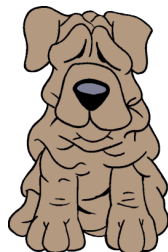


2021 Run For The Paws



Lucy Crowe Memorial 5K & 1-mile dog walk
August 7th, 2021

FAQ's & Helpful Hints

Where do I park?

Parking is available at NorthBeach restaurant for all race participants from 7am-11am. The Town of Dewey Beach also provides permit parking free of charge to all participants from 7am-10am with an event parking pass. Participants will receive printed participant passes valid for race morning only. Please make note- Dewey Beach meters and general parking rules are still in effect!

Is there water on the course?

Yes- there will be water stops along the course and at the finish line. MotivePure has donated hydration mixers for participants. Maps of the course will be present race day or available here <https://www.seashorestriders.com/race-schedule/13th-race-paws-5k-srs-10>

Can I bring my dog?

Yes, the event is pet friendly- dogs may walk the 1 mi portion, and participate in the after party. Remember, this is an outdoor event and it will be very hot. It's usually close to or above 90 degrees by 10am. Please be mindful as to whether your dog can handle the heat, large crowd, noise, and other dogs when making the decision as to whether to bring your pet. There will be treats, pools & water buckets for dogs.

Do I need to bring anything?

Wake up and show up- the party is on us! Please remember this is a completely volunteer coordinated event and everything has been donated for the cause. A small amount of cash is great to have on hand for donations or recognition of our volunteer bartender's hard work.

Where does the race start?

The race will start on Dagsworthy Street (bay side) in Dewey Beach. We will start promptly at 7:30am- rain or shine! Don't be late.

Can I bring a friend?

Yes, everyone is welcome. Even better- register them to walk or volunteer!

How long is a 5k?

A 5k is 3.11 miles. Participants may run or walk at any time during the race. Runners will finish between 20-45 minutes.

How can I participate or help without running?

We can always use volunteers. Please contact Cheryl Crowe for details. You may also make a donation online☺ (302) 745-9915 cherylcrowe@gmail.com