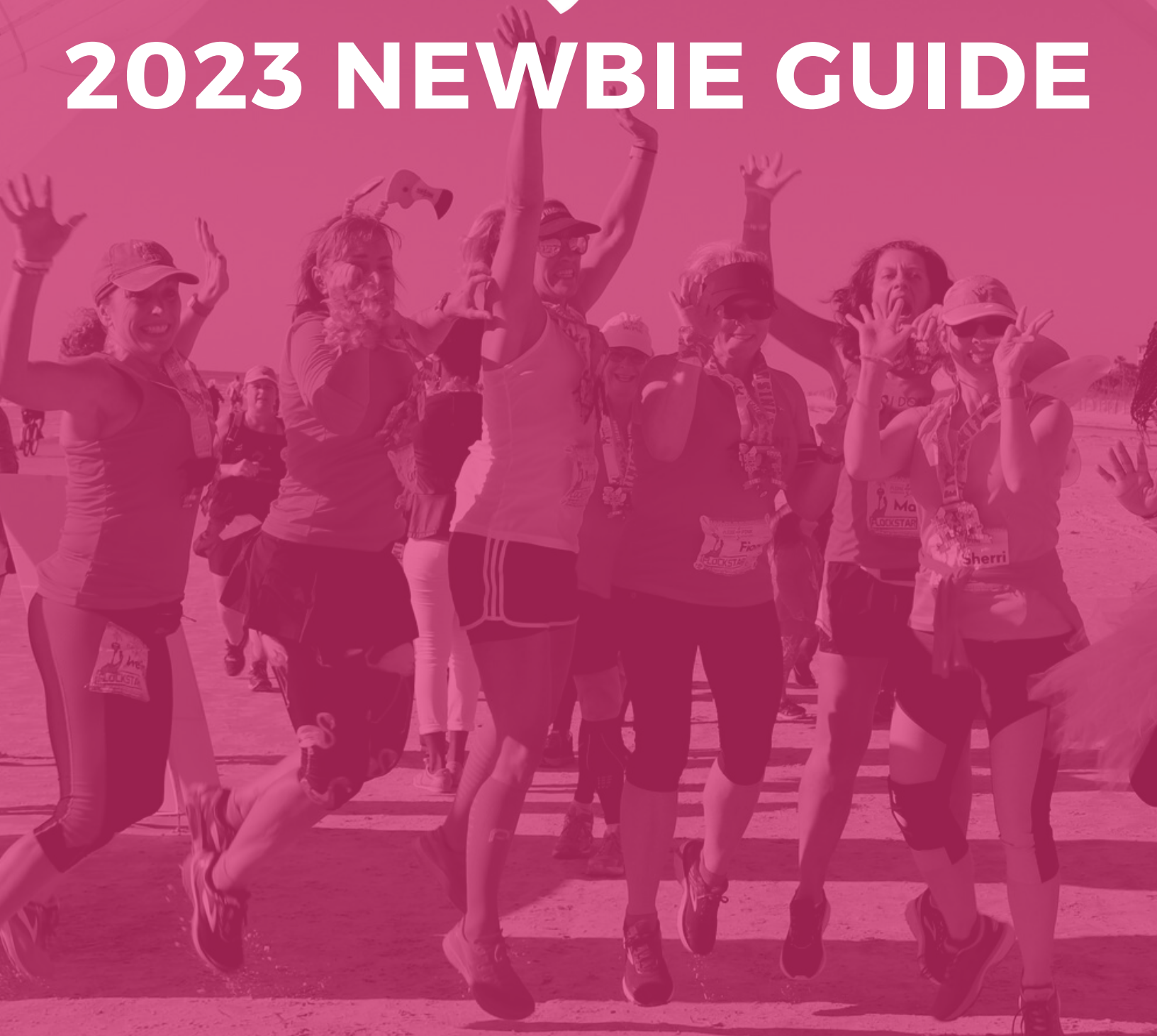


30 MILES

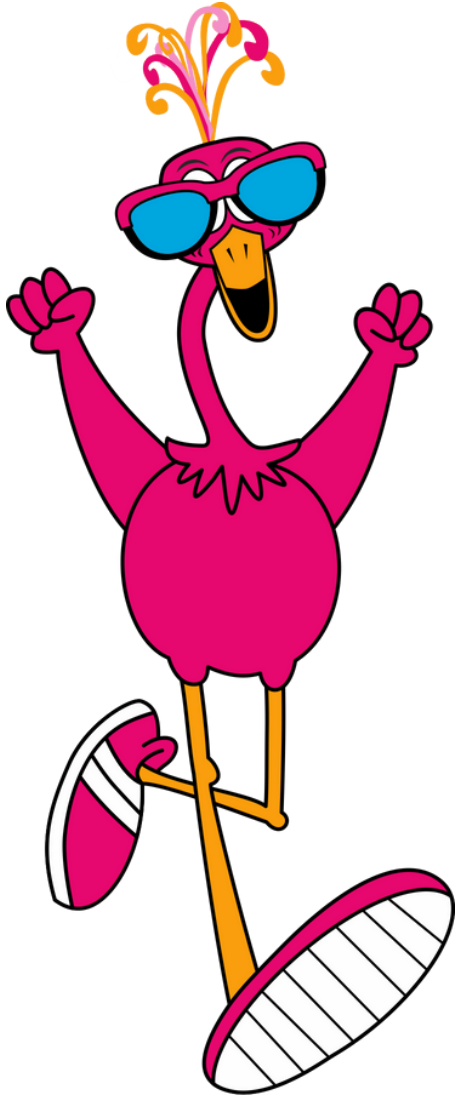


2023 NEWBIE GUIDE



THE BEST DARN WEEKEND
OF YOUR **LIFE!**

PLEDGE THE PINK



While our underlying mission is to raise money in the fight against breast cancer, most of our flock will tell you that we're all about you and celebrating your successes... and ensuring that you have the Best Darn Weekend of Your Life!

Our 2023 event is October 19-22 and is based on Beautiful Oak Island, North Carolina!

Together, we walk, run, waddle, and crawl 10 miles a day over three days. Each day we feature a different island and our courses are stocked with snacks, loos, liquids, and a whole lotta loving to get you to the finish lines and infamous after-parties!

Join our [private group page](#) and get to know a few thousand of your newest besties. They are more than happy to answer your questions and make suggestions. It is a great resource and our admins are very active in the group, providing updates, jokes, and encouragement on a daily basis.

**FACEBOOK
CHAT CLUB**

WHAT'S INCLUDED



- **3 beautiful courses** stocked with goodies & adoring fans (two 10-mile courses and one half-marathon!)
- **3 lunches/brunches** at our finish line parties
- Thousands of **professional photographs & videos** (you'll get free access to them all)!
- **3 medals** and a **swag bag** stuffed to the brim
- **4 rockin' parties** with live entertainment & waterside boogying
- [Click here for more info](#)

WHEN TO GET HERE & HOW LONG TO STAY

