

2018 BUNNY PALOOZA ATHLETE'S GUIDE



PRESENTED BY



Quiet Resorts Charitable Foundation



Quiet Resorts Charitable Foundation

PO Box 354 Bethany Beach Delaware 19930

March 28, 2018

Dear Supporters,

Welcome to the Seventh Annual Bunny Palooza 5k & 10k Runs! We're poised to have a great event & plan to provide you with great competition, wonderful entertainment, and an awesome post-race party at Mango's on the Bethany Boardwalk.

The Quiet Resorts Charitable Foundation, locally known as the QRFC, is an all-volunteer organization dedicated to improving the quality of life in the Bethany-Fenwick and surrounding areas by providing financial aid, resources and other assistance in support of programs, individuals and organizations that enhance our community for both residents and visitors alike.

To accomplish our goals, we rely on the generosity of our community partners including the Town of Bethany Beach, Bethany Beach Police, Bethany Beach Volunteer Fire Company, our host Mango's, Tidepool Toys, Scott and Shuman, NKS Distributors, Bethany Beach Books, and all of the other sponsors of this event.

Whether you're a local or a visitor, please visit our sponsors often and be generous. Only with their support and generosity in underwriting costs of our signature events, (Caribbean Christmas, Hair of the Dog and Bunny Palooza 10k and 5k Races) has QRFC been able to contribute more than \$680,000 in grants and scholarships since 2001.

On behalf of the Board of Directors, thank you for participating in the Bunny Palooza Race. We invite you to visit us online at www.qrcf.org to watch for upcoming events, including the Hair of the Dog Race on New Year's Day. Registration opens on September 1st. \$5 off for the first week. Now let the race begin!

In partnership,

Laurie McFaul
President, QRFC

BUNNY PALOOZA 5K & 10K ATHLETE GUIDE

Thank you for registering for the Bunny Palooza 5k/10k. This is your guide to all the important information that you will need for this year's Bunny Palooza 5k & 10k.

PACKET PICK UP

Packet Pick Up will be located in Mango's on Friday, March 30th from 12pm to 4pm and on the morning of the race from 7:15am to 9:30am.

Please bring a photo I.D. If you're picking up a friend's race packet, please have at least a copy of their photo I.D. At packet pick up, you will receive your bib, a race shirt, and a wristband for entry to post race party. If you purchased additional wristbands for family or friends, you will pick these up as well.

You can determine your bib number by clicking on the appropriate link that will be posted on the QRCF website on Thursday, 3/29/18. We will also post the link on our Facebook page. **It is important that you verify all listed registration information is correct**, i.e. race event, gender, age, and name. If there is a mistake with your registration, please notify a QRCF representative at Packet Pick Up. **If you decide to switch between one race to another, please see a representative so that we can switch out your bib for the correct race.**

If you pre-registered and are not able to participate in the race, you must pick up, or arrange to have your shirt picked up, during the scheduled packet pick up hours. We will not hold or ship any unclaimed shirts.

Please note in the Schedule that the 10k will start approximately 60 minutes before the 5k. This will eliminate confusion on the course and allow all 5k runners and walkers to see the 10k start and the leaders at the 5k mile mark.

If you have any questions or concerns prior to the event, please contact us at info@bunnypaloozarun.com or 302-500-0750.

RACE POLICY & INFORMATION

- Rain or shine event.
- Walkers permitted in 5k only (Sorry, No 10k walkers).
- No dogs allowed in Mango's for packet pickup or post race party.

YOUR BIB & TIMING CHIP

- Your timing chip will be on your bib.
- Do not switch or change bibs with any other runners.
- Please do not remove or bend the timing chip.
- Your bib must be displayed on the front of your shirt, jacket, pants or shorts.
- Do not cover your bib with clothing during the race.
- We recommend putting your bib on your pants or shorts if you plan on shedding clothes during the race.
- If you decide to change from one race to another, you must see a QRCF representative at packet pick up or the registration tent on race day, as we will assign you a new bib.
- Those running in the 10k will have Yellow bibs.
- Those running in the 5k will have Blue bibs
- Those running both 10k and 5k will use the same Yellow bib for both events.

