



2026 ATHLETE GUIDE

SUNDAY, OCTOBER 4

8 A.M. · ROSE TREE PARK → SUBARU PARK · RAIN OR SHINE

6:30 A.M.

LAST SHUTTLE

7:40 A.M.

IN YOUR CORRAL

8:00 A.M.

RACE STARTS

13:30 / MILE

PACE LIMIT

SEPT 24 – OCT 3

BIB PICKUP

The Running Place, 3551 West Chester Pike, Newtown Square, PA 19073. 2026 race swag is on sale there too!

Thu, Sept 24	11 a.m.–8 p.m.	Tue, Sept 29	11 a.m.–8 p.m.
Fri, Sept 25	10 a.m.–6 p.m.	Wed, Sept 30	10 a.m.–6 p.m.
Sat, Sept 26	10 a.m.–6 p.m.	Thu, Oct 1	11 a.m.–8 p.m.
Sun, Sept 27	11 a.m.–3 p.m.	Fri, Oct 2	10 a.m.–6 p.m.
Mon, Sept 28	10 a.m.–6 p.m.	Sat, Oct 3	10 a.m.–4 p.m.

- **A friend can pick up for you.** No ID needed — they just show a screenshot of your registration confirmation.
- **Race morning:** Bib pickup is also available at **Rose Tree Park, in the start line area.** We recommend picking up in advance to avoid delays.
- **No confirmation email?** Contact us before pickup.

GETTING THERE

PARKING & SHUTTLES

Park **free** at Subaru Park and take the complimentary shuttle to the start.

- **Where to park:** Subaru Park – Philadelphia Union Lot G, near Union Yards. Enter from 2nd Street.
- **Shuttles** run to Rose Tree Park from 6:00 a.m. Last shuttle leaves at 6:30 a.m.
- **No parking at Rose Tree Park** for runners or spectators.
- **Don't park the night before** — the lot isn't secured until race morning.
- **No return shuttles.** Your car is waiting at the finish.

GETTING DROPPED OFF?

Use **Springton Lake Middle School**, 1900 N. Providence Rd., Media, PA 19063, from **6:00 to 7:15 a.m.** A police officer will escort runners across Providence Road. Roads close at 7:30 a.m. No parking at the school — violators will be ticketed and towed.

SUNDAY, OCT 4

RACE MORNING TIMELINE

Be at Subaru Park by 6:00 a.m. The last shuttle to the start leaves at 6:30 a.m.

6:00 A.M.	First shuttles leave Subaru Park Lot G; drop-off opens at Springton Lake Middle School
6:30 A.M.	Last shuttle departs; gear check opens at the start
7:00 A.M.	All runners at the start line; road closures begin
7:15 A.M.	NovaCare group stretch; drop-off ends
7:30 A.M.	Roads around the start close
7:40 A.M.	Gear check closes; be in your corral
8:00 A.M.	Elites and first wave start; waves every 3–5 min.
9:30 A.M.	Awards ceremony in Union Yards
~11:00 A.M.	Most roads reopen

ROSE TREE PARK

AT THE START

7:15 A.M. · STRETCH WITH NOVACARE

Meet NovaCare Rehabilitation's clinicians in the start-line race village for a dynamic group stretch.

- **Corrals:** Based on your estimated finish time. Be in yours by 7:40 a.m.
- **Gear check:** Complimentary, 6:30–7:40 a.m. Look for **The Mobile Locker Company truck**, then pick up your items from them at the finish line.
- **Restrooms:** 30 portable toilets plus an accessible portable toilet, and the Rose Tree Park restrooms will be open.



CLOTHING DONATIONS

Shedding a layer before the gun? Toss it in the [clothing donation bin at the start](#). All items will be donated to **CityTeam in Chester, PA**.

10 MILES ACROSS DELCO

ON THE COURSE

Water, GU Electrolyte drink and portable toilets about every 2 miles, starting at mile 2, and at the finish.

- **Time limit:** Hold a 13:30-per-mile pace. Roads reopen on a rolling basis behind the last runners.
- **Road closures** along the course from 7:00 a.m.; most reopen by about 11:00 a.m.
- **No strollers** on the course.
- **If you can't finish**, wait with the nearest course volunteer. They'll radio for a vehicle to bring you to Union Yards.

BRING YOUR CHEER SQUAD

SPECTATORS

Friends and family are welcome at the finish line and post-race festival at Subaru Park. Park in the Subaru Park lots designated for finish-line access. There is no spectator parking at Rose Tree Park.

TRACK YOUR RUNNER WITH RACEJOY

Runners: Download the RaceJoy app, find the Delco 10 Miler under Featured Races and tap "I Want To Be Tracked." On race morning, tap the green blinking button (active 30 minutes before the start) and carry your phone. Set Location Services to "Always" and turn on Background App Refresh.

Spectators: Download the RaceJoy app, tap the participant icon at the top and search for your runner. Tap the feet icon (iPhone) or Track (Android) to see them on the map.

SUBARU PARK • UNION YARDS

FINISH & POST-RACE PARTY

Cross the finish, grab your medal and refreshments, then head into **Union Yards** to celebrate!

2SP BEER

or non-alcoholic drink

DELCO STEAKS

cheesesteak or
veggie option

BERNIE'S

pretzel for every
runner

- **Bring a photo ID** to get your 21+ wristband for your beer.
- **The party:** Music, sponsor activations and space to relax. More food and drinks available to buy.
- **Gear check pickup:** Grab your bag from The Mobile Locker Company at the finish line.
- **Race photos** will be posted on RunSignUp.

9:30 A.M. • UNION YARDS

AWARDS CEREMONY

Brief remarks and presentation of the **overall awards**. Awards go to overall finishers and age-group winners for men, women and non-binary runners. **New for 2026:** team recognition for registered teams.

Placed 1st, 2nd or 3rd in your age group? Age-group awards aren't presented on stage — check the results page on RunSignUp, then pick up your award at the **awards table in Union Yards**.



QUESTIONS?

Email delcorun@visitdelcopa.com · Full FAQs and course map at Delco10Miler.com · Follow [@delco10miler](https://twitter.com/delco10miler) for race-week updates.

SEE YOU ON RACE MORNING!

RUNNING FOR A CAUSE

The 2026 race benefits The Headstrong Foundation, Riddle Healthcare Foundation, Mercy Fitzgerald Hospital, Elwyn, Greenhouse Project and Delco Volunteers.

PRESENTED BY

RAFFERTY SUBARU & SUBARU LOVES TO HELP

THANK YOU TO OUR SPONSORS

Nolan Painting · The Running Place · Brinker Simpson & Company · Delco Road Runners · Inn at Villanova · NovaCare · POWER HRG · IBX · WSFS · Bernie's Pretzels · Lamb McErlane · 2SP · TD Bank · One Digital · Gordon Quality Construction · Fearless