

2024 PARTICIPANTS GUIDE



PRESENTED BY



Quiet Resorts Charitable Foundation
PO Box 354
Bethany Beach Delaware 19930



December 2023

Welcome to the 13th Annual Hair of the Dog 5k Race and 1-Mile Walk, and the 27th Annual Leo Brady polar, ocean PLUNGE! 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 (5K and 1 Mile Walk) party at Mango's in Bethany Beach, with the post-plunge celebration held at the Boat House in Bethany.

The Quiet Resorts Charitable Foundation, locally known as the QRCF, is an all-volunteer 501c3 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 hosts, Mango's & The Boathouse, as well as contribution from Tidepool Toys, NKS Distributors, Scott & Shuman, Parsons & Robinson, Beebe Medical, 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, and Pohanka Automotive, VFW 7234 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, 1-Mile Walk and Plunge) has QRCF been able to contribute near \$1M in grants and scholarships to the community.

On behalf of the Board of Directors, thank you for participating in the Hair of the Dog Event. We invite you to visit us online at www.qrcf.org to watch for upcoming events, including the **Bunny Palooza Race March 30, 2024.** www.bunnypaloozarun.com. (Registration is now open)

Now let the race & plunge begin!

In partnership,

Doug Purcell
QRCF President & Race Director



HAIR OF THE DOG 5K, 1-Mile Walk and Leo Brady Plunge PARTICIPANTS GUIDE

Thank you for registering for the Hair of the Dog 5k/1-Mile Walk that kicks off at 10am, and/or the Leo Brady Plunge at NOON. 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 Beach on December 31st from 1:00pm – 4:00 pm, or on the morning of the event, Saturday January 1st from 8:30-9:30am for the run/walk. Onsite plunge registration will end at 11:30AM on the 1st.

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, pre-registered participants will receive your bib, and a long sleeve tech event shirt for the 5K/1 Mile. **GREEN** wrist bands and event shirts for the pre-registered plungers.

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.

IMPORTANT NOTES: Bibs are required for all 5K or 1 Mile Walk participants. These also get you into Mango's post celebration. If you do not have a bib and want to attend the 5K/1 Mile celebration, then you **MUST** purchase and wear a **RED** Wrist Band.

Green wrist bands are required for anyone who plans to participate in the Leo Brady polar ocean plunge. Your **GREEN** wrist band will also allow you to the AYCE nacho bar at The Boathouse. If you are not participating in the Plunge, then you must purchase and wear a **PURPLE** wrist band for the AYCE nacho bar.

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 for any reason. **Remember, Event shirts are NOT guaranteed for registrations after December 23, 2023.**



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The post 5K/1 Mile event celebration will take place at Mango's 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! You must have a run or walk bib or purchase a **RED** wrist band to enter Mango's after the run/walk.

The post-plunge celebration will take place at the Boathouse which will open at noon. There will be an AYCE nacho bar, drink specials and live music until 4PM on the 1st. You **MUST** have a **GREEN** plunge wrist band or purchase a **PURPLE** wrist band to take advantage of the AYCE nacho bar.

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



Polar Plunge Wrist Band

PLUNGE

Boathouse AYCE Nacho Bar Wrist Band

BOAT HOUSE

5K/1M Mangos Post Wrist Band

MANGO'S

EVENT POLICIES and EVENT INFORMATION

- Rain or shine event.
- Walkers permitted in 1-Mile or 5k. No Awards for 1 Mile 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.
- The QRCF reserves the right to cancel any of the events if it felt that the conditions are not safe for participants. No refunds and remember this is a non profit organization.

YOUR BIB & TIMING CHIP

- For 5k 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 are provided 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.

SCHEDULE OF EVENTS

Sunday, December 31, 2023

- 1:00 pm to 4:00 pm at the Mango's in Bethany Beach.
 - On-site Registration (NO guarantee of event shirt availability)
 - Packet Pick Up for Pre-Registered Participants
 - Bibs for runners & walkers
 - GREEN wrist bands for Plungers

Monday, January 1, 2024

- 8:00 am – TEAM BOATHOUSE PLUNGERS meet at The Boathouse to start their team activities.
- 8:30 am to 9:30 am – Race Day Packet Pick Up at Mango's in Bethany.
- 8:30 am to 9:30 am – Pre event warm up exercise with Fitness Craze at the bandstand.
- 9:55 am – Mandatory Pre-race Meeting at Starting Line at Garfield at Atlantic Ave.
- 9:55 am – Kiddie Dash kicks off.
- 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.
- 10:00 – 11:30 – Plunge registration open held outside on the boardwalk under the tent.
- 10:30 am – Noon - Post-race – Come out for post-race nourishment and Chili from local restaurants at Mango's in Bethany for runners and walkers only. Entry can also be with a purchased RED wrist band.

- 11:00 am – 5k Awards Presentation on the Bandstand. *Note: We do not ship awards. No awards for 1-Mile Walk.*
- 11:30 am – Onsite registration closes for the plunge and participants start heading to the beach.
- 12:00 noon – Leo Brady Plunge on the Beach in front of the bandstand.
- 12:00 noon until 4 pm – The Boathouse is open to plunge participants, and to the public. To take advantage of the AYCE nacho bar, you must have a GREEN (plunge participant) or purchase a PURPLE wrist band.