While we're known as the best darn three day event on the planet, Pledge the Pink actually spans four days.

To get the most out of your weekend, you'll want to be here by Thursday afternoon and stay at least until Sunday afternoon (though, most people stay until Monday)

Our At A Glance weekend itinerary:

- **Thursday, Oct 19:** Packet Pickup & Welcome Party 3-8pm
- **Friday, Oct 20:** Race starts at 8am and after-party jams until 1:30. Flamingo Bingo will run from 7-9:00pm.
- **Saturday, Oct 21:** Race starts at 8am and after-party jams until 1:30. The golf cart parade will start around 5:30pm and then PJ Karaoke will go strong from 7-9pm.
- **Sunday, Oct 22:** Sunrise start on the beach at 7:30am and our farewell party wraps at 1pm. We'll do a casual beach party after that and stick around to watch the sunset.

TRAVEL/TRANSPORTATION



Oak Island is located at the southern tip of North Carolina and the closest airport is in Wilmington, NC which is about 45 minutes away. It's a great small city so if you have the time to come early/stay late, plan on spending a few nights downtown or at Kure Beach.

Another option is to use the Myrtle Beach, SC airport which is about a 75 minute drive from the south.

Both airports have discount airlines and random fare sales so be sure to shop them both out.

Our flock will be utilizing both airports so don't worry about renting a car - most of our travelers coordinate carpools and ride shares (using our [Facebook Rideshare Page](#)). Ubers and Lyfts are also regularly available for service to and from the local airports.