SCHEDULE OF EVENTS

Friday, March 30, 2018

- Noon to 4 pm – Packet Pick Up at Mango’s Bethany Beach
- Noon to 4 pm – Onsite registration at Mango’s

Saturday, March 31, 2018

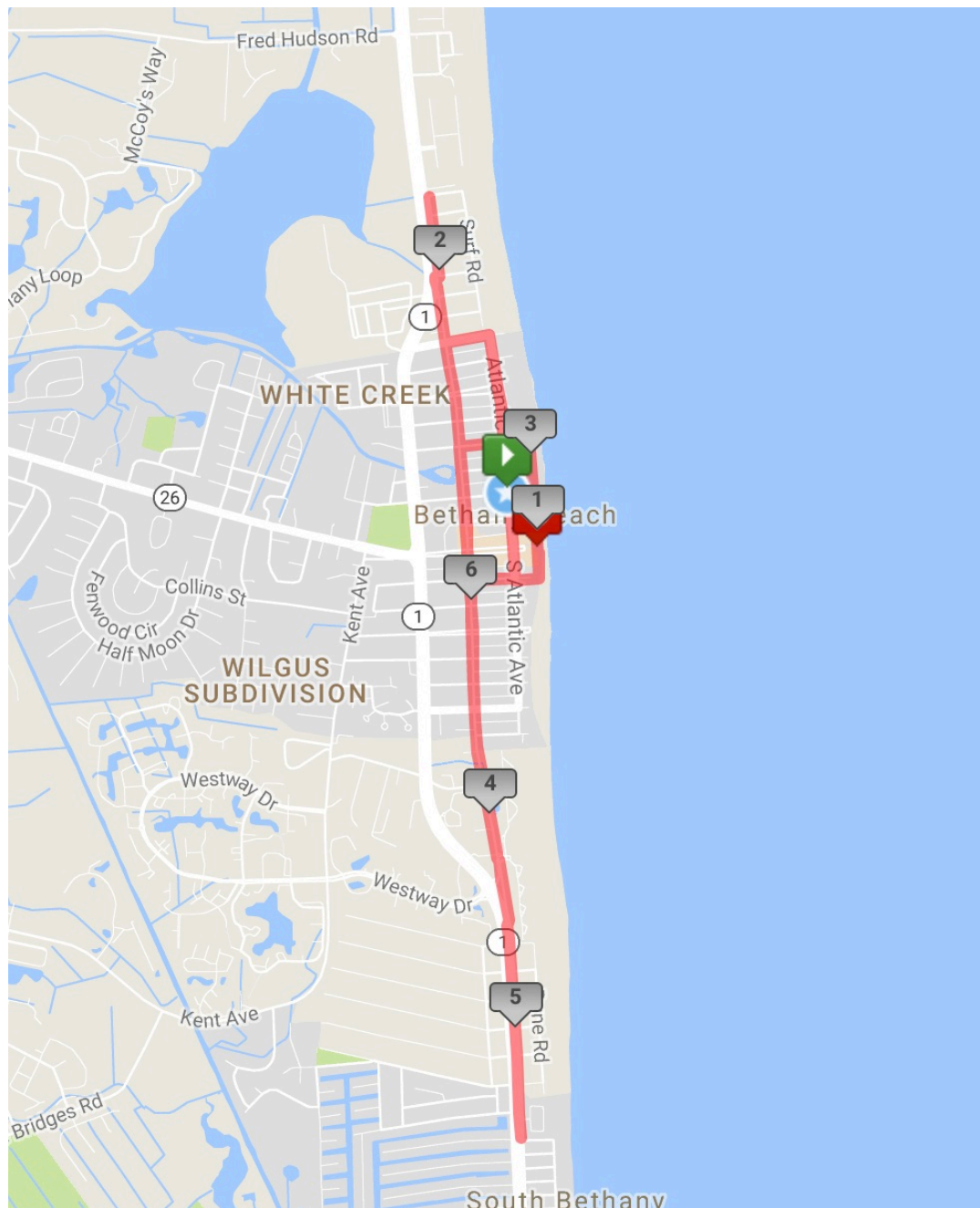
- 7:15 am to 9:30 am – Onsite race registration and Race Day packet pick up – Registration Tent
- 8:20 am – National Anthem at Start line and 10k Pre Race Announcements, Central Boulevard and Atlantic Avenue
- 8:30 am – Bunny Palooza 10k Start, Central Boulevard & Atlantic Ave
- 9:00 am to 11:00 am – Post Race party at Mango’s, Garfield Pkwy & Bethany Boardwalk – All party-goers must have a wristband.
- 9:20 am – National Anthem at Start line and 5k Pre Race Announcements, Central Boulevard and Atlantic Avenue
- 9:45 am – Bunny Palooza 5k Start, Central Boulevard & Atlantic Ave
- 9:35 am – 10k Overall and Masters Awards at Bandstand. Awards must be picked up at the presentation. We do not ship awards
- 10:15 am - 5k Overall and Masters Awards at Bandstand. Awards must be picked up at the presentation. We do not ship awards

