

RUNNER'S HANDBOOK

THURSDAY, AUGUST 20, 2026



BELIEVE IN TOMORROW BEACH 5K

RUN/WALK BEGINS 6PM
CHECK IN & DAY OF REGISTRATION 4:30 - 5:50PM



Entry Fees

(Early Bird Registration Discounts available
online through 5/19/26)

\$40 / Individual

\$20 / Child (age 4 to 12)

\$30 / Virtual

— Sponsorships Available —



Start & finish line at the



located at 27099 Coastal Hwy. in Delaware Seashore State Park

REGISTER TODAY!

Highlights

Race Shirts to All Registrants

(shirt sizes not guaranteed after 7/30/26)

Sunset Post-Race Party at Big Chill Beach Club

Prizes & Awards Ceremony

For More Info & Online Registration

believeintomorrow.org/5k

410.723.2842 • ocevents@believeintomorrow.org

Get ready for race day!

We are thrilled that you will be joining us for the **2026 Believe In Tomorrow Beach 5K** on **Thursday, August 20th!**

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 pick up your race shirt and bib the evening of the event.

Race day registration and packet pickup (at the race) will begin at 4:30pm at Big Chill Beach Club.

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



2026 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.

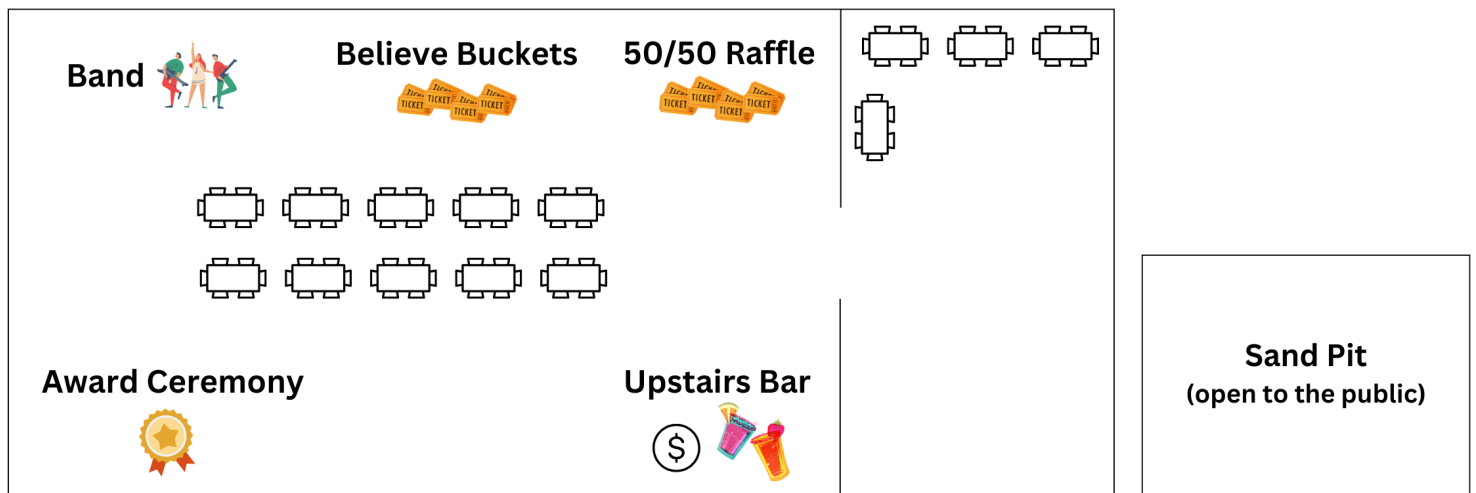
Parking is free for all race participants and guests! When you arrive, simply let the parking attendant know you are attending the Believe In Tomorrow Beach 5K.



