

**2026 14<sup>th</sup> Annual  
Bunny Palooza  
PARTICIPANT'S GUIDE**



**PRESENTED BY**



Quiet Resorts Charitable Foundation

PO Box 354

Bethany Beach Delaware 19930



Quiet Resorts Charitable Foundation

April 2026

Welcome to the 14th Annual Bunny Palooza 5k Race and 1-Mile Walk and Kiddie Dash! We are poised for a great family friendly event. We plan to provide you with great competition, great entertainment, and a great post-race celebration at Mangos in beautiful Bethany Beach! This year we are partnering with John Clayton Elementary School whose parents, teachers, and students will be actively involved in supporting the event.

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 via grants, 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, Our platinum sponsors Carl Freeman Foundation, Beebe Healthcare, Beazer Homes, as well as 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 Walk/Run/Plunge and Bunny Palooza 5k Race & 1 Mile Walk, and Fit-n-fun day for Special Olympics) has the QRCF been able to contribute close to \$1M 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](http://www.qrcf.org) to stay tuned to our 2026/2027 activities and events.

Now let the FUN begin!

Doug Purcell  
President, and Race Director, QRCF  
[www.bunnypaloozarun.com](http://www.bunnypaloozarun.com)



Quiet Resorts Charitable Foundation

## **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 required, and there are NO event shirts* for the Kiddie Dash.

**PLEASE NOTE: DUE TO THE OVER WHELMING NUMBER OF PEOPLE REGISTERING SINCE OUR EVENT SHIRT CUT OFF, WE MAY RUN OUT OF SHIRTS. REGISTER EARLY FOR FUTURE EVENTS!**

### *Important information for participants!*

**PACKET PICK UP** **\*\*To expedite packet pickup, please bring the email confirmation from RUNSIGNUP that includes your QR code for packet pickup\*\***

**Pick Up Location and Times.** *Note, there will be limited onsite registration during packet pick up, and no guarantee of race shirt availability.*

- Friday April 3rd from 1:00pm - 4:00pm **Inside of Mango's** at 97 Garfield Pkwy.
- Saturday April 4<sup>th</sup> from 7:30-8:30am. **Outside of Mango's** in the Seashore Striders van.

**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 if you registered.

At packet pick up, 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 24<sup>th</sup>, you are NOT guaranteed a shirt in your requested size. Event shirts are not guaranteed for anyone registering after this date.

**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 will 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



Quiet Resorts Charitable Foundation

pick up hours. We will not hold or ship any unclaimed shirts. **No refunds will be given for any reason.**

If you have any questions or concerns prior to the event, please contact us at [info@bunnypaloozarun.com](mailto:info@bunnypaloozarun.com) or [qrcf.org](http://qrcf.org)

### **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 5K course. Water will 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 celebration.
- Dogs and Strollers must start at the rear of the 1-Mile walkers.
- There are **no refunds for any reason**. We are a charity organization.
- Kiddie Dash – Does not require registration and does NOT include an event shirt.

### **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 transferable.



Quiet Resorts Charitable Foundation

## SCHEDULE OF EVENTS

### Friday, April 3<sup>rd</sup>, 2026

- 1:00 pm to 4:00 pm
  - Packet Pick Up for Registered Participants - **Inside** Mango's
  - On-site Registration - **Outside** Mango's Restaurant, 97 Garfield Pkwy Bethany Beach in the Seashore Striders van.
  - Post-race celebration wristbands for access to Mango's for family/friends available for purchase while supplies last (\$15)

### Saturday, April 4<sup>th</sup>, 2026

- 7:30 AM to 8:30 AM  
Race Day Packet Pick Up inside Mango's.  
Limited On-site Registration the morning of the race.
- 8:50 AM  
National Anthem at the boardwalk stage by students of John Clayton Elementary School.
- 8:55 AM  
Mandatory Pre-race Meeting at Starting Line (Garfield & Atlantic)
- 9:00am. 9:05am. 9:10am.  
Kiddie Dash Start - Parkwood and Atlantic Ave.  
5k Race Start - Garfield & Atlantic Ave.  
1-Mile Walkers start - 5-mins after 5K at Garfield & Atlantic Ave.
- 10:30 AM  
5k Awards Presentation on the Bandstand.  
*Note: We do not ship awards. No awards for 1-Mile Walk.*
- Post-Race Celebration  
At Mango's for participants & those with purchased wristbands.  
***Post-race party immediately after the race and will end promptly at 11:15am!***



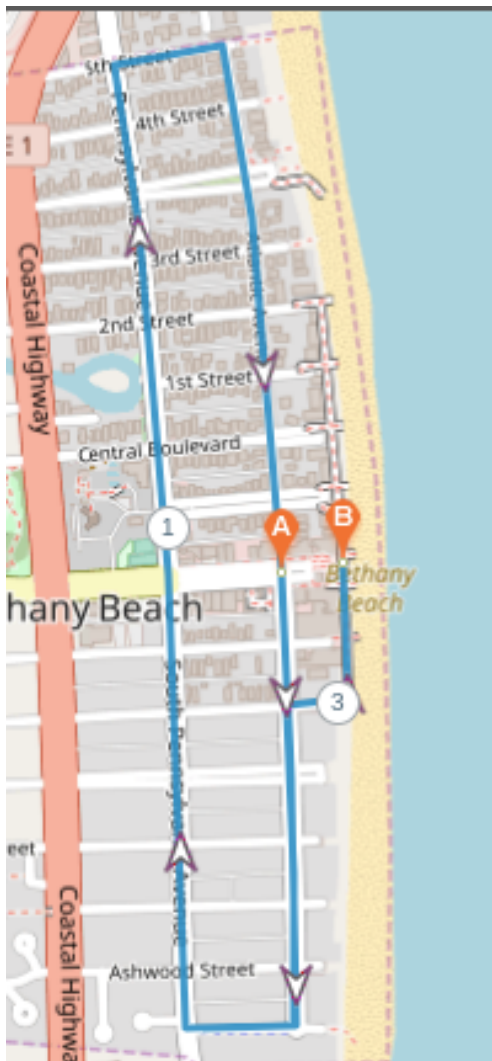
Quiet Resorts Charitable Foundation

## THE COURSE MAPS

**PLEASE NOTE – 5K COURSE MAY BE MODIFIED DUE TO STREET CONDITIONS FOR YOUR SAFETY.**

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





Quiet Resorts Charitable Foundation

## **AWARDS & RESULTS**

Awards will begin as soon as all 5K participants have finished 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 (50-59)
- 1st Place Grand Masters Male and Female (60-59)
- 1st Place Sr Grand Masters Male and Female (70+)
- 1st, 2nd, 3rd Place age group Male
- 1st, 2nd, 3rd Place age group Female

### **5K AGE GROUPS**

9 & under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55- 59, 60-64, 65-69, 70+

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

## **RACE RESULTS**

Race results can be accessed via the QR code found on the front of the 5k bibs.

## **POST EVENT CELEBRATION**

After the race/walk, 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 \$15 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 post event celebration will be crowded. Please be patient. The post-race celebration will end promptly at 11:15 a.m.! Mango's will be open to the public at that time.



Quiet Resorts Charitable Foundation

# THANK YOU

2026 Bunny Palooza

14th Annual



Quiet Resorts Charitable Foundation



Law Offices



POHANKA  
PAYS IT FORWARD



CROWLEY ASSOCIATES REALTY, INC.



TangerOutlets



G. & E. • Hocker's  
Supermarkets



MD • DE • VA