

NEWS FROM: The Township of Lower



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Athletes Race to 'Escape the Cape'

1500 athletes will swim, bike and run through Lower Township

On Sunday, June 8, 1,500 athletes will test their mettle and resilience as they participate in the second annual Escape the Cape Triathlon.

The Delaware River and Bay Authority's Cape May-Lewes Ferry Terminal, located in Lower Township will once again host this unique endurance event, created by DelMo Sports. Thousands of spectators will line the race course, from the starting point at the ferry to the finish line on the terminal's boardwalk.

"The Township of Lower, the government officials, the police department, public works personnel and the community at large is the number one reason this event is successful," said Stephen DelMonte, the race's creator and Founder/CEO of DelMoSports Inc.

He noted that many Lower Township residents along the triathlon's course have a prime seat to cheer on the athletes, many make signs and some give out water.

"I know they appreciate all that support," he said.

The athletes will begin the USA Triathlon sanctioned event by leaping ten feet from the MV Twin Capes ferry vessel into the Delaware Bay and swimming ashore, continues with a bike course on scenic roadways and ends with a run to the finish line. The event will consist of three separate races taking place simultaneously. The Sprint Triathlon consists of a .35-mile swim, 10-mile bike, and 5k run. The International Triathlon will consist of a one-mile swim, 20-mile bike and five-mile run, and the International Aquabike consisting of a one-mile swim and 20-mile bike.

Have fun but be safe

Residents, spectators and motorists are asked to be mindful of a change in traffic patterns and road closures during the race. On the bike route, cyclists will exit the ferry terminal onto Lincoln Boulevard, turn right onto Seashore Road over the West Cape May Bridge, onto New England Road, Shun Pike Road, Batts Road and back toward the Ferry terminal. The course continues past the entrance to the terminal where participants will turn right onto Atlantic Drive, left onto Emerson and travel back to the ferry terminal via Beach Drive. The running course takes place primarily on Beach Drive.

On June 8 between 7 a.m. and 11 a.m. anyone living on or traveling along Ferry Road, the West Cape May Bridge, Seashore Road, New England Road, Batts Road, Atlantic Avenue, Shun Pike Road and Beach Drive can expect road closures. If you live along these roads, please use caution and plan to take an alternate route the morning of June 8.

Residents of New England Road, if you have to leave due to extreme circumstances please call the Lower Township Police Department 609-886-1619 and they will escort you.

Additionally, Douglas Park will also be closed. A map of the entire course from start to finish is available at townshipoflower.org or the event website at escapethecape.com.

“We appreciate the efforts of all involved who work together as a team to make this a success,” said Mayor Michael Beck. “The spirit of organization and cooperation made it a special day last year and we look forward to a terrific event this year. On behalf of the Lower Township community and our council, we wish all a safe and fun day.”

How you can help

Even if you aren't ready to take a jump from the ferry or attempt a 5k run, you can still be apart of Escape the Cape event by volunteering. Responsibilities include placing directional signs, assisting athletes, handing out t-shirts, helping with check-in and award ceremonies, food and drink setup, clean up and more. For more information on volunteering visit escapethecape.com

Race Day schedule

4:45 AM	Parking opens at Cape May Winery, Shunpike & Sandman Blvd Only.
5:00 AM	Shuttle Busses begin taking athletes & spectators to Terminal
6:45 AM	Athletes may begin boarding ferry via the Sky Bridge to Dock 1
7:00 AM	Boarding Ferry begins
7:20 AM	Final Call to board ferry via the Sky Bridge
7:35 AM	Ferry Departs
8:00 AM	Sprint Race Starts
8:35 AM	International Race Starts
9:00 AM	First Sprint Finisher Expected
10:10 AM	First International Finisher Expected
10:30 AM	Award Ceremonies Begin

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