



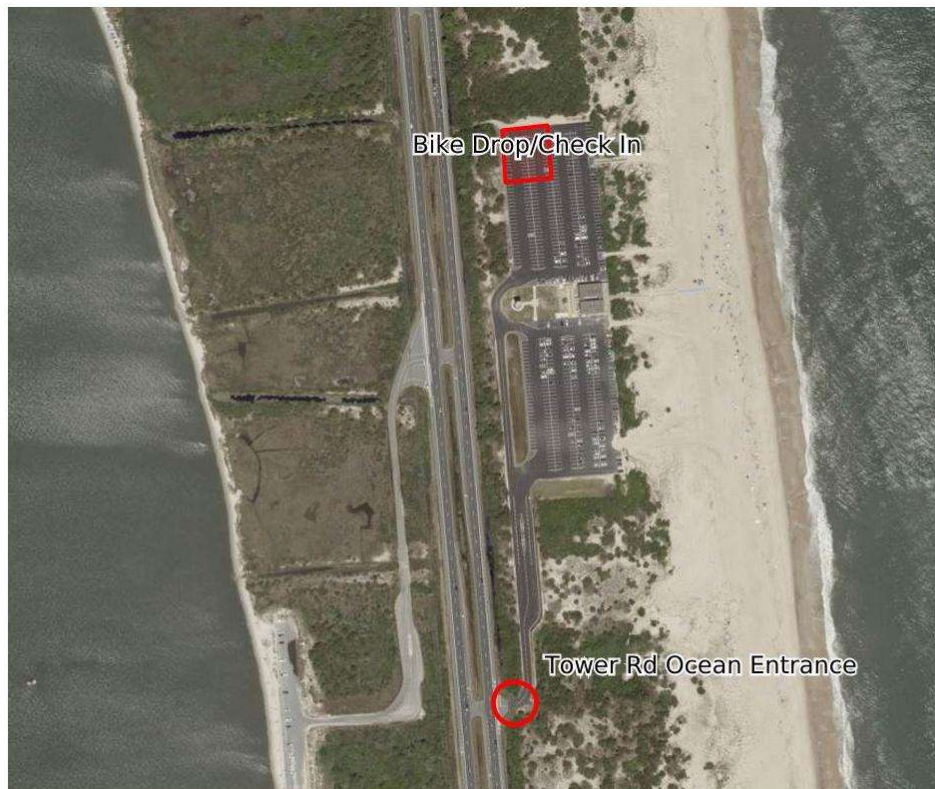
Welcome to the 2026 Coastal Traverse 12-Hour Adventure Race!

We hope to make all of our events as enjoyable for you as possible. Please read this document in its entirety and e-mail or call us with any additional questions you may have. We look forward to seeing you on September 26, 2026!

FRIDAY CHECK-IN/BIKE DROP: There will be a pre-race check-in/bike drop on Friday, September 25, from 4:00 PM – 8:00 PM at the Tower Road Ocean-side Beach parking lot, south of Dewey Beach, DE. The closest address pin is:

- Apple Maps: 39036 Towers Road, Rehoboth Beach, DE
- Google Maps: 39036 Tower Road, Dewey Beach, DE

The check-in/bike drop will be located in the parking lot to the north of this address pin (marked on the map below). Racers must drop their bikes at this location (which will also serve as TA2 during the race). A member of race staff will be remaining on site overnight with the bikes and gear. Racers may pre-stage whatever gear/food/water they would like for the bike leg at this location, provided that whatever they leave here will leave with them when they transition to their bikes in the race. See race schematic further in this guide for more information.



Mercator Projection
WGS84
UTM Zone 18S

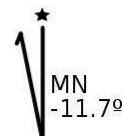


0.1 0.2 0.3 km



0.1 mi

USDA Farm Service Agency: Scale 1:6795 1 inch = 566 feet



SATURDAY RACE START/FINISH: The Coastal Traverse 12-Hour Adventure Race will end at the Cape Henlopen Hawk Watch Pavilion in Cape Henlopen State Park. The race this year is a linear course. Participants will park their vehicles at this location on Saturday morning, receive their maps, and be bussed to the start location. Participants will not return here until the finish, and will need to take all race gear needed for the full 12 hours with them on the bus, minus whatever they staged at the bike drop on Friday afternoon/evening.

