



Believe In Tomorrow™ 5K

Thursday August 15, 2024

Bethany Beach, Delaware

Check In & Day of Registration 5:00 – 5:50pm

Run / Walk begins 6pm

Starting & finishing at the **BIG CHILL**
— BEACH CLUB —

located at 27099 Coastal Hwy. in Delaware Seashore State Park,

the scenic race course offers breathtaking views of the Indian River Bay, the beach & the Atlantic Ocean as you run or walk over the Indian River Inlet Bridge. All ages welcome!

Highlights

Race Shirts to All Registrants *(sizes not guaranteed for day of registrations)*

Sunset Post-Race Party at Big Chill Beach Club

Prizes & Awards Ceremony

Entry Fees *(Early Bird Registration Discounts available online)*

\$40 / Individual • \$20 / Child (age 4 to 12) • \$30 / Virtual

Parking is available in DE Seashore State Park lot;
without permit: \$5/in-state vehicle, \$10/out-of-state vehicle.

— Sponsorships Available —

For More Info & Online Registration

believeintomorrow.org/5k

410.723.2842 • ocevents@believeintomorrow.org



Proceeds to benefit Believe In Tomorrow Children's Foundation – Beach Respite Housing Program

Your contributions help critically ill children & their families through their medical crisis by bringing them to the beach & making a positive, meaningful difference in their lives.

Believe In Tomorrow National Children's Foundation, Inc. is a 501(c)(3) non-profit organization. All contributions are tax-deductible to the fullest extent allowed by law.



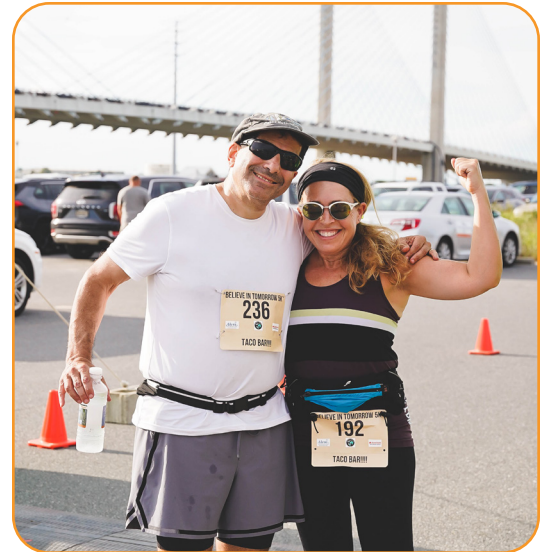
Get ready for race day!

We are thrilled that you will be joining us for the 2024 Believe In Tomorrow Beach 5K on Thursday, August 15th!

The start and finish line will be held at Big Chill Beach Club located at 27099 Coastal Hwy. in Delaware Seashore State Park.

Please take a few minutes to review the information in the Runner's Handbook to make sure you are 100% prepared for race day.

Please think green and don't print this packet unless absolutely necessary!



Thank you to our sponsors!



Packet Pickup

We will not be hosting a packet pickup before the event. You will be able to pickup your race shirt and bib the evening of the event.

Race day registration and packet pickup (at the race) will begin at 5:00pm at Big Chill Beach Club.

*Please note: T-shirts are not guaranteed for day of registration.



2024 Race Shirt



Directions & Parking

Believe In Tomorrow Beach 5K starts at 6:00pm. Please allow yourself enough time to find parking and prepare for the race prior to the start. Race starts at Big Chill Beach Club, 27099 Coastal Hwy. in Delaware Seashore State Park.

