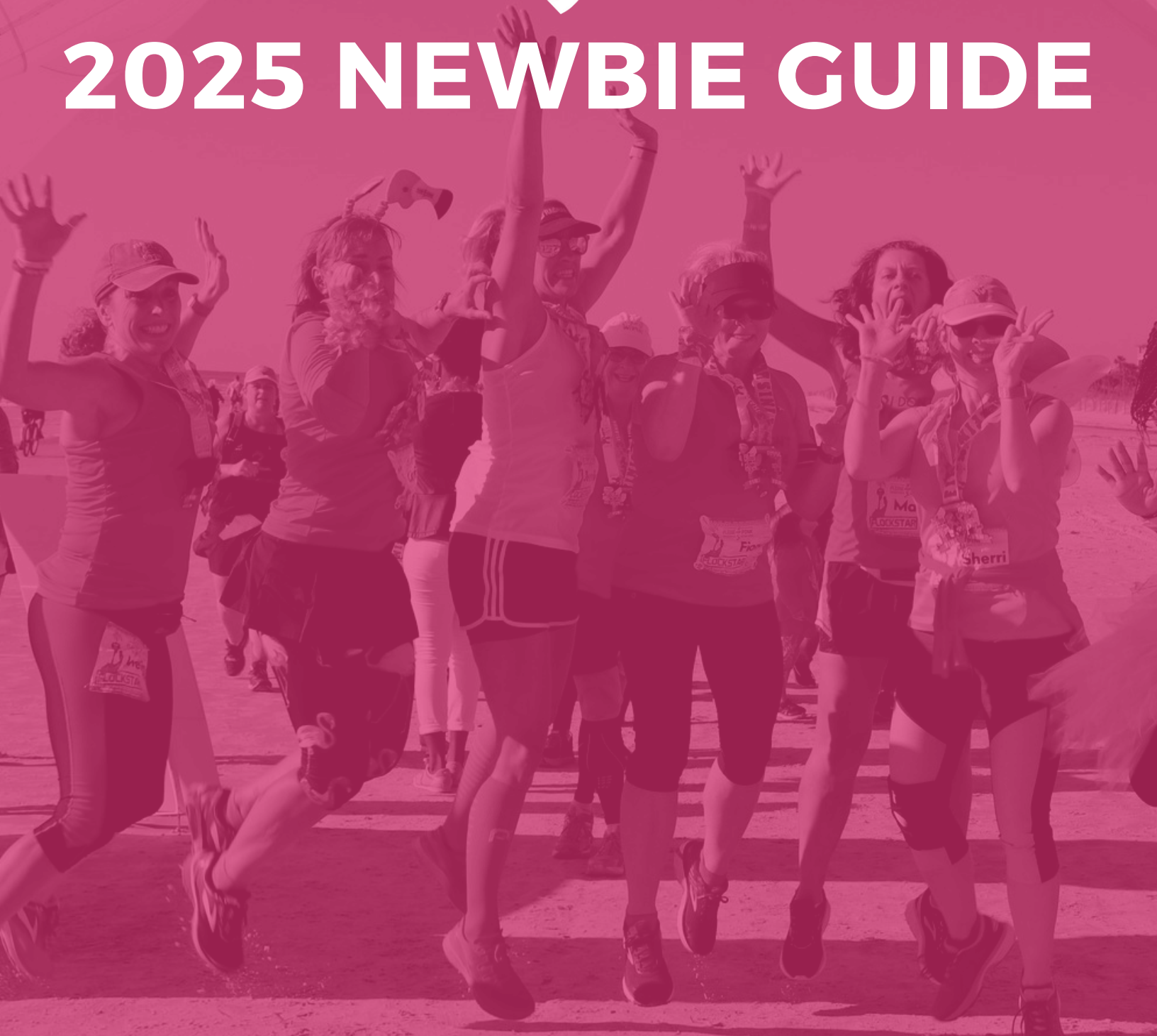


30 MILES

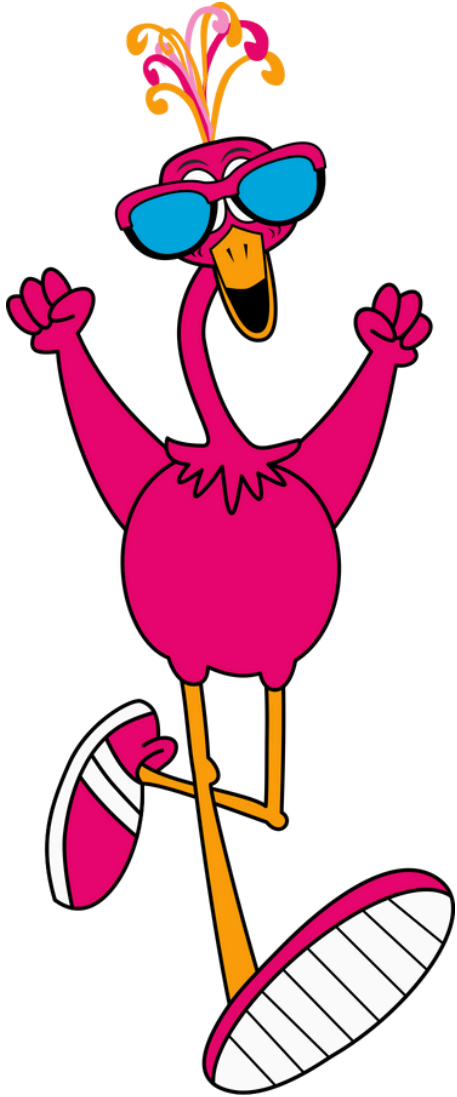


2025 NEWBIE GUIDE



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 2025 event is **October 16-19** and is based at **Fripp Island, South Carolina**. We will also be visiting the adjacent isles of Habersham and Dataw.