The address for Apple or Google maps is **37256 Post Road, Lewes, DE 19956**.



State Park fees will be in effect for Cape Henlopen State Park, for a price of \$10 per vehicle for in-state (Delaware) and \$20 per vehicle for out of state.

RACE DAY SCHEDULE:

5:00 AM – Maps distributed/load in bus

5:30 AM – Bus departs

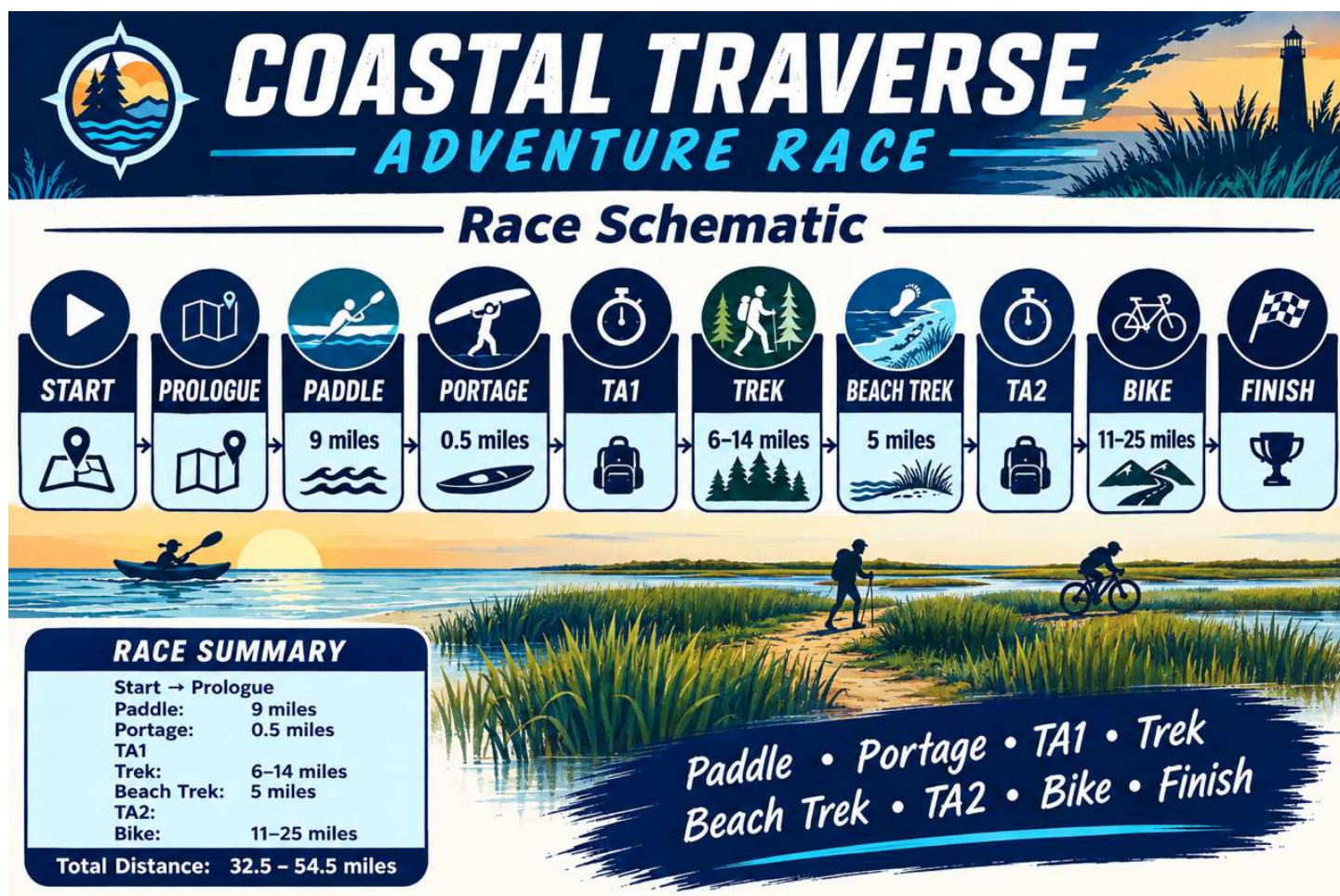
6:45 AM – Pre-race briefing/questions

7:00 AM – Race START

7:00 PM – Finish Deadline to be off the course. Racers arriving after this will receive penalties (see below under scoring)