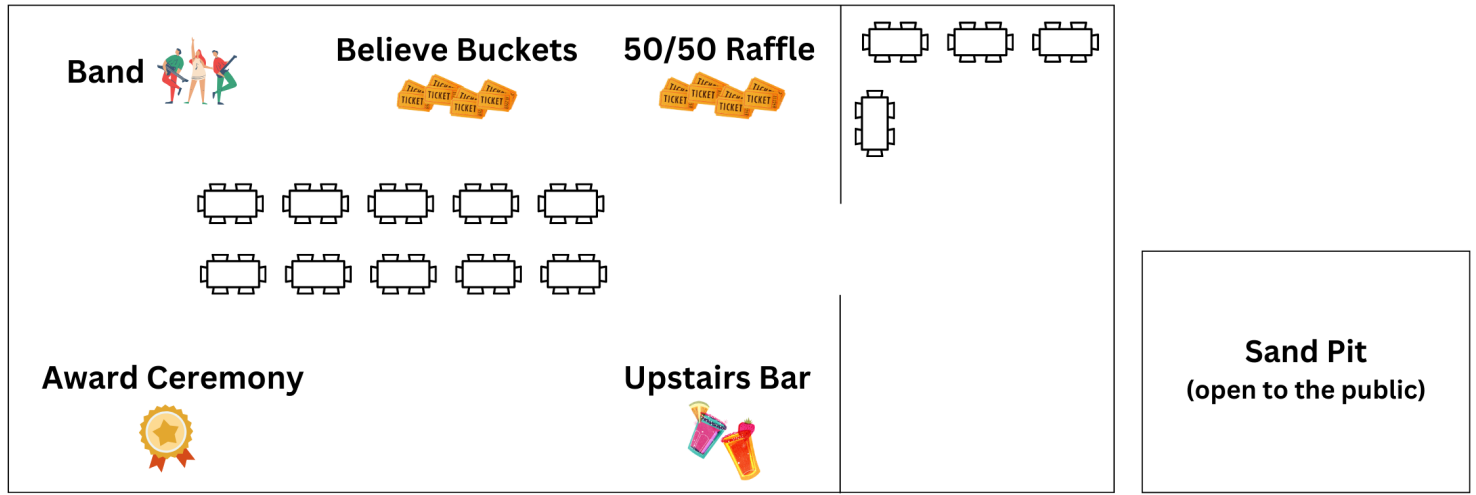
PLEASE NOTE! All participants must pay the park entrance fee if you do not have a permit - \$5 for in-state and \$10 for out-of-state.



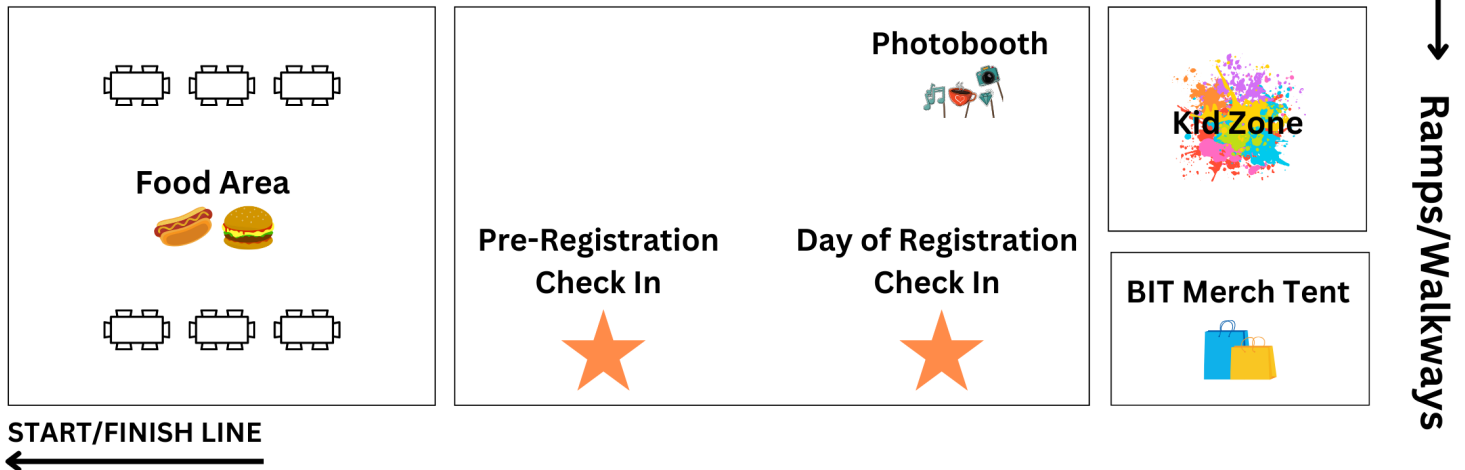
Event Map

Not sure where something is? We got you! Below you will find our event map. Be sure to check out all the areas before heading to the start line and/or after you cross the finish line!