Together, we will walk, run, waddle, and crawl 30 miles over three awesome days. Each course showcases the best of South Carolina's lowcountry.

WHAT'S INCLUDED



- **3 beautiful courses** stocked with goodies & adoring fans
- **3 delicious lunches** at our finish line parties
- Thousands of **professional photographs & videos** (you'll get free access to them all)!
- **3 honkin' big, colorful, way-cool medals** and a **swag bag** stuffed to the brim
- **4 epic waterfront parties** with live entertainment & waterside boogying

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 (Fripp Island, South Carolina) on Thursday afternoon and stay at least until Sunday afternoon.

Thursday is our big Packet Pickup & Welcome Party that goes from 3-8pm at the Beach Club on Fripp Island. Our Sunday course is also on Fripp and most people will cross the finish line by 11ish and the celebration will go well into the night. Many people actually extend their stay until Monday!

TRAVEL/TRANSPORTATION



Fripp Island is about a two hour drive from Charleston, SC and approximately 90 minutes from either Savannah, GA or Hilton Head Island, SC. These would be the best airports to use if flying.

Our flock will be flooding all three airports so don't worry about renting a car - most of our travelers coordinate carpools and ride shares. And once you arrive at Fripp, you have ZERO need for a car. Most of the resort rentals come with golf carts and that is the main form of transportation.

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

The vast majority of our registrants stay at the Fripp Island Resort. The Resort is our headquarters for 2025 and all the activities, including access to the various start lines, happen at the Resort.

Fripp doesn't have hotels, but they do have zillions of houses and condos that are actually much more affordable. Their website has up-to-date listings on all available properties and they have special pricing just for us if you book directly thru the Resort. You'll also get access to all the Fripp amenities if you book directly thru them (versus VRBO, Airbnb, etc). www.frippislandresort.com

Fripp offers several "Newbie Houses" for those traveling solo or in small groups that don't want to rent a house or condo on their own. You can call the Resort directly to inquire: 843-838-1558. Want to save even more money? Check out Hunting Island State Park where you can pitch a tent, bring/rent an RV, and listen to the waves crash all night long!

Again, don't forget to check in the [group Facebook page](#) and see if people have an extra bedroom or two available in their rental. You can split the cost with them and have new BFFs before we even start!

If you end up booking something and have an empty bed or two, post it on the chat club page and adopt a solo flocker!

HOW TO BUDGET FOR YOUR WEEKEND

With about 80% of our registrants coming from out of town, 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 \$500 on weekend expenses (including housing but not including transportation).

Go here for more detailed information and tips on how you can Pledge the Pink on a shoestring budget!

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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.

PARTIES

We will gather to celebrate after each day's race. These after-parties are very casual (smelly race attire). We'll have a bunch of food trucks 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 a small fee.

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 2025 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!

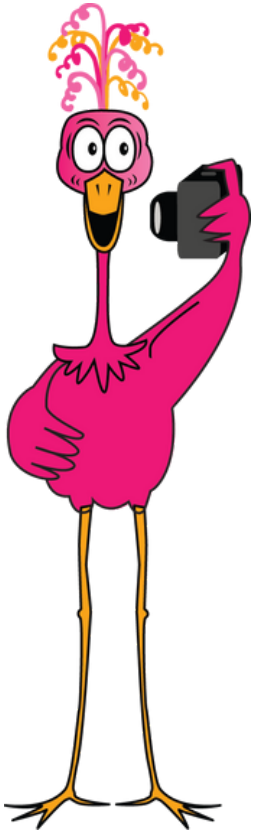
FLAMINGOS & FLOCKS OF LOVE

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.

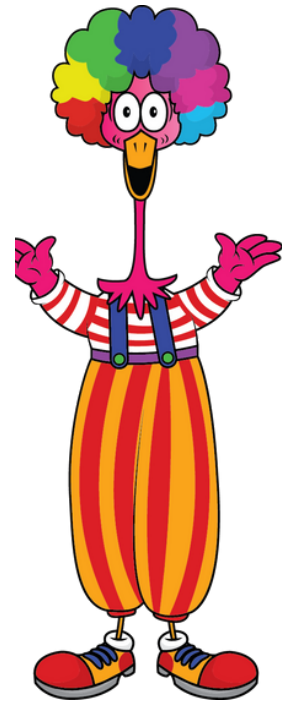
The other 25% will remain in the "big pot" to be dispersed to agencies and organizations that our charity board selects, largely based on your recommendations.

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

We've got a bunch of super cute Fancy apparel, accessories, and must-have items for your big weekend.

[Check out our online store!](#)

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

FACEBOOK CHAT CLUB

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.

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).