAD UP AT ALL TIMES.
- There will be ample signage and cones out on the course. HOWEVER, IT IS UP TO YOU TO KNOW THE COURSE.
- You MUST apply the sticker system to your helmet and bike frame.
- Smile big for the camera! We will have photographers from FinisherPix capturing your big moment!

RUN

1. Where will the first part of the Duathlon start?

- The first part will start at the BIKE IN / BIKE OUT of Transition on Lansdowne/Black Rd.

2. Where will the Triathlon, Super Sprint run and second part of the Duathlon run portion be?

- This scenic run course will take place in West Fairmount Park.

3. Is there a cutoff time for the run?

- All athletes must be off the run course before 11:00AM.

4. Where am I wearing my Race Bib?

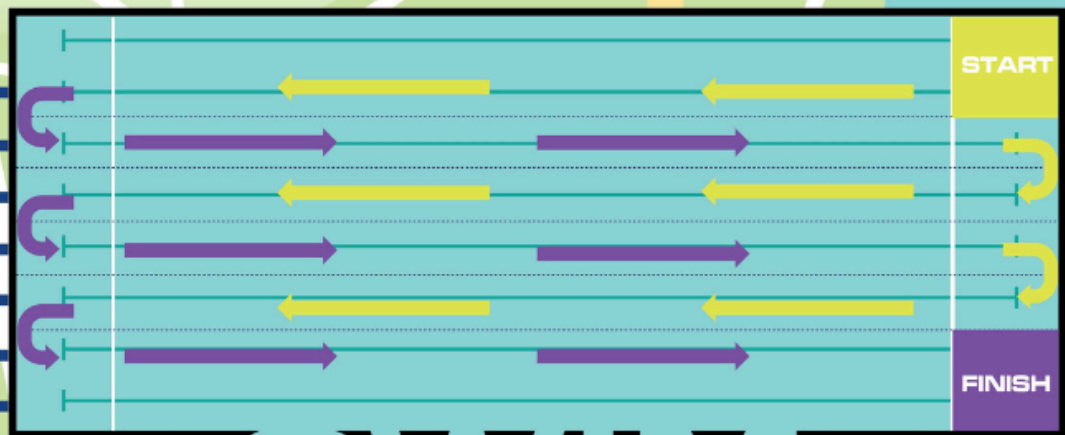
- You MUST wear your Race Bib on the front of your body during the run ONLY.

5. Will there be Aid Stations along the run course?

- No, we will have a **FILL STATION** along the run course for athletes to hydrate with electrolyte and water. Port-O-Johns will be available. Refer to the water droplet on the map.
 - Triathlon:** Athletes will have (2) opportunities during the 5K Run portion at the same Fill Station.
 - Duathlon:** Athletes will have (2) opportunity during the 1 Mile Run, and (2) opportunities during the 5K Run at the same Fill Station.
 - Super Sprint:** Athletes will have the opportunity to fill inside transition.



SUPER SPRINT will start in LANE 6 and finish is LANES 7/8



SWIM



SWIM COURSE



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WOMEN'S PHILTRIA



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INJURY LAWYERS

BIKE COURSE



WOMEN'S PHILTRON



SUPER SPRINT



RUN COURSE



5K —————

DU - - - - -



RUN COURSES

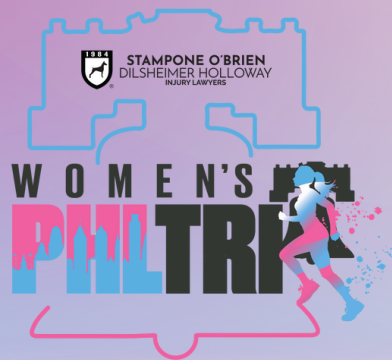


TOP TIPS TO PSYCH YOU UP!!

