

2023 PARTICIPANT'S GUIDE



PRESENTED BY



Quiet Resorts Charitable Foundation

PO Box 354

Bethany Beach Delaware 19930



April 2023

Welcome to the 11th Annual Bunny Palooza 5k Race and 1-Mile Walk! We are poised for a great family friendly event. We plan to provide you with great competition, great entertainment, and a great post-race party at Mangos!

The Quiet Resorts Charitable Foundation, also known as the QRCF, is an all-volunteer organization dedicated to improving the quality of life in the Bethany-Fenwick and surrounding communities by providing financial aid, resources, and other assistance in support of programs, scholarships, 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, supporting this event: The Town of Bethany Beach, Bethany Beach Police, Bethany Beach Volunteer Fire Company, Boy Scout Troop 281, our host, Mango's, the coastal point, Carl Freeman Foundation as our platinum partner, and all the other sponsors and donors as listed at the end of this guide.

Whether you're a local or a visitor, please visit our sponsors often and be generous. It's only with their support and generosity in underwriting costs of our signature events, (Hair of the Dog and Bunny Palooza 5k Race & 1 Mile Walk) has QRCF been able to contribute over \$800,000 in grants and scholarships since 2001.

On behalf of the QRCF Board of Directors, thank you for participating in the Bunny Palooza! We invite you to visit us online at www.qrcf.org to stay tuned to our 2023 activities and events.

Now let the race begin!

Doug Purcell
President, and Race Director, QRCF
www.bunnypaloozarun.com



BUNNY PALOOZA 5K Race & 1-Mile Walk PARTICIPANTS GUIDE

Thank you for registering for the Bunny Palooza 5k Race/1-Mile Walk. Just prior to the 5k start, will be our Kiddie Dash! *No Registration is required* for the Kiddie Dash. Kiddie Dash event shirts can be purchased at the registration site.

Follows is important information that you will need to participate in the 2023 Bunny Palooza!

PACKET PICK UP

Location. Packet Pick Up will be located at Mango's at 97 Garfield Pkwy on April 7th from 1:00pm – 4:00 pm, or on the morning of the race, Saturday April 8th from 8:00-8:30am. There is no onsite registration day of the race.

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 short sleeve tech shirt.

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.

Event Shirts. If you registered after March 27th, you are not guaranteed a shirt in your requested size. Event shirts are not guaranteed for onsite registrations.

Wristbands. Wristbands are only needed for non-event participants who wish to join you at the Mango's after party. If you purchased additional wristbands for family or friends, you would pick these up with your packet pick-up. Note: Additional wristbands can be purchased during packet pick up based on availability. Children under 5 years of age do not need a wristband.

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.*

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



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RACE POLICIES and RACE INFORMATION

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

YOUR BIB & TIMING CHIP

- For runners of the 5K, 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.
- The 1 Mile Walk is not timed and a bib without a timing chip will be provided.
- Your bib will provide you entry into Mango's after the event. Bibs are not transferrable.

COVID GUIDANCE

At this time, following state and local guidelines, face coverings are suggested for anyone who is not fully vaccinated at all times except when you are running.



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SCHEDULE OF EVENTS

Friday, April 7, 2023

- 1:00 pm to 4:00 pm
Mangos Restaurant, 97 Garfield Pkwy Bethany Beach
 - On-site Registration
 - Packet Pick Up for Registered Participants
 - Post-race party wristbands for access to Mango's for family/friends available for purchase while supplies last (\$10)

Saturday, April 8, 2023

- 8:00 am to 8:30 am
Race Day Packet Pick Up at the Bethany Bandstand Plaza.
Limited On-site Registration the morning of the race.
- 8:55 am
Mandatory Pre-race Meeting at Starting Line (Garfield & Atlantic)
- 9:00 am
National Anthem at Starting Line at Garfield and Atlantic Ave.
Kiddie Dash Starts at Parkwood and Atlantic Ave.
- 9:05 am & 9:10am
5k Race starts at Garfield & Atlantic Ave.
1-Mile Walkers start 5-mins after runners at Garfield
- 10:00 am
5k Awards Presentation on the Bandstand.
Note: We do not ship awards. No awards for 1-Mile Walk.
- Post-Race Party
At Mango's for participants & those with purchased wristbands.
Post-race party will end promptly at 11:30am!
- Post-Race SWAGS. Discounts available for the weekend at So-Del Restaurants and Common Grounds Hospitality.
(See information in your packet upon pick-up)

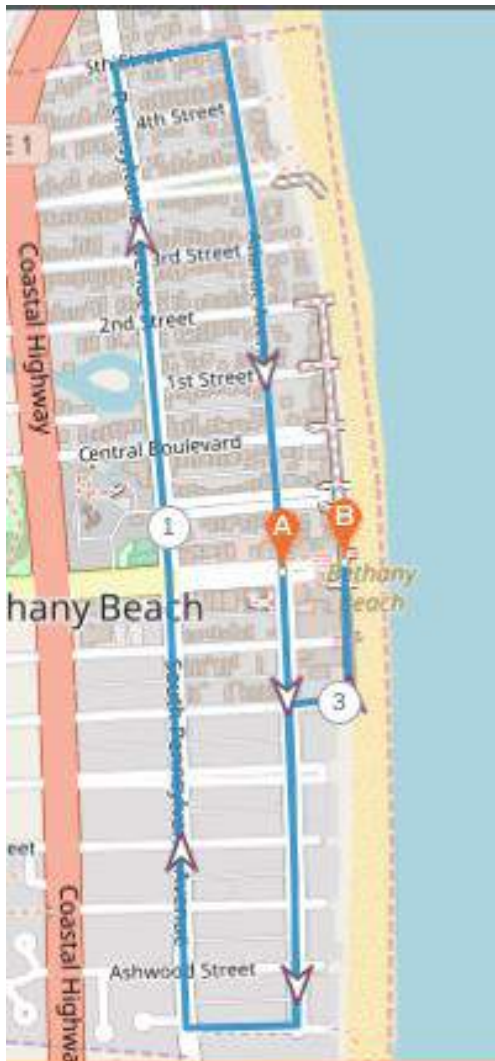


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THE COURSE MAPS

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





AWARDS

Awards will begin at 10:00 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 (Over 40)
- 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

After the race, Mango's will be hosting the Post Event party for all participants. Your bib will get you in to participate. Non-participants can purchase a wrist band for \$10 at the door. NKS Distributors will provide beer at the event. You must be age 21 or older to consume alcohol and Mango's reserves the right to deny alcohol to anyone. The after party will be crowded. Please be patient. The post-race party will end promptly at 11:30 a.m.!



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THANK YOU

2023 Bunny Palooza

11th Annual



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Races 2 Run



Coastal Point



POHANKA OF SALISBURY



CROWLEY ASSOCIATES REALTY, INC.



The Bunoski Family



DUNKIN'