7:45 PM – Awards

RACE COURSE: This race is a linear style race, with a mix of both mandatory and optional checkpoints. Mandatory checkpoints will essentially cover the minimum point A to B distance from the start to finish, and optional points will add distance (and points!) to the various legs of the race. For your planning purposes, approximate distances and the basic race schematic are as follows:



Racers may bring their own portage wheels for the portage section if they would like. Portage wheels will be transported with racers on the bus in the morning to the race start. Racers must take their portage wheels with them on the paddle, but they may drop them at TA1 at the end of the paddle/portage section and race staff will transport them back to the finish.

Race staff will provide approximately ½ gallon of water per racer at both TA1 and TA2. Racers will otherwise need to be self sufficient for the duration of the race for food and electrolyte replacement. During the race, you will pass near or directly by convenience stores on several occasions. You may opt to bring money if you wish to make food or drink purchases.

PADDLE GEAR – Kayaks, double blade paddles, and PFDs will be provided by race staff. Teams may opt to use their own paddles and/or PFDs if they desire. If they choose to do this, they will need to transport them with them on the bus in the morning, and leave them bundled or bagged together and labeled at TA1 at the end of the paddle/portage for transport back to the finish by race staff.

Boat assignments will be as follows based on team size:

Solo racers: 1 single kayak

2 person team: 1 tandem kayak

3 person team: 1 single kayak and 1 tandem kayak

4 person team: 2 tandem kayaks

Teams **must take the assigned boats based on team size.**

- Example 1: A team of 3 cannot take 3 solo kayaks.
- Example 2: A team of 2 or 4 cannot take any solo kayaks, and must use only their assigned tandem kayaks.

BIKE SELECTION: Riding surfaces will include a mix of paved roads, cinder trails, and singletrack. We do not mandate any specific bike type for this race, but bikes must be capable of off-road travel (i.e. no road or tri bikes) and **mountain bikes are strongly recommended**, as the singletrack sections do contain roots/sandy sections, etc. For our newer racers, the singletrack sections and the checkpoints located on them can be skipped if you do not feel comfortable with that type of trail, and completing the mandatory biking route only (skipping some or all of the optional points on that section) can be completed with a hybrid bike without issue.

SPECIAL CONCERNS: September is “seed tick”/chigger season on Delmarva, so insect repellent with DEET is **strongly recommended**. Racers should carry insect repellent with them for the duration of the race, and reapply during any trek or bike sections that require travel through vegetation or tall grass – trust me, you will want to do this!

The course is not designed to deliberately take you through excessive amounts of thick briars or vegetation, however the possibility exists that you could encounter some, depending on route and checkpoint selection.

SCORING:

This race will have both mandatory and optional checkpoints. Teams failing to obtain a mandatory checkpoint will remain ranked, but will be ranked behind other teams that obtained all mandatory points. Teams will be ranked in the following priority:

1. Number of mandatory CPs obtained
2. Number of optional CPs obtained
3. Finish Time

Racers need to make it from the start to the finish under their own power to be considered finishers and avoid receiving a DNF.

Teams will have a maximum of 12 hours to obtain as many points on the course as they can before penalties will be incurred (**7:00 PM is the official event end time**). Teams will receive a penalty of -1 checkpoint every 2 minutes they are late, starting at 7:02:00 PM. Penalties will be incurred against optional points first, and then against mandatory points once all optional points have been lost. **Teams arriving at or after 7:30:00 PM will additionally be ranked behind all other teams that finished before 7:30:00 PM.**

Teams will be required to locate checkpoints using race provided maps, and magnetic compasses. **GPS mapping devices are strictly prohibited.** All checkpoint locations will be pre-plotted on the provided maps, and racers will **not** have to plot UTM coordinates.

GENERAL CONDUCT RULES:

All racers are expected to be examples of good sportsmanship. Racers must treat fellow racers and race staff with courtesy and respect. Teams must assist fellow teams in need of medical attention.

