

Chasing The Mermaid *Athlete Guide*



Thank you for participating in the 2019 Chasing The Mermaid race and bike bar crawl. We highly recommend you read this guide thoroughly as this event has some logistics that will require some pre-planning.

Whether you're doing the running race or the more casual noncompetitive bike event CTM is point to point. The event starts at [Joe Pop's Tiki Joe's](#) in surf city at 2002 Long Beach Blvd.

The finish line is approximately 6.7 miles from the start at the [Engleside Inn and Sand Bar](#) in Beach Haven at 30 Engleside Ave and the beach. We recommend carpooling or bringing a crew to help with the logistics. If you have a crew that will not be racing we suggest leaving a car at the finish line and getting to the start with a ride from your crew. If you don't have a crew or a ride then the other recommended option is to leave your car at the finish line and catch an Uber to the start.

Registration, bib pick-up & event start location

We will open registration and happy hour at Tiki Joe's at 5pm. Registration will close at 6:40 PM at which time we will do pre-race instructions with the race start to follow. Runners will go off first just before 7pm then the bikers in two or three heats with no more than 25 per heat.

All participants will be required to show ID verification at registration when picking up their bib. Your race bib will include three drink tickets that you **Will** use to obtain your drinks. We recommend you have drink tickets available for Check In 1 and Check In 2. However, you may choose to use your drinks at any of the four participating bars. Check In 1 will be at Kubel's II and Check In 2 at Terrace Tavern. If you do not have a drink ticket available at Check In 1 or Check In 2 or if you choose not to drink at the stops you be required to do three push-ups before exiting the checkpoint.

Bike Bar Crawl or Running Race Need to Knows

Remember any bike is permitted for the bike portion of Chasing The Mermaid. **You are responsible for bringing your own bike and helmet. Yes you will be required to wear a helmet to participate.** If you need a bike rental you have a few options on the island. We recommend either [Acme Beach & Bike](#) or [Surf Buggy](#).

We will start the bikes, after the runners, in waves of no more than 25 per wave and 5 minutes apart. Bike participants will start on E 21st Street facing west toward the bay, we will time the light to get riders to make a left on Long Beach Blvd. We would recommend you stay off the Boulevard as much as possible as you ride to Kubel's II and Terrace Tavern. However, you will have to ride down 12 quick blocks to 31st street where you can make a left to get to Ocean Blvd. which is much nicer to ride.

Getting to check point 1 Kubel's II. If you followed our directions above you are on Ocean Blvd which will change names to Beach Ave. about 3 blocks before you will make a right on E. Connecticut Ave. You will cross back over Long Beach Blvd. (be careful) where you will see Kubel's II on your right and the bike parking racks. [Please park your bike on these designated racks.](#)

Leaving Kubel's II and getting to Terrace Tavern / The Oyster House. When you leave Kubel's we recommend you cross back over the Boulevard at the light to Beach Ave make a right on Beach Ave to the end at E Mac Evoy Ln. make a right then fairly quick left on CR 43 to E Maryland Ave where you will make a right. You will see the bike parking racks on the corner. Terrace Tavern is right on Long Beach Blvd.

Leaving Terrace Tavern to the finish at Engleside Inn. Head back down E. Maryland to right on CR 43 taking it all the way to Engleside Ave make a right on Engleside Ave and head toward the beach and finish line party.

We will have water at each check point and race food (Pretzels, Bananas, Oranges, Chips & Cookies) at the finish. The Engleside will have the Sandbar kitchen open late that evening with a limited menu. Tiki Joe's will also run a limited menu starting at 5pm during registration / bib pick-up happy hour.

One more important note on the bike. You may want to bring a bike light especially if you plan to bike back to your car or if you plan to really take your time getting to the finish.

[Race / Bike Rules & Procedures](#)

Chasing The Mermaid takes a page from a great event in San Francisco, Chasing the Lights. So for the running race you must follow lights at all times. What that means if you hit a green light you must proceed straight. If you hit a red light you must go left or right. You cannot wait till it turns green and go straight. You must keep moving at all times. If you turn onto a dead end street you must run to the end then turn around. If you run to a dead end street at the beach you may run on the beach if you choose.

The course is not marked. We will display a map with the locations of the 2 Check In points where you will either do a shot of Sugar Island and Amador Bourbon or 3 push-ups. You will not be required to consume alcohol to participate. Please study the map to ensure you know where you are going. [Link to maps here.](#)

For the bikers we strongly recommend you follow the course we outlined above. Regardless you must follow the rules of the road at all times, only the runners will chase the lights.

Check Point procedures All participants must check in at each of the 2 Check In points where they will receive a [sticker](#) to be placed on their bib to show they were there. Bikers please park you bikes at the designated racks. You will see signs pointing them out.

We encourage the bikers to spend a little time at each Check In enjoy your shot or cocktail at Kubel's II and Terrace Tavern, but please spend no more than 10 minutes.

Runners you will need to get in & out of the check points, push your way to your shot or push-ups get your sticker and get moving. We will award prizes to the top 3 males & females in the running race. Bikers you get to hang out, never get your heart rate up and socialize the whole way.

Cut-off times- The cut-off time will be 1 hour & 45 minutes from the start time of 7pm. You must leave the last check in (Terrace Tavern) by 8:15pm if you're running and 8:25pm if biking.

Final Notes

Your safety and enjoyment of our event is our # 1 priority. Please make a plan for all the logistics discussed above with your friends and or family coming out on June 13th. If you are coming solo you are guaranteed to make some new friends and fall in love with the great spirits portfolio of the [Trincherro Family](#). The event is rain or shine and we look forward to seeing you on Thursday night, June 13th. Please drink responsibly. There are plenty of Ubers on the Island please **Do NOT Drink & Drive**.

Keep Moving Forward,

Anthony Accardo
CTM Race Director