1. If you have a habit of being unkind to yourself, race day is probably the best day to give yourself a break. Make a promise now to try to be as kind to yourself as you would be to others on race day. Remember, **your only competition is *really* with yourself**. And, guess what, most of the entire country is in bed while you are taking on this challenge that is all about you and only FOR YOU!
2. It can be helpful to remember that you **always have choices**. Obviously, you chose to sign up for the race and train for it. Now you get to choose how fast to swim and what stroke to use. You may choose to speed up while biking or slow down to a walk during the run portion of the race. In this race, **JUST LIKE IN LIFE, you get to make all the choices about what will work for you when things get tough**.
3. You might think that your race-day fears are unique. Do you think you are the only one who worries if you will finish, how tired you will feel after biking, or if your hip injury will reoccur while running? Fear is an ever-present companion at every level of the sport – novice through professional. Let's look at fear this way: since fear always precedes courageous action, let's look at this race as an **OPPORTUNITY TO BE COURAGEOUS!**
#courageoverconfidence
4. **Race weekend is a celebration of you becoming more like the person you dreamed of being**. You are becoming someone who takes on challenges, doesn't quit because it's hard, and finds community and support with other women. You are a medal winner and **it's all worth it!!**
5. A great way to build confidence is to draft a mental blueprint of the course. Visualize yourself smoothly moving through tough sections, and see yourself taking advantage of easier sections of the course. **With increased race planning, nerves frequently lessen**.
6. Acknowledging your fears can be the best way to cut through the tension. **Let those anxious thoughts come, and then tell yourself to let those thoughts go**. It's the fighting with the doubts that makes them worse. Expect some pre-race anticipatory anxiety, allow it in, and then allow it to gradually flow away. Like water in a stream, let worries float right on by.
7. You can find motivation before and during the race by **cheering on your sisters competing alongside you**. Tell them what a great job they are doing, and you will find your positive energy helps you as much as it helps them. When you start to struggle, get outside yourself and cheer someone on! Be BIG, be BOLD!
8. You likely signed up for this race because you were **looking for something that was special and just for YOU!** How fast you do this race is irrelevant. The fact that you took a chance on yourself is **TOTALLY RELEVANT** and the Women's Philadelphia Triathlon is just one step on your path to continuing to discover what you are capable of. **That makes life worth living!!**
9. If you are tiring, **set small achievable goals** to motivate yourself to keep going. Even focusing on something just 20 feet in front of you can help you stay on track.
10. You have already won just by being here—you are a rare breed who is willing to create new and exciting ways to live and grow - now go play!

For more information about Greenepsycho, go to www.greenepsycho.com

**Mitchell Greene, Ph.D. is the Sport Psychologist for
the 2025 Women's Philadelphia Triathlon**



DU / AQUA RELAY FAQs

DUATHALON (RUN, BIKE, RUN)

1. What will be in my race packet?

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

2. How does my race start?

- You will start at 7:30 AM at Landsdowne/Black Road.

3. How are the awards for Duathlon?

- Awards will go ONE deep for each USAT Age Group for Athletes.
- Athena athletes and Relay Teams are included.

RELAY TEAMS

1. How many people per relay team?

- Triathlon Relay: 2-3 members/Duathlon Relay: 2-3 members/ Aquabike Relay: 2 members.

2. Do all team members need to show up 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, 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, sticker system and bike check out ticket at check in, in order to rack your bike.

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

- In your packet: the race bib is for the runner; the swim cap is for the swimmer (if applicable); the sticker sheet and bike check out ticket is for the biker. 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 AT THEIR BIKE. Once that team member arrives, they will hand over their chip to the next team member. This will continue for each transition.

5. Does each relay member receive a timing chip?

- No. The team will receive one chip. The timing chip acts as a "baton" and team members must hand off the timing strap/chip to move forward to the next discipline. Relay athletes must keep ankle strap and chip on their LEFT ankle at all times until making the transfer between teammates.

AQUABIKE (SWIM, BIKE, DONE!)

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?

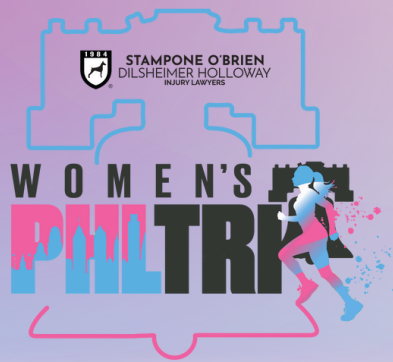
- You will put on the race bib for a couple of different reasons: finisher medal and food coupon!

3. How does Aquabike finish?

- Your time will officially end when you enter transition at the "Bike In" signs. You will receive your finisher medal inside transition.