Race officials reserve the right to remove a team from the course for health, safety, or other reasons, at the discretion of race officials and medical personnel.

Any team withdrawing from the race must notify a “live” person by checking in with a CP or TA volunteer or by calling the race director. Failing to notify race officials will result in that team being responsible for all search and rescue expenses.

Race Officials reserve the right to assess penalties for infractions of these general conduct rules based on the severity of the infraction. Any protest must be filed in writing within one hour of the team’s finish and will be reviewed by the Race Officials. The Race Officials’ decision in the matter will be binding and final.

RACE RULES:

Team members must always remain within visual and verbal communication distance of other teammates.

PENALTY: -1 Point from total score for each offense.

Racers must not travel along any restricted roads or in any restricted areas. All restricted areas will be either clearly marked on maps or clue sheets, or will be clearly told to racers at the pre-race meeting.

PENALTY: -1 Point from total score for each offense; loss of credit for additional CPs if going off course gave an advantage.

Mandatory gear must be carried at all prescribed times and may be checked at random points on the course.

PENALTY: -1 Point from total score for each piece of missing gear.

Front and rear bike lights must be on and functioning at all times during bike legs. You will not be allowed to leave a staffed CP/TA if your bike lights are not functioning properly.

PENALTY: -1 Point from total score for each offense

NO LITTERING! Leave no trace!

PENALTY: -1 Point from total score for each offense

PFDs must be worn properly at all times while paddling, with PFDs correctly fastened or secured.

PENALTY: For wearing PFD incorrectly -1 Point from total score

PENALTY: For not wearing PFD – Disqualification

Bicycle helmets are required at all times during the biking legs.

PENALTY: For wearing bike helmet incorrectly (unfastened chin strap, etc.) -1 Point from total score

PENALTY: For not wearing bike helmet – Disqualification

Passports must be carried the entire race.

PENALTY: Lost passport – No credit for CPs for which a punch is not presented

Athletes may not receive outside assistance except from other registered teams, unless told otherwise at pre-race meeting.

PENALTY: Disqualification and/or Unranked Finish

No handheld GPS devices are permitted. GPS watches are allowed for recording race data for fitness tracking (Garmin AR mode for example), but **may not be used for any pace or distance counting**, and must have no ability to tell a participant information about their location.

PENALTY: Disqualification

Use of cellular phones are permitted for emergencies or taking photos only on Airplane mode. Please use integrity and do not cheat. Help us protect the integrity and uniqueness of the sport!

Absolutely no usage of the mapping or GPS functions is allowed.

PENALTY: Disqualification

EVENT MANDATORY GEAR LIST

INDIVIDUAL GEAR - Each racer must have the following in their possession at all times during the race:

- Personal food and water/electrolytes for duration of the event
- Compass
- Headlamp
- Whistle
- Emergency blanket
- Rain coat

TEAM GEAR - Each team must have the following in their possession at all times during the race:

- Pen or fine point sharpee
- Cell phone (must be kept on airplane mode at all times, used only for photos or emergencies. No mapping or GPS functions.)
- First aid kit
- Map case or waterproof container for maps/course instructions

BIKE GEAR - Each racer must have the following in their possession at all times during the bike leg:

- Bike capable of off-road travel (we **STRONGLY recommend mountain bikes**, as some optional checkpoints will be located on singletrack trails that contain roots and sandy/muddy spots)
- Properly fitting bike helmet
- Front mounted white bike light (small flashing light OK)
- Rear mounted red bike light (small flashing light OK)
- Bike repair kit (**one per team**, containing at least the following)
 - Tire pump or CO2 inflator
 - Bike multi tool
 - 1 spare bike tube **OR** tube patch (**OR** tubeless plug kit if using tubeless tires) per bike on the team.

RECOMMENDED GEAR:

- Plastic map case or ziplock bag for safe keeping of maps
- Bug Spray (with DEET)
- Sunscreen

PROHIBITED GEAR:

- Handheld GPS devices

****Garmin watches may be worn if they are in "Adventure Race" mode.**

****Garmin or fitness watches that do not have AR mode may be left on in the racer's backpack for logging their fitness activity, but must remain in the backpack at all times and may not be used for navigation or distance tracking purposes.**