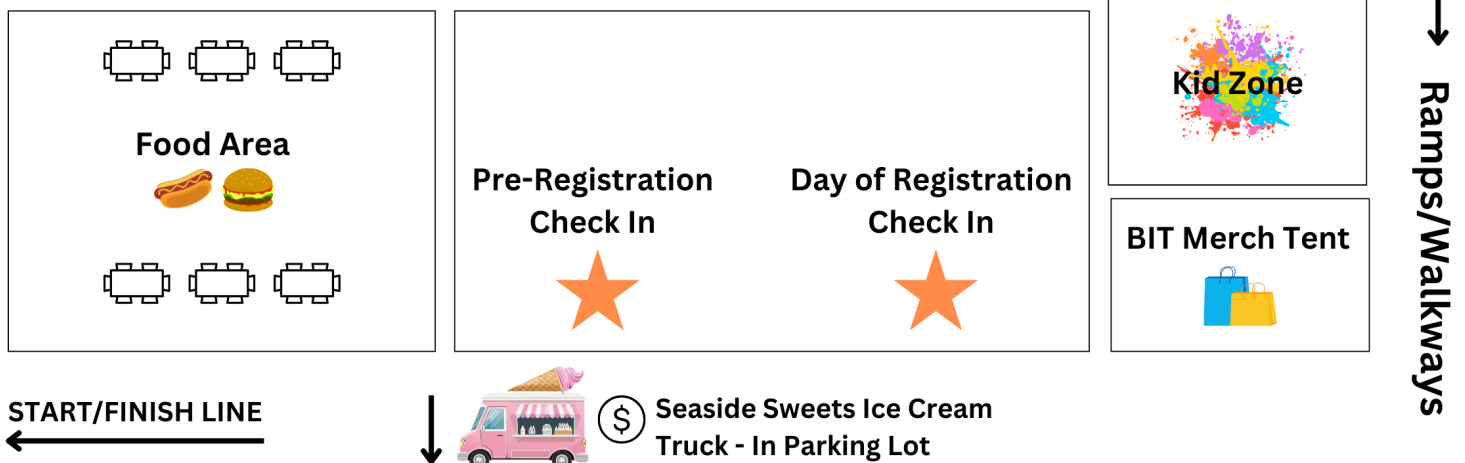
Event Map

Need help finding your way? We've got you covered! Check out the event map below to locate all the fun happening throughout the day. Be sure to explore everything before making your way to the starting line—and don't forget to stop by after you cross the finish line!

