Winners of first MMC Wellness Center Horseshoe Crab Triathlon announced

L-R: MMC President Carolyn Fredricks recognizes participants in the 1st MMC Horseshoe Crab Triathlon which took place in June. Mindy Beck completed the swim portion, biked 5 miles and ran 4 miles; Jill Ipnar was the gold medalist for completing all the segments; Debra Cormier swam 900 yards and ran 1 mile.

Right: Silver Medalist Joyce August receives her medallion from Carolyn Fredricks.

Not shown: Denise McClung who completed the Bike portion and swam 1350 yards.
They had a month to complete their Olympic distances - Swim 1500M (.93 miles); Bike 40KM (24.8 miles); and Run 10KM (6.2 miles).
Photos by Cate Lyons

DNREC to offer free fly-fishing lessons for adult anglers at Aquatic Resources Education Center

Members of the White Creek Fly Fishers Club assist fly fishing newcomers wanting to learn the nuances of backcasting and the double-haul technique for landing fish by using a fly rod after enticing them to strike artificial bait known as flies. *IDNREC photo*

The Department of Natural Resources and Environmental Control encourages Delawareans age 18 or older interested in learning about the increasingly popular sport of fly fishing to register for a free course offered by the DNREC Division of Fish and Wildlife in conjunction with the White Clay Fly Fishers Club. Before the question is even asked, the Division of Fish and Wildlife will also provide all the equipment needed for the course by program participants.

The DNREC-sponsored course, with a capacity of 20 participants, will be presented in two three-hour sessions scheduled for Sept. 20 and 27. Both are Saturday sessions that will start at 9:30 a.m. at the Aquatic Resources Education Center (AREC), 2520 Lighthouse Road, Smyrna, Del. Experienced anglers from the White Clay Fly Fishers Club will be on hand at AREC to provide instruction.

While the course is free, advance registration is required. To register, send an email with "Fly-fishing Course Registration" in the subject field to pearlie.franklin@delaware.gov. Include in the body of the email the number of participants to be registered for the course and their names.

Individuals who participate in the fly-fishing course must have a current Delaware fishing license and a Delaware Fisherman Information Network (FIN) number. License-exempt anglers, including Delaware residents 65 and older, may obtain a free FIN number online or from a license agent where recreational fishing licenses are sold. Online services available via de.gov/fishinglicense include fishing license purchases, FIN numbers, and a list of participating license agents.

More information about fishing in Delaware – including the online 2025 Delaware Fishing Guide – can be found at de.gov/recfishing. The guide is also available in a printed form from authorized license agents throughout the state.

The Delaware Department of Natural Resources and Environmental Control protects and manages the state's natural resources, protects public health, provides outdoor recreational opportunities and educates Delawareans about the environment. The DNREC Division of Fish and Wildlife conserves and manages Delaware's fish and wildlife and their habitats, and provides fishing, hunting, wildlife viewing and boating access on more than 68,000 acres of public land.