

**2020
ATHLETE'S GUIDE**



PRESENTED BY



Quiet Resorts Charitable Foundation



Quiet Resorts Charitable Foundation

PO Box 354 Bethany Beach Delaware 19930

December 18, 2019

Dear Supporters,

Welcome to the Ninth Annual Hair of the Dog 5k/10k race! We're poised to have a great event, and plan to provide you with great competition, great entertainment, and a great post-race party at Mango's on the Bethany Boardwalk to kick off the New Year!

The Quiet Resorts Charitable Foundation, locally known as the QRCF, 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, the Bethany-Fenwick Area Chamber of Commerce, Bethany Beach Police, Bethany Beach Volunteer Fire Company, our host, Mango's, Tidepool Toys, NKS Distributors, Cottage Café Restaurant, Sysco of the Eastern Shore, Steve Alexander of Keller Williams Realty, Scott and Shuman, 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 QRCF been able to contribute over \$800,000 in grants and scholarships since 2001.

On behalf of the Board of Directors, thank you for participating in the Hair of the Dog Race. We invite you to visit us online at www.qrcf.org to watch for upcoming events, including the **Bunny Palooza Race on April 11, 2020.** www.bunnypaloozarun.com. Registration opens on January 15th. \$5 off for the first week. Now let the race begin!

In partnership,

Doug Purcell
Race Director, QRCF

HAIR OF THE DOG 5K & 10K ATHLETES GUIDE

Thank you for registering for the Hair of the Dog 5k/10k and/or the Leo Brady Exercise like the Eskimos Plunge. Here is your guide with important information that you will need for the Hair of the Dog 5k & 10k.

PACKET PICK UP

Packet Pick Up will be located in Mango's on Tuesday, December 31st from 12pm to 3pm and on the morning of the race from 7:30am to 9:45am.

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 long sleeve tech shirt, and wristband for entry to post race party. If you purchased additional wristbands for family or friends, you will pick these up as well. Wristbands are required for entry to the post race party (children under 5 years of age do not need a wristband). A limited amount of wristbands will be available for purchase at packet pickup. Please note, if you are in the 10k or 5k and also the plunge, you will receive **"one"** event shirt. 2020 sweatshirts will also be available for purchase at packet pickup and on race day. 2020 Sweatshirts are \$30.

Also, please **VERIFY** that 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 you cannot race or attend 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@hairofthedogrun.com or 302-500-0750.

RACE POLICY & INFORMATION

- Rain or shine event.
- Walkers permitted in 5k only (Sorry, No 10k walkers).
- Dogs and Owners permitted in 5k only.
- Dogs must be leashed at all times. No recoil type leashes permitted in the 5k Race.
- Dogs and Owners, Walkers and Strollers must start at the back of the 5k field.
- Please have "doggy doo doo" bags with you on the run. All messes must be cleaned up by the owner.
- 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 it or bend it.
- 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, please see a QRCF representative at packet pick up or registration tent on race day as we will assign you a new bib.
- Those running in the 10k and 5k will have Blue bibs.
- Those running both 10k and 5k will use the same Blue bib for both events.

SCHEDULE OF EVENTS

Tuesday, December 31, 2019

- Noon to 3 pm – Packet Pick Up at Mango’s Bethany Beach (Sweatshirts available for purchase and post race party wristbands for family/friends available for purchase while supplies last)
- Noon to 3 pm – On site registration

