

# Press Release



June 5, 2023

## **Cape May – Lewes Ferry Hosts Escape the Cape Weekend** *Half Mile Kids Fun Run on June 10; Triathlon Makes a Splash Sunday, June 11*

**LOWER TOWNSHIP, NJ** -- On Sunday, June 11, athletes will test their mettle and resilience as they participate in the East Coast's premier, one-of-a-kind sporting event, the Escape the Cape Triathlon. Approximately 2000 competitors will participate in these immensely popular race events, which are presented by DeSatnick Real Estate, LLC and hosted by the Delaware River and Bay Authority's Cape May Ferry Terminal. Like previous events, all races will begin aboard a Cape May – Lewes Ferry vessel on the Delaware Bay.

Created by Stephen Del Monte, Founder/CEO of DelMoSports LLC., the sold-out Escape the Cape Triathlon was voted the Best Triathlon in the Mid-Atlantic & Northeast Regions and one of the top 5 Bucket List Races in the World. "It's the only one of its kind on the East Coast," Del Monte said. "Where else can a triathlete jump off a ferry boat to begin a race? There is only one Escape the Cape!"

To begin the races, athletes will board the ferry and journey out into the Delaware Bay where they will jump off the ferry and into the water. The first event, the Olympic Triathlon, consists of a 1-mile swim, 23-mile bike, and 5-mile run while the later Sprint Triathlon is a .35-mile swim, 12-mile bike, and 5k run. The bike and running portions start and end at the Cape May terminal.

The Escape the Cape weekend will also feature a free Kid's Fun Run for children of all ages later in the day. The special fun run takes place at 3:00 p.m. on Saturday, June 10 at the Ferry terminal. Registration, which will be available until 2:45 p.m. on race day, is free and located on the Ferry Lawn next to the main stage.

Heath Gehrke, Director of Ferry Operations, noted that the Ferry strives to host activities and major events at its terminals or on its vessels. "The ferry is not only a fun, relaxing way to travel across the Delaware Bay, but we also have the perfect waterfront venue for mega-events like concerts, festivals and triathlons," Gehrke said. "It has been a pleasure to work with DelMoSports and Lower Township to make this one-of-a-kind event happen since that first race in June 2013."

**Sunday Race Day Schedule (June 11, 2023)**

4:00 a.m.	Transition opens at the Cape May-Lewes Ferry Terminal
6:00 a.m.	Begin boarding the Ferry
6:15 a.m.	Last call to board the vessel
6:20 a.m.	Departure of Ferry Vessel
7:00 a.m.	Olympic race begins
7:45 a.m.	Sprint race starts
10:30 a.m.	Awards Ceremony

David C. Douglass Park/Canal Park will be closed to vehicular traffic on Sunday, June 11, 2023 for the Escape the Cape Triathlon. Athlete and spectator parking is available on the following neighboring avenues: Arctic, Adriatic, Indian, and Caspian.

Residents living along the bike and running course can expect road closures from 6:30 a.m. – 10:30 a.m. (Bike Course) and 6:30 a.m. – 11:30 a.m. (Run Course). **Maps of these courses from start to finish are attached.** If you live along these routes, please use caution and have a plan to take an alternate route if traveling the morning of June 11. For more information on the Escape the Cape Triathlon, please visit the event website at <https://www.delmosports.com/events/escape-the-cape-new-jerseys-best-triathlon>.

DelMoSports, LLC. is a boutique race company founded in 2004, specializing in elite destination events along the southern New Jersey shore and Delaware. Their unique and award-winning events include IRONMAN 70.3 Atlantic City, the Atlantic City Triathlon, Tri the Wildwoods Triathlon, and Escape the Cape Triathlon, which was voted the Best Triathlon in the Mid-Atlantic and Northeast Regions by Competitor. Known for high quality, athlete-centered productions with an emphasis on community involvement, DelMoSports events provide challenging courses, spectacular scenery and amazing vacation opportunities for athletes and their families. [www.delmosports.com](http://www.delmosports.com)

Owned and operated by the Delaware River and Bay Authority, the Cape May – Lewes Ferry is open year-round and has carried more than 43 million passengers since its inception on July 1, 1964. As an integral transportation system connecting the communities and economies on both sides of the Delaware Bay, the Ferry service is a significant catalyst for economic growth and regional tourism activity in New Jersey and Delaware. Its operations sustain over 4,000 jobs while generating tens of millions of dollars in local taxes and hundreds of millions in regional economic activity. For schedules and rates, please visit [www.CMLF.com](http://www.CMLF.com) or call 800-643-3779.

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