4. How are the awards for Aquabike?

- Awards will go ONE deep for each USAT Age Group for Athletes.
 - **DOES include Relay Teams**
 - **DOES NOT apply to Athena athletes**



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!
- 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) entry into Winnie's Food Tent. Remember, you MUST turn in your Athlete Food tear stub from your Bib or relay members - turn in your Athlete Food tear stub from your extra Bibs.

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

since 2003

Winnie's

Manayunk

4266 Main Street, Philadelphia, PA 19127 | winniesmanayunk.com

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.



AWARDS:

- Awards will go 3 deep per age group for Tri
- Awards will go 1 deep per age group for DU, Super Sprint & Aqua

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:

- ***BACK AGAIN*** 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.
 - PRE-SALE is happening now! SAVE 40% by PRE-PURCHASING before the event! RunSignup.com
> Event > Manage Event > Add On's
- Get social and share your amazing accomplishments! Make sure to use our hashtags **#WomensPHLTri** **#WPT** **#DelMoSports** **#StamponeLaw**



DROPPING OUT:

- If you drop out of the race **YOU MUST** notify a DelMo Crew Member. **A crew member can be found at all times at the Information Tent located on the lawn.** Please note: If you do not start the race, or you drop out, you **MUST RETURN YOUR CHIP.**



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 ALSO AVAILABLE DURING PRE-EVENT EXPOS.**

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

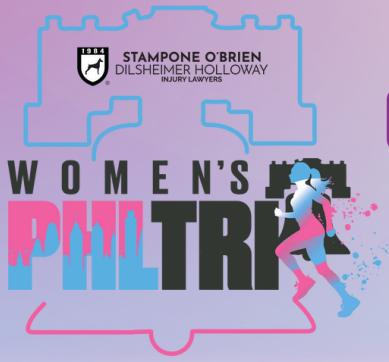
20 MINS: \$40

*KINESIO TAPING: \$25 PER APPLICATION

(accepting cash, credit, Venmo, Apple Pay)

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





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:

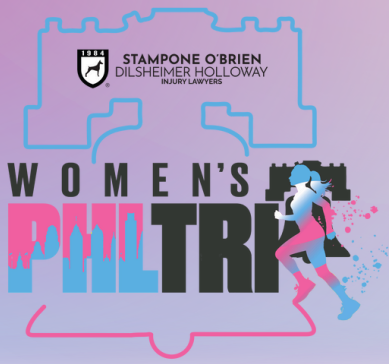
Participants may carry a phone (such as, mounted on bike handlebars or in an arm band), but may not use communication devices of any type, including but not limited to cell phones, smart watches, and two-way radios, in any distracting manner during the competition. A “distracting manner” includes but 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.





DELMO CUP

IMPORTANT! Make sure to choose your club when you register. To edit your registration or confirm on RunSignUp, begin by logging into RunSignUp.com. Go to your "Profile" page. On the "Profile" page, see Races under Upcoming Events. This shows a list of all Race(s) that are coming up. You can manage the registration for the Race by clicking "Manage Registration". Please see the left side menu, this page allows you to view your registration information as well as perform the following: update question responses, resend confirmation email, sign waiver, upgrade/downgrade within the event, etc.

If your club's name is not associated with your registration by race day, you won't be included in scoring. You can only race for ONE club on race day.



Points System Points will be awarded in descending order for placement in overall and in division:

- Overall male and female winners triathlon events will be awarded points
- Age group athletes in triathlon events will have points awarded by their age group.
- Athena/Clydesdale athletes will have points awarded based on their overall place within the Athena/Clydesdale divisions.
- Aquabike competitors will have points awarded based on their overall gender place within their event.

All points will be awarded using this system:

Overall Winners

- 1st Place- 20
- 2nd Place- 15
- 3rd Place- 12

Divison

- 1st Place- 10
- 2nd Place-7
- 3rd Place- 5
- 4th Place-3
- 5th Place- 2

The team with the most points wins the coveted DelMo Cup Club Trophy for that event and bragging rights until the next DelMo Elite Events race!

*If you did not select your club when you registered, you may provide your club name at the Solutions Desk during check in until 5 PM on Saturday, July 12th. There will be no race day edits of club designations. NO EXCEPTIONS.



The mission of
The Superhero Project
is to support families in
the neonatal intensive
care unit of the hospital.