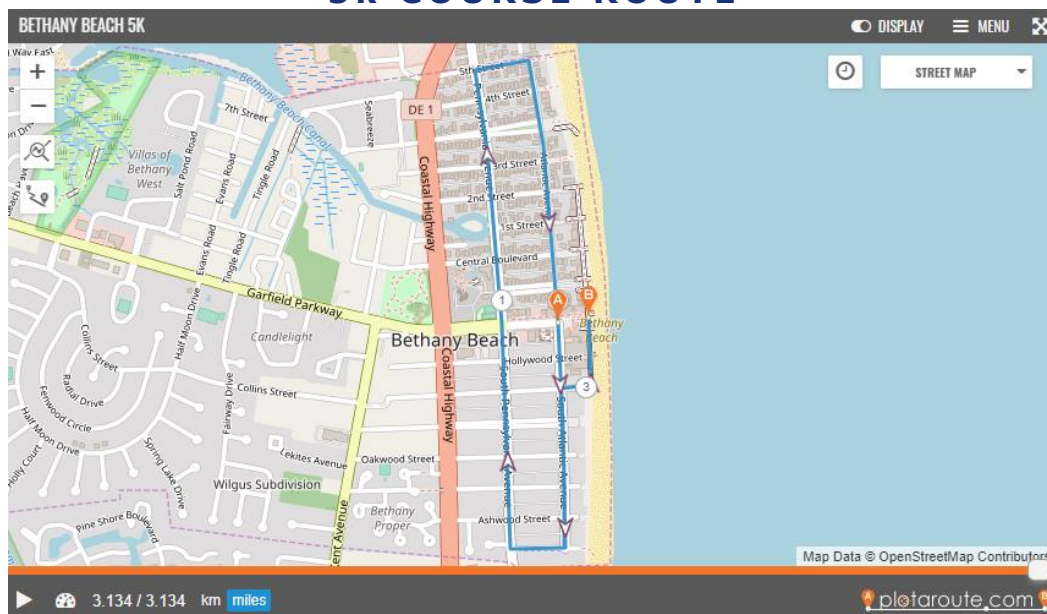
In addition, The Boathouse will be open all weekend so please drop in for food and drink purchases.

- Friday: Opens at 3PM – Entertainment by DJ Hector starting at 8PM
- Saturday: 12PM for lunch and dinner – Entertainment by Dale Teat starting at 8PM
- Sunday (New Year's Eve) 12PM for lunch and dinner – Entertainment by DJ Hook starting at 9PM
- Monday (New Year's Day) Team Boathouse breakfast at 11AM (Not open to the public). Opens to the public and plungers at Noon – Entertainment by DJ Bump from 12:30 until 4PM. The Boathouse closes at 5PM

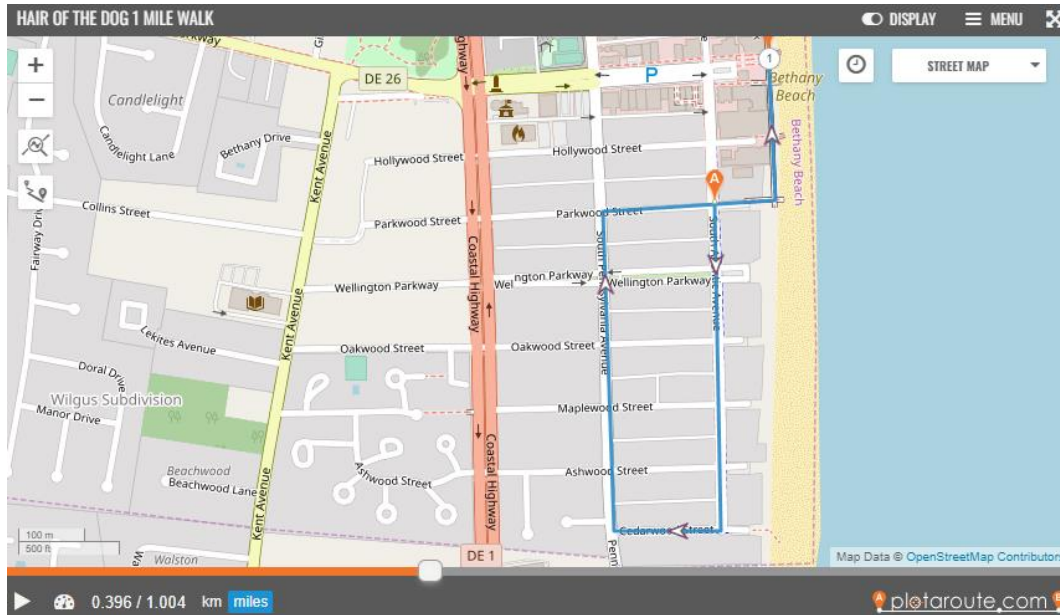
THE COURSE MAPS

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. **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 for 5K and Top Team only

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 Master Male and Female (Masters are 40-49)
- 1st, place Grand Masters Male and Female (Grand Masters 50-59)
- 1st place Senior Grand Master Male and Female (Senior Grand Masters 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 EVENT PARTY AT MANGO'S FROM 10:30-NOON

Mango's in Bethany is the host of our post-race 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 \$15 charge for non-race-participants for the purchase of a RED wrist band.** Beer donated by NKS will be available at the bar until supplies last or closing. By law, you must be age 21 or older to consume alcohol, and bartenders have the right to request valid ID.

POST-PLUNGE EVENT CELEBRATION AT BOATHOUSE AT NOON

The Boathouse in Bethany is the host for the post-plunge celebration opening at noon. While the Boathouse is open to the public, your GREEN plunge wristband will provide entry for all you can eat Nacho buffet. **There is a \$15 charge for non-plunge-participants for the purchase of a PURPLE wrist band.**



Quiet Resorts Charitable Foundation

2024 HAIR OF THE DOG

Thank You!



Quiet Resorts Charitable Foundation



Town of Bethany Beach



CHILI COOK OFF PARTICIPANTS