Wednesday, January 1, 2020

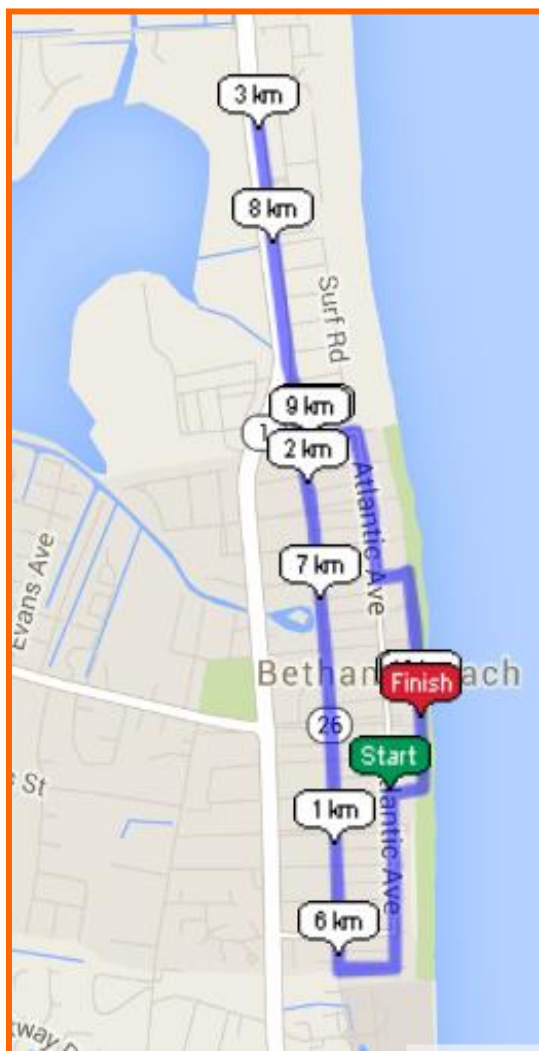
- 7:30 am to 9:45 am – On site race registration
- 7:30 am to 9:45 am – Race day Packet Pick Up
- 8:20 am – Head to Start line for announcements and National Anthem
- 8:30 am – Hair of the Dog 10k Start, Parkwood Street & Atlantic Ave
- 9:40 am – 10k Top Awards Presentation on the Bandstand. Age group awards can be picked up in the tent. We do not ship awards.
- 9:50 am – Head to Start line for announcements and National Anthem
- 10:00 am – Hair of the Dog 5k Start, Parkwood Street & Atlantic Ave
- 9:30 am to 11:00 am – Post Race party at Mango’s, Garfield Pkwy & Bethany Boardwalk. Chili cookoff, refreshments
- 11:00 am – 5k Top Awards Presentation on the Bandstand. Age group awards can be picked up at the presentation. We do not ship awards.
- Noon – Leo Brady “Exercise Like the Eskimos” Swim, Garfield Parkway & Atlantic on the beach.

THE COURSE MAPS

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 inside lane will be open to high speed traffic. **Children must have an adult with them at all times during the race.** Runners with dogs need to be very careful at all times. 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

[Click Here to Preview](#)



5k COURSE MAP

[Click Here to Preview](#)



POST RACE PARTY

Beginning at 9:15 am when you finish the race, Mango's will be hosting the Hair of the Dog Post Race Party with Chili Cookoff from local restaurants and refreshments. **You must have a wristband on to enter Mango's!** Your wristband was given to you at Packet Pick Up. Additional wristbands for guests were available during pre-registration and may not be available day of. Complimentary beer from NKS Distributors and food will be served. A variety of Chili and other post race snacks will be available. 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. Awards will begin around 9:40 am for the 10k and 11:00 am for the 5k at the bandstand. You must be present to receive your award. We do not ship awards.

5K & 10K AWARDS:

- 1st place overall male
- 1st place overall female
- 1st, 2nd, 3rd place overall dog & owner (5k only)
- 1st Masters male & female
- 1st Grand Masters male & female (Over 60)
- 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: 14 & Under • 15 – 19 • 20 – 29 • 30 – 39 • 40 – 49 • 50 – 59 • 60 – 69 • 70+

NEW YEAR'S DAY 2020

Logos and text within the central graphic:
- Top: HAIR OF THE DOG 5K/10K
- Center: LEO
- Bottom: EXERCISE LIKE THE ESKIMOS
- Left: Leo Brady

Surrounding logos and text:
- Top Left: QRCF Quiet Resorts Charitable Foundation
- Top Right: The Quiet Resorts Bethany-Fenwick Area Chamber of Commerce
- Middle Left: Bethany Beach BBQ
- Middle Left: THE COTTAGE CAFE Restaurant & Pub
- Middle Left: Mangos BETHANY BEACH
- Middle Left: Races 2 Run "Touching people's lives one race at a time"
- Middle Left: STEVE ALEXANDER Associate Broker
- Middle Left: COASTAL tented events
- Middle Left: TIBIPOOL TOYS & GAMES
- Middle Right: G. & E. Hocker's Supermarkets
- Middle Right: 99 SEA LEVEL RESTAURANT & RAW BAR BETHANY BEACH, DE
- Middle Right: N.K.S. DISTRIBUTORS, INC. DELAWARE
- Middle Right: MICHAEL'S ULTRA
- Middle Right: SHOCK-TOP
- Bottom Left: ZOCA MODERN MEXICAN CUISINE
- Bottom Left: kw KELLERWILLIAMS REALTY
- Bottom Left: Harris Teeter Neighborhood Food & Pharmacy
- Bottom Left: THE off the hook RESTAURANT GROUP
- Bottom Left: hooked hooked up just hooked off the hook
- Bottom Center: Giant
- Bottom Center: BETHANY BOATHOUSE FOOD & SPIRITS BETHANY BEACH, DE
- Bottom Center: pbv
- Bottom Center: RESORT QUEST
- Bottom Right: weis
- Bottom Right: PAPA GRANDE'S COASTAL TAQUERIA FENWICK ISLAND, DE
- Bottom Right: Southern Delaware Beaches are just the beginning™
- Bottom Right: Coastal Point
- Bottom Right: Carl W. Freeman FOUNDATION

THANK YOU!