Lots of people also carpool from as far away as Chicago, driving together with new friends they meet on our Facebook travel page. With registrants usually coming from 45+ states, you'll likely find a new bestie or two you can travel with.

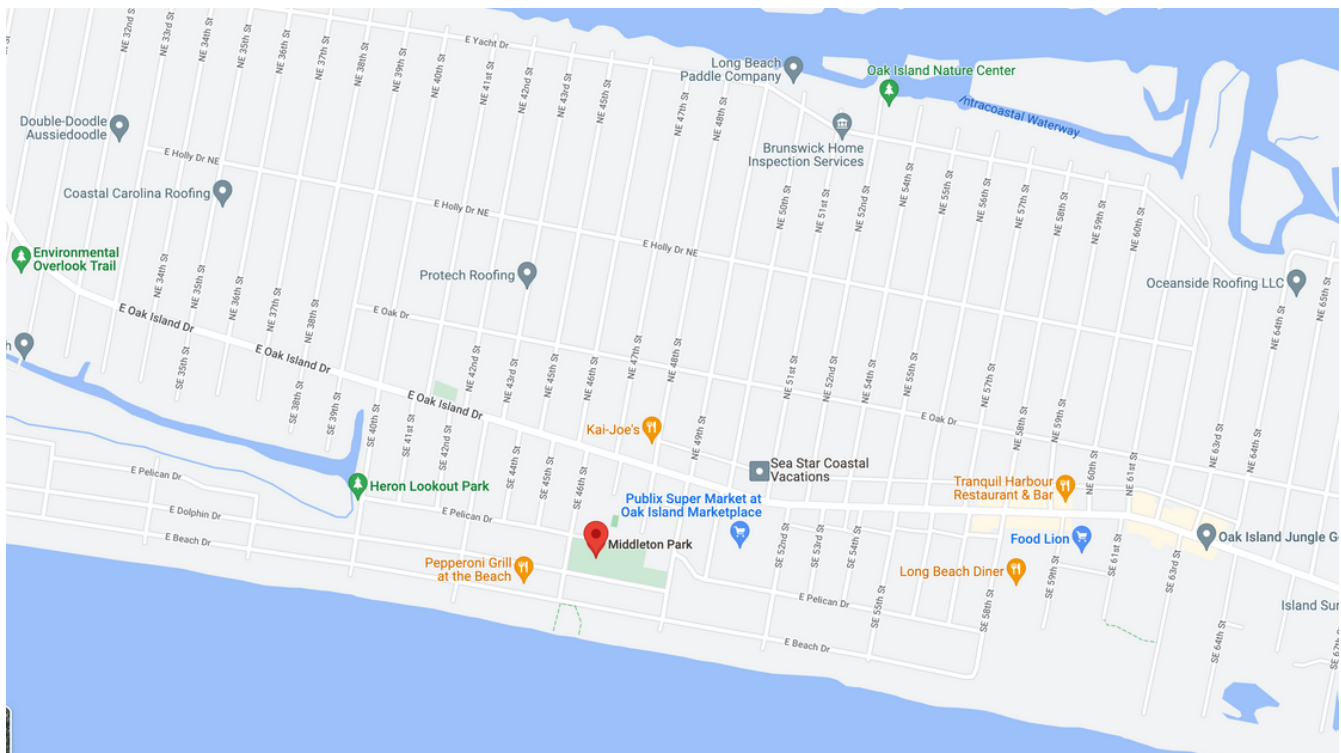
ACCOMMODATIONS

There are no high rise condos or fancy shmancy hotels on Oak Island. It is a totally laid back and throwback beach town that has thousands of cool houses for rent.

Our Host Sponsor this year is Margaret Rudd & Associates. Tell them you are a FlockStar with Pledge the Pink and they'll donate \$100 back to us!

They have everything from huge beach houses that sleep 30 all the way down to condos that sleep 2, so you'll have plenty of choices (especially if you book early).

We suggest staying as close to Middleton Park as possible, since that is where all of our events will be located all weekend long. It is in the center of the island and is located about a block from the beach and two blocks from Publix. Perfect!



You'll also want to rent a groovy golf cart while you're in town because well, they are just cool. And you'll also be able to participate in our annual Golf Cart Decorating Contest & Parade which happens on Saturday afternoon (and real trophies and serious bragging rights are on the line).