THE COURSE MAPS – Change for this year due to road construction on Atlantic Avenue

Please take a look at your respective course map. Both the 5k and the 10k will be well marked. Both races will be led by bicycles. Both will also have sweepers. Both courses will use the outside northbound lane and shoulder of Route 1. Please use extreme caution when running on the Route 1 portion of the courses. The left most lane will be open to high-speed traffic. **Children must have an adult with them at all times during the race.** Always stay in the coned area on Rt. 1. Deviating into the open travel lane on Rt. 1 at any time during the race could result in serious injury or death.

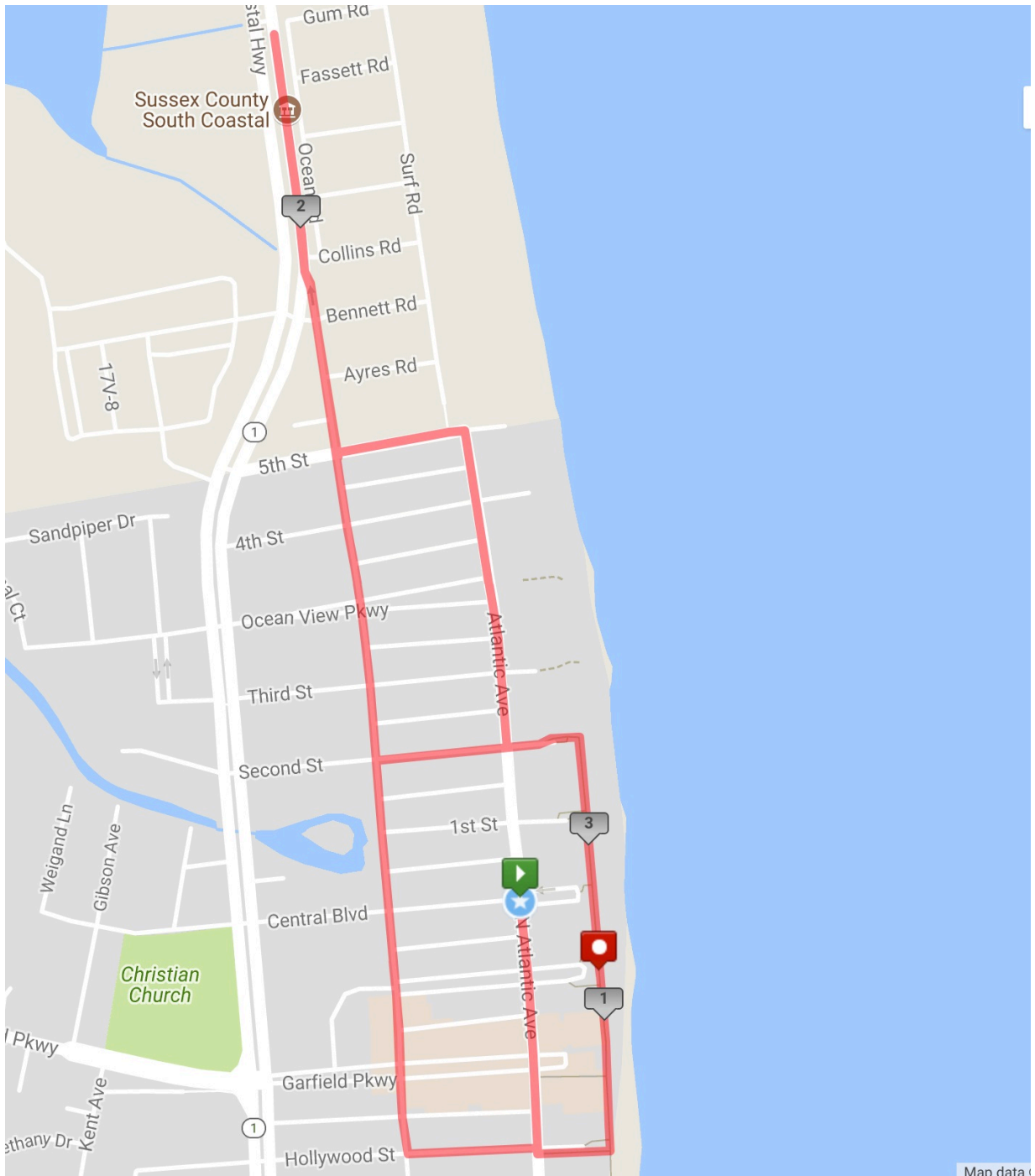
10k COURSE MAP - 2018

[Click here to Preview](#)



5k COURSE MAP – 2018

[Click here to Preview](#)



POST RACE PARTY

Beginning at 9:00 am when you finish the race, Mango's will be hosting the Bunny Palooza Post Race Party with recovery snacks, hot dogs and sausages and drinks available. **You must have a wristband on to enter Mango's!