Upstairs Sunset Pavilion and Deck



Downstairs

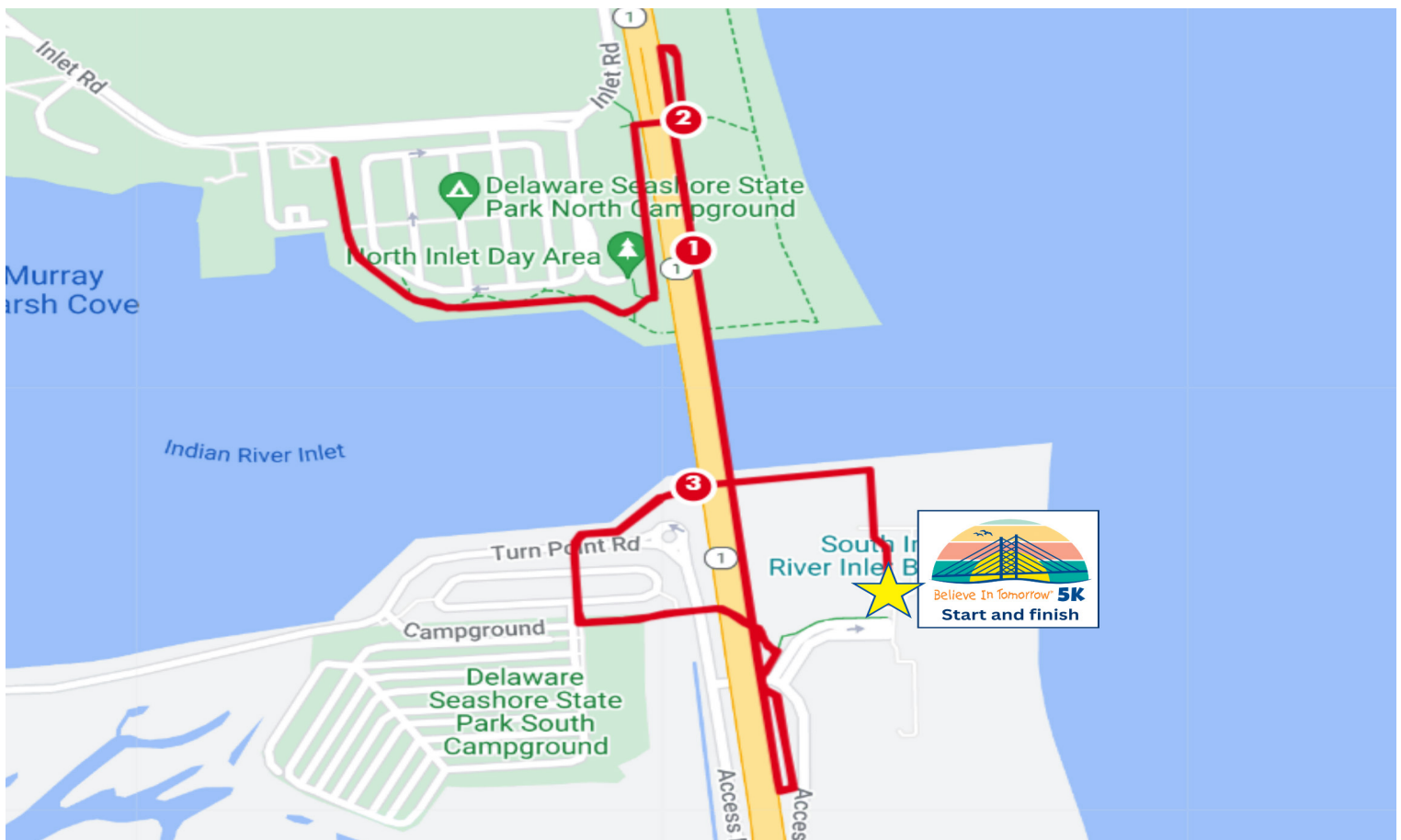


Race Course

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.

*Please note that Believe In Tomorrow is not responsible for any lost, stolen, 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



2026 Medals

Pre & Post Race Activities

Get ready for an unforgettable day at the Beach 5K at Big Chill Beach Club! Arrive early to check in, stretch, and get race-ready before heading to the starting line.

After you cross the finish line, keep the celebration going at our post-race party! Challenge your friends to a game of cornhole, shop the Believe In Tomorrow merchandise tent, or visit the Kid Zone, where children can enjoy temporary tattoos, bubbles, sidewalk chalk, and other fun activities. Try your luck at winning our 50/50 raffle, Triple Grand Raffle or your favorite Believe Bucket.

Refuel with delicious food after the race! Food for race participants is included, while non-runners can enjoy the same offerings for just \$5. Race participants can also enjoy complimentary Fisher's Popcorn, courtesy of Big Chill Beach Club and Fisher's Popcorn. Big Chill will have its full menu available for purchase in the upstairs pavilion.

Grab a drink on the deck, cheer on the award winners during the ceremony, then wrap up the evening with live music and dancing. It's the perfect way to celebrate an incredible day at the Believe In Tomorrow Beach 5K!

2026 Race Schedule

4:30pm:

Race open for Packet Pickup and Onsite Registration

5:45pm:

All Runners and Walkers to the Start Line

5:55pm:

National Anthem

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)

7:00pm:

*Awards Ceremony (Upstairs Sunset Pavilion and Deck)

8:00pm:

*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

Shenanigan's Swag

\$40 Gift Card to Shenanigan's Irish Pub, T-shirt, Hat & More!