Upstairs Sunset Pavilion and Deck

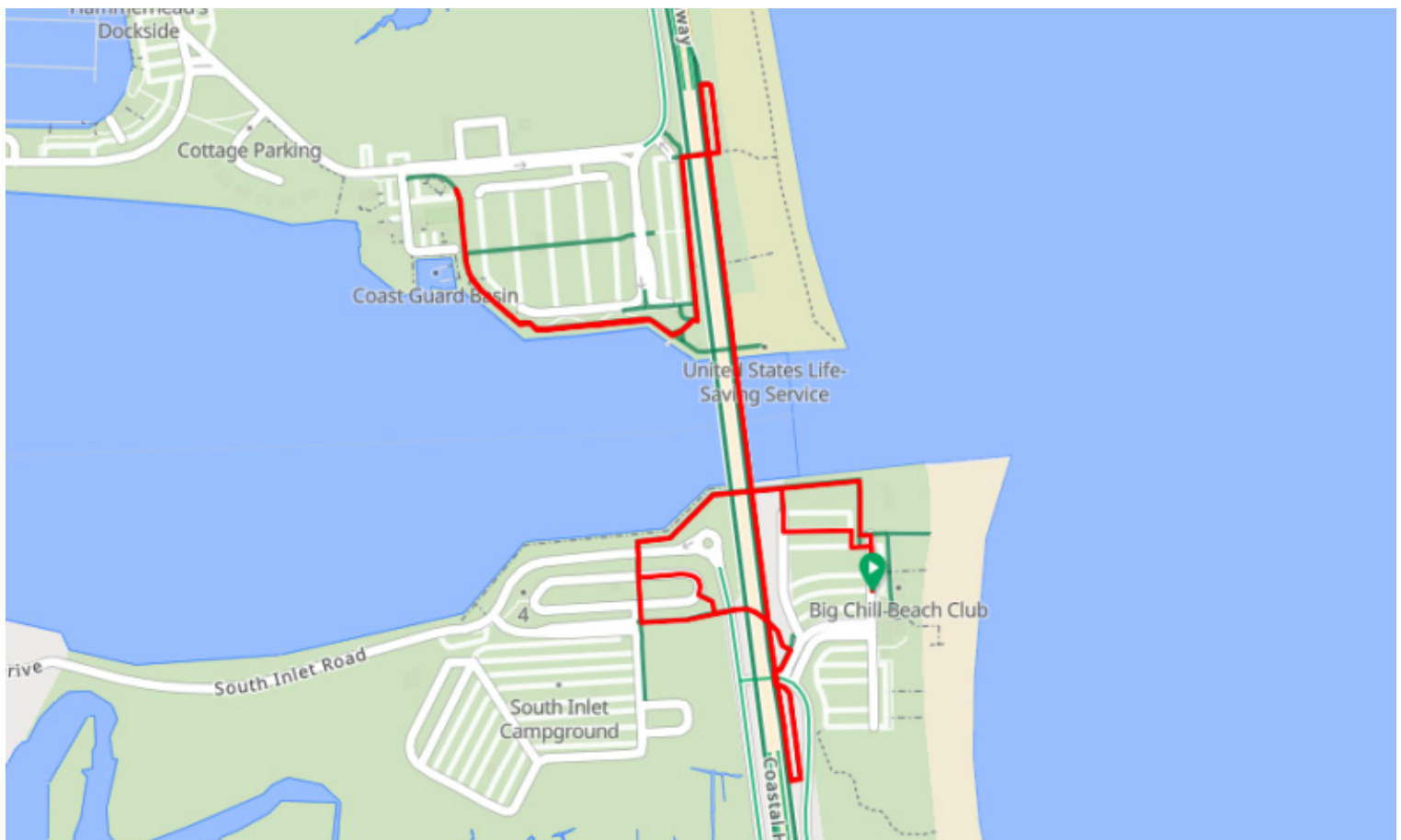


Downstairs



Race Course

Experience the beauty of the Delaware coastline at our Bethany Beach 5K! The race kicks off at Big Chill Beach Club and leads you along the picturesque Indian River Bay. Cross the Indian River Inlet Bridge, where breathtaking panoramic views of the ocean and bay unfold before you. Once you descend from the bridge, you'll enter Delaware Seashore State Park, continuing your run along the bay waters. At the turn-around point, you'll reverse course, taking in the sights once more as you head back over the bridge. Cross the finish line at Big Chill Beach Club, where you'll be welcomed by a celebratory post-race party with food, drinks, awards, and more!



Bag Check

Bag Check will be provided at the event at the Believe In Tomorrow Merch Tent.

*We are not responsible for any lost or misplaced items.



Prizes & Awards

A big **THANK YOU** to all of our fantastic fundraisers and runners! All award winners will be recognized with medals and a surprise gift at our post-race event featuring food and drinks (downstairs), lively music, and fun activities to celebrate a job well done!

****Please submit all final cash and check donations to the Believe In Tomorrow tent by 6:00pm on race day.**

Overall and Individual Awards:

- 1st overall place (male and female)
- Top three male/female finishers in each age group
 - 12 and under
 - 13-19
 - 20-29
 - 30-39
 - 40-49
 - 50-59
 - 60-69
 - 70-79
 - 80 and over
- Top Individual Fundraiser
- Top Team Fundraiser

*only one medal will be given to the team



2024 Medals

Pre & Post Race Activities

Get ready for a day of 5K fun at Big Chill Beach Club! Arrive early to get checked in and warmed up before you step foot on the starting line.

After the race, celebrate your achievements at our post-race party! Keep the energy high with a game of cornhole and snap some memories at the photobooth. Kids can get creative with temporary tattoos, bracelet making, bubbles, sidewalk chalk, and more at our Kid Zone while you browse the Believe In Tomorrow merch tent. Try your luck at winning our 50/50 raffle or your favorite Believe Bucket.

