



C3 5K Fest

3301 Green Street

Claymont, DE

September 28, 2019

Dear C3 5K Fest Athlete,

Thank you for registering for Claymont Community Center's Inaugural C3 5K Fest. This race was created to help support the youth programs at Claymont Community Center and to also help grow an amazing running community in Claymont. Below you will find a detailed outline of events leading up to the race and including race day.

Registration

If you have someone who would like to join us, online registration will be available until Tuesday, September 24th and we will have race day registration available for \$30 from 7am to 8am on race day. We have a limited amount of finisher shirts and medals ordered so encourage them to register by the deadline.

Packet Pick Up

Packet pick up will be available on Friday, September 27th at the Claymont Community Center from 3pm to 7pm. Packets will also be available race day from 7am to 8am. Your packet will include your race bib, safety pins, finisher shirt, and some other goodies from some of our local business in the Claymont area.

YOU MAY NOT PICK UP OTHER ATHLETES RACE PACKET!!! This is because of insurance and liability reasons.

You will need photo ID when you pick up your packet. We must strictly enforce this policy.

Parking

On race day, the Claymont Community Center lot will be closed. Parking will be available at the adjacent Claymont Elementary School and also at The Waterfall Conference & Banquet Hall (3416 Philadelphia Pike). Exit at the rear of the lot and make a left onto Seminole Avenue and a left on Green. This is a 5 minute walk.

C3 5K Fest Course Description and Rules

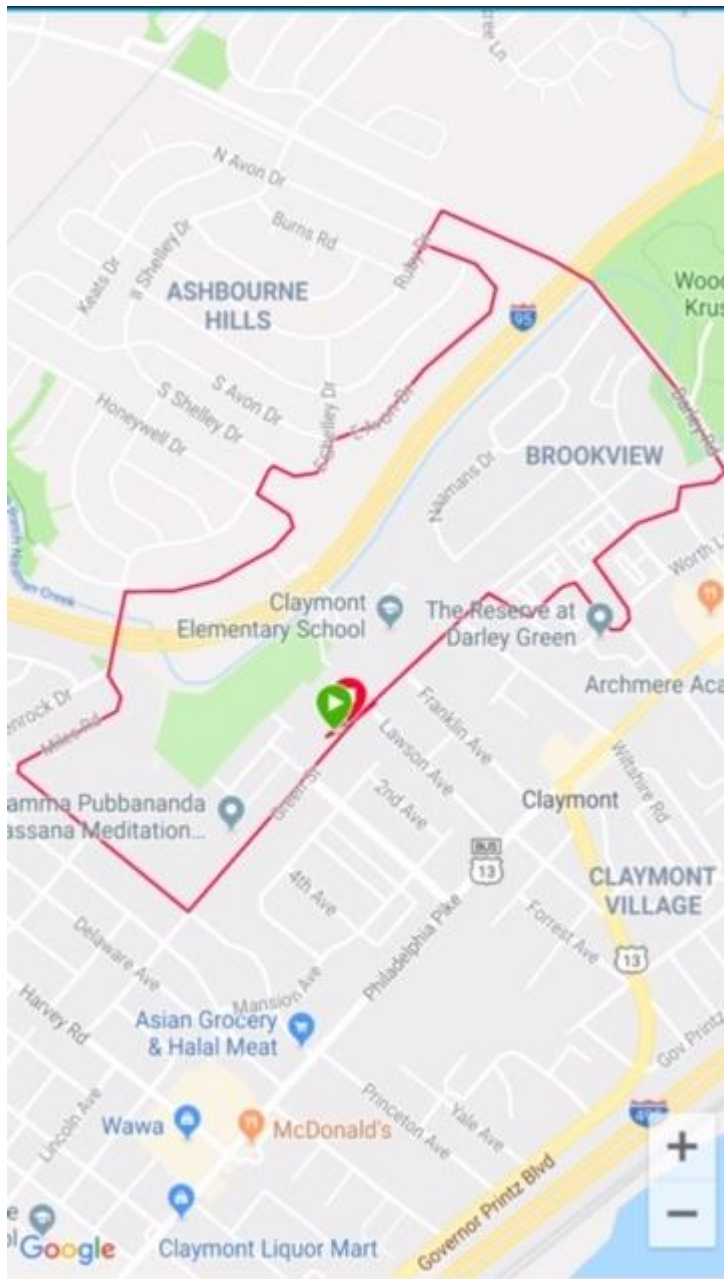
Our course will start and end in front of the Claymont Community Center and will take you through three of the major neighborhoods of Claymont (Radnor Green, Ashbourne Hills, and Darley Green).

The course will be marked with ORANGE FLAGS on the ground and lawn signs at all of the turns. We will have three water stops with water and Gatorade on the course (Mile 1, Mile 2, and Mile 3) and at the finish line once you cross. A detailed map of the route can be found below.

Our race rules are pretty simple. Please be respectful to the neighbors and neighborhoods that have allowed us to have this race. We will have trash bags at all of the water stops, so please throw all trash into them and not on the ground. We also ask that you stay off of the grass strips and lawns along the route.

1 mile loop

A 1-mile loop has been added for anyone who wants or requires a shorter course. Participants who choose the 1-mile loop will begin at the same place but turn into the Claymont Community Center parking and use the track out back. This will be clearly marked for those that choose this option.



Post-Race

After you finish the race you will receive your finisher medal and some light post-race refreshments. You are also invited to stay and hangout in our festival area to enjoy some local food for purchase, visit the vendors and community groups in attendance, and chat and mingle with other athletes and members of the

community while listening to music from our live DJ playing some of your favorite tunes.

Race photos and results will be posted on our Facebook page and website shortly after the race ends so make sure you smile and say cheese or frown (your choice). Either way you will have a picture to post on Facebook or Instagram or on any of your other social media platforms.

Some Additional Notes

- **The race starts at 8:30am.**
- **The race will be held rain or shine.** If the police and/or Claymont officials cancel the race, an email will be sent to the address you registered with.
- Remember to **thank the volunteers** when you see them. This race wouldn't be possible without them and their energy.
- If you have any questions, please feel free to email us at 5kinfo@claymontcenter.org

Thank you for registering and supporting the youth programs at the Claymont Community Center!

Claymont Community Center Staff

Greg Cephas, Race Director & Board Member

Allison David, CEO, Claymont Community Center