** Your wristband will be given to you at Packet Pick Up. Additional wristbands for guests are available for purchase during pre-registration and most likely will not be available on race day so plan accordingly. Children under the age of 5 do not need a wristband to enter Mango's. We will be serving complimentary Michelob Ultra and Shock Top beer from NKS Distributors. You must be age 21 or older to consume alcohol at Mango's. Mango's reserves the right to deny alcohol to anyone. The after party will be crowded. Please be patient.

Overall and Masters Awards presentation will commence at 9:35 am for the 10k and 10:15 am for the 5k awards at the bandstand. You must be present to receive your award. We do not ship awards. 1st, 2nd, and 3rd place awards can be collected at our awards desk in the tent.

5K & 10K AWARDS:

- 1st place overall male
- 1st place overall female
- 1st Masters male & female
- 1st, 2nd, 3rd place age group male
- 1st, 2nd, 3rd place age group female

AGE GROUPS ARE AS FOLLOWS:

5k Run: 9 & Under • 10 – 14 • 15 – 19 • 20 – 29 • 30 – 39 • 40 – 49 • 50 – 59 • 60 – 69 • 70+

10k Run: Under 15 • 15 – 19 • 20 – 29 • 30 – 39 • 40 – 49 • 50 – 59 • 60 – 69 • 70+



7TH ANNUAL BUNNY PALOOZA 5K/10K

THANK YOU TO THE FOLLOWING SPONSORS:

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