Relax and refuel with delicious food and popcorn (complimentary for race participants) provided by Big Chill Beach Club and Fisher's Popcorn. Grab a drink on the deck and hang out for the awards ceremony. End the night dancing to live music, making it a 5K to remember!



2024 Race Schedule

5:00pm:

Race open for Packet Pickup and Onsite Registration

5:45pm:

All Runners and Walkers to the Start Line

6:00pm:

Race Begins

6:30pm-8:30pm:

Post-Race Party

- Music by Electric Velvet Duo (Upstairs Sunset Pavilion and Deck)
- Fun at the Kids Zone (Downstairs)
- Food and Drinks (Downstairs)

7:30pm:

*Awards Ceremony (Upstairs Sunset Pavilion and Deck)

8:15pm:

*Announce winners for 50/50 Raffle and Believe Buckets

*Times are approximate, please listen for announcements.

Believe Buckets

Try your luck at winning your favorite Believe Bucket!

1 ticket for \$5 • 3 tickets for \$10 • 7 tickets for \$20



Believe In Tomorrow Superfan

BIT Swag Basket includes Beach Towel, Beach Bag, Frisbee, Tervis Tumbler, White T-shirt, Hat and more



Crushin It

Orange Crush ingredients including Tito's Vodka, Triple Sec, Oranges and Sprite plus Devils Backbone Original Orange Smash & Bourbon Orange Smash



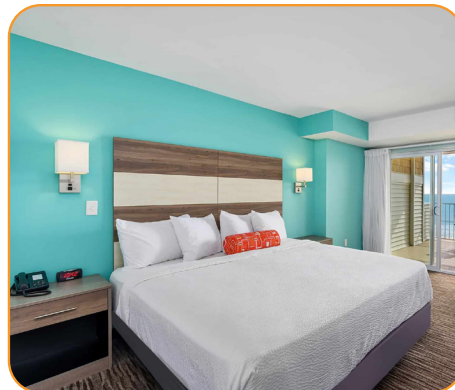
Calling all Car Buffs

\$100 Gift Certificate for Zoom Car Wash, \$50 Gift Certificate for Wax on Wheels and Car Cleaning Supplies



Beauty Bar

\$50 Gift Card for Ulta Beauty, Scout Beauty Hanging Toiletry Bag, Hand and Body Lotion/Creams, Hairbrush, Earrings & misc. Beauty Products



A Trip to Monte Carlo

2-night stay at one of the Monte Carlo Hotel Group Properties and Dinner for 4 at Cheese Wheel Pasta



Texas Roadhouse Basket

Dinner for Two Gift Certificate, Free Appetizer Gift Certificate, Texas Roadhouse Rib Seasoning and Steak Sauce, and Peanuts

Upcoming Events

Want to stay involved? Learn more about upcoming Believe In Tomorrow events that benefit the critically ill children and families we serve!

Reel Difference Charity Slot Tournament - August 25, 2024 (Berlin, MD)

Spin your way to a share of \$1,000 free play at Ocean Downs Casino in Berlin, MD. Win big and make a difference! From 2pm to 6pm, all proceeds will benefit Believe In Tomorrow Children's House By The Sea.

Dine & Donate at Playa Bowls - August 26, 2024 (Ocean Pines, MD)

Sip, snack, and give back! Cool off with a refreshing acai bowl or smoothie at Playa Bowls in Ocean Pines, MD. 10% of all sales on the 26th will be donated to Believe In Tomorrow Children's Foundation.

Beach Bash – September 23, 2024 (Ocean City, MD)

Wrap up summer at Seacrets in Ocean City, Maryland, with a chance to win \$10,000! Dance the night away while you enjoy a dine around buffet dinner and complimentary beer and sodas all night long! Tickets are on sale now at BelieveInTomorrow.org/BeachBash.

Mini Golf Par-Tee – October 7, 2024 (Ocean City, MD)

Let's Par-Tee! Round up your squad for a day of mini golf magic at Embers Island in Ocean City, MD! You're all set for a hole-in-one adventure with tasty food and refreshing drinks included in your foursome package. Swing into action with our sponsorship opportunities! See you on the greens! Read more and register at BelieveInTomorrow.org/MiniGolf.

Port to Fort 6K – October 26, 2024 (Baltimore, MD)

Join us for one of Baltimore's best races through historic Fort McHenry! Get ready to run, walk, creep, or crawl at this incredibly fun, family-friendly event! Trick-or-treat your way through the post-race festivities and compete for a prize in our epic costume contest at The Liberty Lot in Locust Point. Register at BelieveInTomorrow.org/P2F.