BECAUSE THOSE BORN SMALL, ARE DESTINED TO DO BIG THINGS!



Founder Kelly Gallagher and
her experience in the NICU
with her twins, Connor &
Curran, changed her life.

Since 2015, she has
committed funding and
resources so that every
family who walks in the NICU
feels supported. With
The Superhero Project, no one
fights their battles alone.



We are always in need of volunteers & donations for our many programs.
Please visit our website and social media outlets for more information.



#SUPERHEROPROJECTINC #NICUGRAD
WWW.SUPERHEROPROJECTINC.ORG





KIDS TRIATHLON

LOOK OUT!!!!

The kids have arrived for the KIDS PHILADELPHIA TRIATHLON Presented by Stampone Law and supporting the Superhero Project!



Kids' Splash & Dash

- 50 Meter Swim
- Two Mile Bike Ride
- One Mile Run

Saturday, July 12th @ 8:30AM

Start @ Kelly Pool / Finish @ Finish Line

See map on next page

*USA Triathlon Sanctioned Event

- USAT Membership is required. You will be required to provide a valid youth membership number or purchase a membership.

Registration:

- Registration is done online. Please visit www.delmosports.com. **Deadline Friday, July 11th.**
- Registration includes: Race Bib, Swim Cap & SuperHero Project Cape

Athlete Check In:

- Will be at the Expo on Saturday, July 12th from 7AM-8AM.

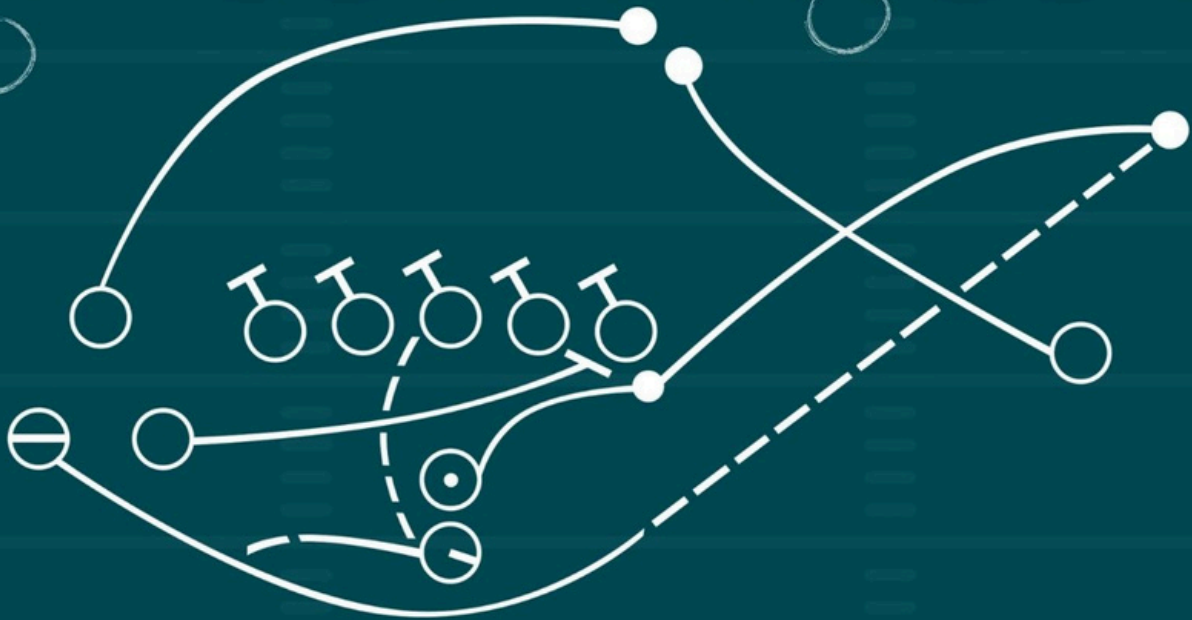
Note: Child must be able to swim without a floating device. Lifeguards WILL be on duty.

STAMPONE AWARD:

- The Stampone team will give an award to one Splash & Dash Kid's Race competitor who displays the virtue, bravery, and strength that Lady Justice symbolizes.



YOU WANT PHILLY PHILLY?