Picnic by the Deep Blue Sea

\$25 Playa Bowls Gift Card, \$40 Paradise Grill and Pizzeria Gift Card, \$40 Good Earth Market Gift Card, A set of 4 Starfish & Seashell Melamine Dinner Plates, Luncheon Plates and Bowls, Seashell Dinner & Cocktail Napkins, Beach Blanket, Believe In Tomorrow Beach Towel, Swig 22 oz. Insulated Beach Theme Cup, 12 pack of Kona Big Wave Beer, & Playa Bowls T-shirt

Crafty Kids at Play

\$50 Dunkin Donuts Gift Card, Sensory Bin Ice Cream Shop, Art Tote with Markers, Crayons and Colored Pencils, Sketch Pad, Modeling Clay, Silly Foam Modeling Foam, Dot Markers, Bubble Wands, Throwable Paint Ball, Playground Bouncy Ball & Paint By Numbers Art Activity

Make a Splash

\$50 Gift Card to FUNCADE, 2 passes to the Delmarva Shorebirds, 3 passes to Old Pro Golf, Believe In Tomorrow Beach Towel, Inflatable Ride-on Floats, Inflatable Heart Shaped Float, Ice Pop Trays, Mermaid Kitty Water Bottle, BELIEVE Leather Bracelet, & Malibu Surf Shop Hat

It's Going to be a Chick-fil-A Day!

\$25 Chick-fil-A Gift Card, Chick-fil-A Insulated Backpack Cooler, Chick-fil-a Stuffed Cow, & Cow Print Belt Bag

The Penguin Swag

\$50 Gift Card to The Penguin Bethany Beach, One Adult T-shirt & One Kids T-shirt

Fast Eddie's Swag

\$100 Gift Card to Fast Eddie's Corner Bar & Grille, Hoodie & T-shirt

Upcoming Events

Want to keep the fun going? Discover more ways to support Believe In Tomorrow by joining us at one of our upcoming events! Visit BelieveInTomorrow.org/Events to see what's coming next. Every event helps provide hope and comfort to the critically ill children and families we serve.

Beach Bash – September 21, 2026 (Ocean City, MD)

Close out summer in style at Seacrets in Ocean City, Maryland, with an unforgettable night of dancing, a delicious dine-around buffet, complimentary beer and sodas — plus your chance to win big! This year, you could score \$20,000 by purchasing a \$200 raffle ticket, or you can go for a \$100 raffle ticket with a chance to win \$10,000. With just 225 tickets sold per set, the odds are in your favor! Purchase tickets at BelieveInTomorrow.org/BeachBash.

Port to Fort 6K – October 24, 2026 (Baltimore, MD)

Experience the thrill of running through Baltimore's iconic Fort McHenry! This family-friendly event is packed with fun for all ages! Stick around for post-race festivities and compete for a prize in our exciting costume contest at The Liberty Lot in Locust Point. Register at Port2Fort.org.

Gala By The Sea – October 30, 2026 (Ocean City, MD)

Save the date for an unforgettable evening at the Holiday Inn Conference Center in Ocean City. Enjoy a night of elegance, fine dining, and entertainment — all in support of a meaningful cause. Stay tuned for more details as we prepare to make this a night to remember!

Thank You!

A heartfelt thank you for being part of this year's Beach 5K!

Your enthusiasm, generosity, and commitment make a lasting impact—not only on our team, but on the critically ill children and families we serve every day.

Because of supporters like you, this event continues to make a difference year after year. Thank you for being part of the Believe In Tomorrow family and for helping make this year's Beach 5K such a huge success!



Believe In Tomorrow Children's Foundation

The Children's House By The Sea

13 66th St, Unit 1, Ocean City, MD 21842

410-723-2842 | ocevents@believeintomorrow.org

BelieveInTomorrow.org