

2023 PARTICIPANTS GUIDE



PRESENTED BY



Quiet Resorts Charitable Foundation
PO Box 354
Bethany Beach Delaware 19930



Quiet Resorts Charitable Foundation

December 2022

Welcome to the 12th Annual Hair of the Dog 5k Race and 1-Mile Walk! We're poised to kick off the New Year with a great event, and plan to provide you with great competition, great entertainment, and a great post-race party at Mango's in Bethany Beach.

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, Scott and Shuman, Bethany Beach Books, Beebe Healthcare, Boy Scout Troup 281, Crowley Realty, Carl Freeman Foundation, Coastal Point, Custom Fit 360, Ryan Homes, DRB Homes, NV Homes, Evergreene, and Pohanka Automotive and all of the other sponsors, and in-kind donors 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 5k Race and 1-Mile Walk) has QRCF been able to contribute over \$800,000 in grants and scholarships to the community.

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 April 8, 2023.**
www.bunnypaloozarun.com.

Now let the race begin!

In partnership,

Doug Purcell
QRCF President & Race Director



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HAIR OF THE DOG 5K & 1-Mile Walk PARTICIPANTS GUIDE

Thank you for registering for the Hair of the Dog 5k/1-Mile Walk. Follows is important information that you will need for event preparation and event day details.

PACKET PICK UP

Location. Packet Pick Up will be located at Mango's in Bethany on December 31st from 1:00pm – 5:00 pm, or on the morning of the race, Saturday January 1st from 8:30-9:30am.

Photo ID. 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, and a long sleeve tech shirt. Note: if you are in the 5k/1-Mile.

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 are 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. No refunds will be given. *Remember, Event shirts are not guaranteed for registrations after December 22, 2022.*

Our post event party will take place at Mangos' in Bethany featuring a chili cook off with some of the top local restaurants along with beer (for those over 21) and other nourishing snacks!

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



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RACE POLICIES and RACE INFORMATION

- Rain or shine event.
- Walkers permitted in 1-Mile or 5k. No Awards for 1k participants.
- There are no water stops provided on the course. Water will be available at the finish line.
- Dogs and their Owners permitted in 1-Mile walk only. Please start in the back of the walkers.
- Dogs must be leashed at all times.
- Please have "doggy doo doo" bags with you on the run. All messes must be cleaned up by the owner.
- No dogs allowed in Mangos for the post-race party.
- Strollers must start at the back of the 5k field.

YOUR BIB & TIMING CHIP

- For runners, your timing chip will be on your bib to track overall and age group winners.
- 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.
- Bibs without timers will be available to walkers.

PARKING & RESTROOMS

- There are no parking restrictions or fees for parking in any public parking spaces in the Town of Bethany Beach on New Year's Day.
- Restrooms are located behind the Bethany Beach Bandstand.



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SCHEDULE OF EVENTS

Saturday, December 31, 2022

- 1:00 pm to 5:00 pm at the Mango's in Bethany Beach.
 - On-site Registration (No guarantee of race shirt availability)
 - Packet Pick Up for Registered Participants

Sunday, January 1, 2023

- 8:30 am to 9:30 am – Race Day Packet Pick Up at Mango's in Bethany.
- 9:55 am – Mandatory Pre-race Meeting at Starting Line at Garfield at Atlantic Ave.
- 10:00 am National Anthem at Hair of the Dog Starting Line at Garfield and Atlantic Ave.
- 10:00 am 5K race starts at Garfield and Atlantic Ave.
- 10:05 am – 1-Mile Walkers start at Garfield and Atlantic Ave following the 5k start.
- 11:00 am – 5k Awards Presentation on the Bandstand. *Note: We do not ship awards. No awards for 1-Mile Walk.*
- Post-race – Come out for post-race nourishment and Chili from local restaurants at Mango's in Bethany.

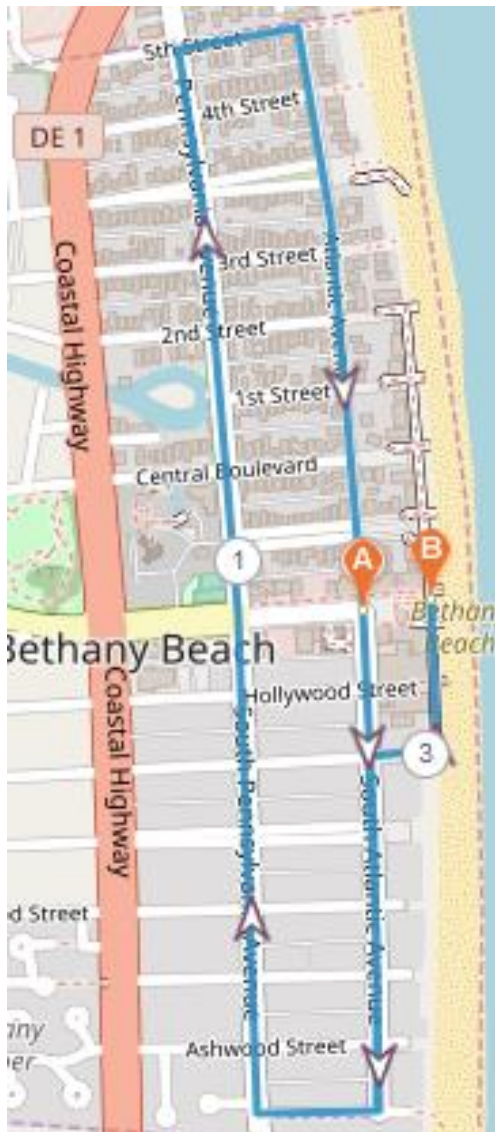


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THE COURSE MAPS

Please look at your respective course map. Both the 5k and the 1-Mile Walk will begin at Garfield and Atlantic Ave's in the Town of Bethany Beach. Both routes stay within the Town's street east of Rt. 1 and both are well marked. The 5K race will be led by a cyclist. **Children must have an adult with them at all times during the race.** As in any race, always use caution and do not deviate from the course route.

5k COURSE ROUTE



1-Mile COURSE ROUTE





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AWARDS

Awards will begin at 11:00 am for the 5k at the bandstand. You must be present to receive your award. We do not ship awards.

5K Awards

- 1st place overall Male and Female
- 1st place Masters Male and Female
- 1st, place Grand Masters Male and Female (Over 60)
- 1st, 2nd, 3rd place age group Male
- 1st, 2nd, 3rd place age group Female

5K AGE GROUPS

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

You must be present to receive your award. We do not ship awards. No awards will be provided for the 1-Mile Walk.

POST-RACE PARTY

Mango's in Bethany is the host of our post event party featuring a chili cook off with some of the top local restaurants along with beer and other snacks!


After the race, and the awards, stop by for some nourishment. You must wear your race bib for access. There is a \$10 charge for non-HOD-participants.

Beer donated by NKS will be available at the bar. By law, you must be age 21 or older to consume alcohol, and bartenders have the right to request valid ID.




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2023 HAIR OF THE DOG



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Thank You!




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CHILI COOK OFF PARTICIPANTS