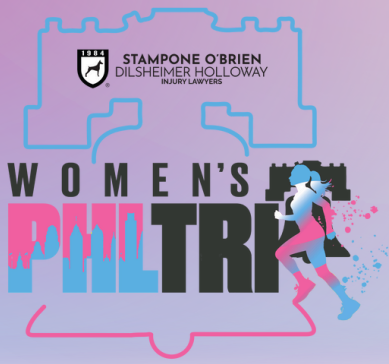
SO DO WE.

THATS WHY WE'RE
NOW A LICENSED
BROKERAGE IN PA.

DESATNICK
REAL ESTATE

THE NAVY YARD | 215.882.8848

ASHLEY PEOPLES / BROKER OF RECORD
4747 S. BROAD ST., BLDG. 101, SUITE 220, PHILADELPHIA PA, 19112



SPECTATOR GUIDE

Congratulations! You're the big winner! You were dragged out of your bed at 5 AM to... watch! Kudos!!! There are a few really good spots to watch the event.

SWIM:

- Come get a front row view of the swim at the Kelly Pool in Fairmount Park!

RUN:

- The best place to view the run is hanging around transition/expo. You will see the athletes approximately (4) times.

- *****Please be respectful of the runner's path.***

BIKE:

- It's a closed course. Walk down Black Road to MLK Drive to watch bikes ride back and forth!
- ***Note: Black Road is steep so be careful!***

PARKING:

- Street parking. See map on next page.

TRACKING & TIMING:

- Download the DelMo Elite Events App from the Apple Store or Google Play so you can track your athlete LIVE! Search by participant's last name or bib number.

RESTROOMS:

- Port-O-Johns are available in the Expo.

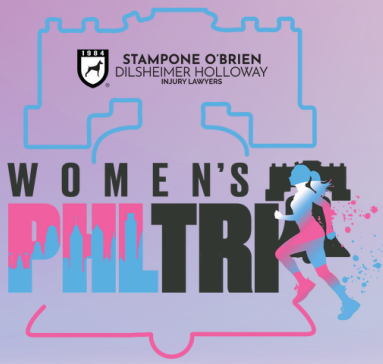
FOOD:

- Winnie's Manayunk will be selling concessions at the Expo.

VOLUNTEER:

- Give back – support – we couldn't do it without you!
- Sign up on site or visit

www.delmosports.com/volunteer



NOW AVAILABLE

VIP

**ATHLETE VIP
PACKAGE: \$175**

**GUEST VIP
PACKAGE: \$75**



BODYWORK BY JEFF
MANUAL THERAPY | KINESIO TAPING | ASSISTED STRETCHING



HOW TO PURCHASE:

Sign In to RunSignUp.com

Go to your Profile

View your events under Upcoming Events

Click Manage Registration next to Escape the Cape Triathlon.

Click Add-On menu item located on the top OR left of Race page.

Edit the quantity of the Add-On that you would like

Click Continue



STAMPONE O'BRIEN
DILSHEIMER HOLLOWAY
INJURY LAWYERS

ALL VEHICLE
TRAFFIC FOR
THE EVENT
SHOULD ENTER
VIA BELMONT AVE.

Kelly Pool: 4231
Lansdowne Drive,
Philadelphia, PA 19131

Please Touch Museum:
4231 Avenue of the
Republic, Philadelphia,
PA 19131

Traveling from East 76:

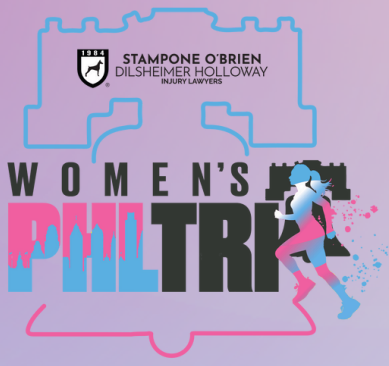
- Right off Montgomery
Exit
- Left on Belmont Ave
- Left on Avenue of the
Republic OR South
Concourse Drive

Traveling from West 76:

- Left off Montgomery
Exit
- Left on Belmont Ave
- Left on Avenue of the
Republic OR South
Concourse Drive



PARKING MAP



SAVE THE DATE!



**WOMEN ARE TAKING OVER
THE CITY OF BROTHERLY LOVE**



SUNDAY JULY 11th 2026