There are about a dozen golf cart rental companies in and around Oak Island but each place only has like 20 so we strongly encourage you to book ASAP! Make sure you tell them you're with Pledge the Pink!

Bicycles are plentiful and make getting around easy breezy beautiful so look into this option too!

HOW TO BUDGET FOR YOUR WEEKEND

With about 90% of our registrants coming from out of town (47 states and 6 countries in 2022!), we know a thing or two about the costs associated with housing, transportation, meals, drinks, etc. Based on the surveys and feedback we've gotten over the last twelve years, **the average registrant spends \$400-\$500 on weekend expenses** (including housing but not including transportation).

We've also found Oak Island to be significantly less expensive than most of our previous locations. And thanks to our friends at the Town of Oak Island, you can save even MORE money by bringing a cooler to our after parties and events at the Park! Oh, and on the beach. Yeah, who loves ya baby?

[Go here for more detailed information and tips on how you can Pledge the Pink on a shoestring budget!](#)

GOING SOLO OR WITH A SQUAD

If you sign up solo, know that you'll never really be alone! We love introducing you to your new BFFs and connecting people with our ridiculous shenanigans (it's our specialty, actually).

If you're single but want to mingle, put yourself up for adoption on our Facebook page and watch the teams fight for you! We also love teams, so gather your posse and come up with a ridiculously silly team name. We've seen that the more clever the name, the easier it is to recruit more peeps.

What's the real difference between going solo or being on a team?
[Click here](#) to find out!



OUR COURSES

Our courses are 99% flat but they are anything but boring! We suggest that you train on a variety of surfaces to help you prepare for the diversity of our routes (mostly roads and hard-packed sand).

Our courses are packed with essentials like water and Gatorade, and we've also got a lot of snacks out there for ya: trail mix, popcorn, orange slices, grapes, apples, bananas, ice pops, and energy balls. Our stations are set up approximately every 2ish miles.

We ask everyone to train to complete all 10 miles each day in less than 4 hours.

If you don't think you can complete the 10 miles within that time frame, we respectfully ask you to do the 5-mile short cut. You'll still be able to cross the finish line, claim your medal and celebrate with your friends.

TRAINING

Don't let the miles scare you! One of Pledge the Pink's goals is to help people cross their first (and second and third) finish line! As the thousands of peeps who have crossed our finish lines before you will attest - you can so do this!

And we'll be with you every step of the way, no matter what your fitness level. Pledge the Pink is a refreshing challenge for race junkies looking to shake things up a bit, and it is the dream weekend for newbies looking to cross their first finish line.

We have three different training schedules depending on your fitness level and your goals. They'll be posted on our website in January; in the meantime, you can find more info and get some tips in this blog post.

PARTIES

We will gather to celebrate after each day's race. These after-parties are very casual (smelly race attire). We'll have seven or eight food trucks at the Park and you can order off the menu from any one of them- you lunches are included for all our registrants! Family, friends, fans, and supporters are all welcome to join the festivities for \$15 a head.

You can bring your own cooler with whatever beverages you like. Because Oak Island loves us!

PACKETS

Your official race credentials will be waiting for you at our Packet Pickup Party on Thursday from 3-8pm. **If you're not able to collect your packet on Thursday, a friend can pick it up** on your behalf OR you can get it an hour before race time on Friday.

If you are part of a team with 4 or more registrants, your team packets will be boxed together. So if you have registered as part of a team, please designate one or two of your team members to pick up the box(es) for your group.

Your Pledge the Pink swag bag (packet) will include:



Bibs



Pledge the Pink 2022 commemorative event shirt



A bunch of gifts and swag from us!

BLING

Get a custom medal every day when you cross the finish line! Yup, it's a three-bling weekend for yall!

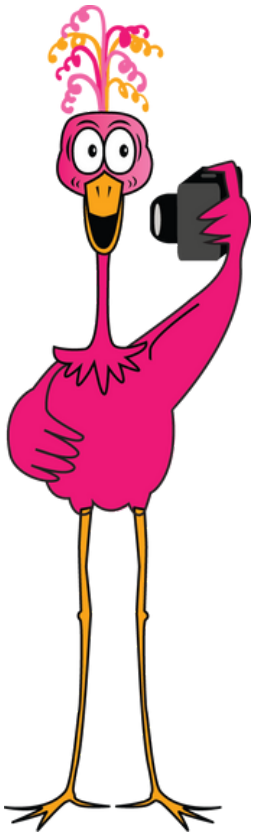
FLAMINGOS & FLOCKS OF LOVE

We have a wee obsession with flamingos. Not only because they are fun, but because in our world, they represent a life-saving donation.

Click [here](#) to read about the history behind our flamingo obsession and what it means for yall.



PICTURES



Our Flocktographers are like the paparazzi this weekend, making sure they get every action caught on camera. We literally end up with 10,000+ professionally shot photos from the weekend and **they are all available to you for free!**

They are generally ready for viewing and downloading within two weeks of the event so you can relive the Best Darn Weekend of Your Life again and again.

VOLUNTEER

Have friends traveling with you that aren't registered? Put 'em to work!

It literally takes over 400 people to bring this huge event to life and we are grateful for all the help yall bring with you! Husbands, friends, kids, random stranger you met on the plane... we'll take them all!

We'll even take a few hours of YOUR time if you're willing to help us with pre and post volunteer activities! Email our volunteer coordinator at PTPvols@gmail.com and we'll hire you on the spot!

FUNDRAISING/WHERE THE MONEY GOES

Historically, we've dispersed most of our fundraising dollars to regional hospitals and clinics in the southeast, primarily because the majority of our registrants came from this area. Places like:

- Mayo Clinic
- Northside Hospital
- Hollings Cancer Center
- American Cancer Society
- Volunteers in Medicine
- All In Foundation
- Beaufort Memorial Hospital
- Beaufort Jasper Hampton Comprehensive Services

But now we're kind of a big deal and people flock to us from all over the world so we're branching out. And YOU get to decide where your fundraising dollars go this year!

If you and/or your team raise 5k, you get to **Choose Your Charity**. You can choose up to two breast cancer nonprofits and we will send them 75% of your funds.

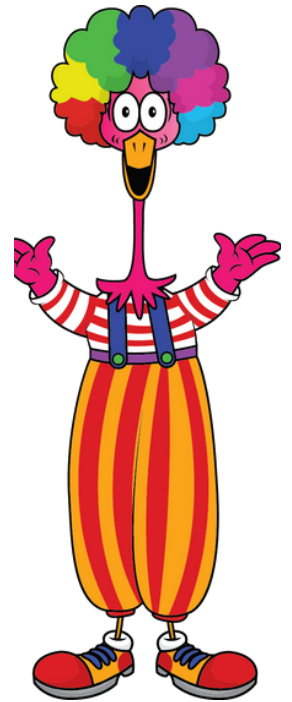
The other 25% will remain in the "big pot" to be dispersed to agencies and organizations that our charity board selects, largely based on your recommendations.

What if you don't raise 5k? Well all that money will go into the pot too, and we will disperse it to qualifying breast cancer screening, treatment, and research programs across the country. Again, your recommendations will influence these choices greatly.

[Go here for all the details on Choose Your Charity.](#)

CONTESTS & CHALLENGES

We love toying with yall and getting you excited for the big event. So we frequently have contests running to inspire you about fundraising, registrant recruitment, team-building, flamingo decorating, and acting like a fool. Oh, and we give good prizes for these grand gestures, too!



STORE & MERCHANDISE

Make sure you take advantage of your newbie discount code that you'll get with your registration confirmation letter and go shopping at our [online store](#)! We've got a bunch of super cute Fancy apparel, accessories, and must-have items for your big weekend. Shop til you drop!

CANCELLATIONS

Our policy is super simple: send an email to info@pledgethepink.com if you need to cancel and we will process your refund as follows:

- Cancel before March 1 and get a refund minus \$50 cancellation fee
- Cancel before July 1 and get a refund minus \$100 cancellation fee

FAQ

Still have questions? Please read our [Frequently Asked Questions](#) on our website for more details.

CONTACT US

In our continuous effort to minimize costs and produce this event as efficiently as possible, please note that we do not have a public phone number. We ask that you email us at info@pledgethepink.com if you have any questions or post on our [Facebook group page](#) so that other FlockStars can answer you (probably more quickly than we can).