

# MUDHEN

BREWING COMPANY

# TRASK



2025



# ATHLETIC GUIDE

2025



# WELCOME

## HELLO ATHLETES!

Welcome to the 2025 MudHen Brewing Co. IPA 5K & Little Hen Mile! We are thrilled to continue this amazing tradition and grateful for all the support this event has received over the years. It's an honor to take the reins and bring you a race day full of fun, family-friendly activities, including the new Little Hen Mile.

Both the IPA 5K and Little Hen Mile start and finish at MudHen Brewing Co. in Wildwood, NJ, offering a unique experience you won't find anywhere else on the island. Inside this packet, you'll find all the details you need about race times, schedules, parking, and post-race celebrations.

We encourage you to bring friends and family along to enjoy the day—the MudHen Brewing Co. is the perfect spot to relax and soak in the best of what the Wildwoods has to offer.

We can't wait to see you there!

Cheers,  
The MudHen Events Team



# SCHEDULE



## FRIDAY, APRIL 25TH, 2025

START	END	EVENT	LOCATION
4:00PM	8:00 PM	ATHLETE CHECK IN	MUDHEN MAIN PARKING LOT

## SATURDAY, APRIL 26TH, 2025

START	END	EVENT	LOCATION
7:30 AM	9:00 AM	ATHLETE CHECK IN	MUDHEN MAIN PARKING LOT
8:30 AM		NEW ATHLETE REGISTRATION ENDS	
9:00 AM		5K RACE STARTS	RIO GRANDE AVE
9:18 AM		1ST EXPECTED FINISHER	
9:40 AM		OVERALL AWARDS CEREMONY & FINISHER PARTY	MUDHEN MAIN PARKING LOT
9:55 AM		LAST EXPECTED FINISHER	
10:00 AM	10:15 AM	LITTLE HEN RACE	MUDHEN MAIN PARKING LOT
11:00 AM		EVENT CONCLUDED	

## MUDHEN APPROVED PARKING LOTS





# GET LOST IN THE MEMORIES.

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# IMPORTANT INFORMATION

## ATHLETE CHECK IN

Check in will be available on **Friday, April 25th 4-8pm**, and **Saturday, April 26th 7:30am-9am** located in the main parking lot at MudHen Brewing Co. 127 W. Rio Grande Ave, Wildwood, NJ 08260.

## BIB LOOK UP

PLEASE be sure to know your Bib Number before Check In. There will NOT be a Bib Look Up Station at the event. Find your number via RunSignUp Event Website.

## PHOTO ID

Please have your Photo ID readily accessible to you as you approach the venue. Your ID will be checked at Check In. Please keep your ID on you at all times.

**NO ID, NO RACE, NO BEER,  
NO EXCEPTIONS!**

## ITEMS TO PICK UP

**Running Bib - Safety Pins  
- Competitor Shirt**

Shirt exchange will be available on Friday starting at 7:30 AM at the Info Tent. Be prepared to bring the shirt you are exchanging.

**\*\*First Come, First Serve while sizes last \*\***

## GEAR CHECK

There is **NO** Gear Check; however, public parking is located near the start/finish so you will have access to your vehicle if you arrive early. You may also give your personal belongings to your family/friends who are spectating.

## FREE PARKING

We encourage you to find FREE parking at the "MudHen Approved Parking Lots" or street parking since the parking meters will not be in effect.

**DO NOT BLOCK** someone's driveway and/or parking spots; you will be towed at your expense.

**\*\*See map on Schedule page**

## COURSE DETAILS

There will be (1) Aid Station along the race course at East Myrtle Avenue. **PLEASE** be self sufficient and carry your own refillable bottle, cup, or wear a hydration vest. Cups will not be available.

## CUT OFF TIME

There will be a time limit of one (1) hour for the IPA 5K per the request of the Wildwood Police Department.

## POST-RACE FOOD & BEER

Enjoy delicious post-race light fare provided by MudHen Brewing Co.! You must show your bib for Athlete food. Big appetite? Enjoy Brunch at the MudHen Station House from 9:00 AM - 2:00 PM or Lunch at MudHen Brewing Co. beginning at 11:00 AM! Present your bib for 10% off your meal.

## TIMING

Onsite timing will be provided for our event. You **MUST** wear your running bib on the **FRONT** of your CHEST/BODY. Results and leaderboards will be available online as well. QR codes will be posted on site to check results. Overall Awards and Age Group awards are based on chip time.

## AWARDS

Awards Ceremony will take place in the MudHen Biergarten for **OVERALL** winners only at 9:40 am. Awards Pick Up will be available for all Age Group winners to pick up awards in the MudHen parking lot. There will be photo opportunities to capture your achievement!

# PERSONAL INJURIES NEED PERSONAL LAWYERS

## WHY US?

- Over \$1,000,000,000+ recovered for our clients
- 99% win rate
- Local personal injury experience since 1984
- Doctor/Lawyer on staff

## PRACTICE AREAS

Bicycle Accidents, Pedestrian Strike Downs, Gym / Fitness Center / Health Club Injuries, Wrongful Death, Medical Malpractice, Motor Vehicle Accidents, Premises Liability/ Slip & Falls, Construction Accidents, Product Liability



Stampone O'Brien Dilsheimer Law is proud to sponsor the 21th annual Tri the Wildwoods Triathlon. As members of the Wildwoods community who have represented injured bikers, runners, swimmers, and other athletes, we are thrilled with the opportunity to support you in your competitive pursuits!

Our firm's talented mix of experienced, aggressive trial lawyers and youthful, technologically savvy litigators has produced numerous multi-million dollar settlements for our clients over the last 40years. Our lawyers understand you and your needs – and your desire to win. We don't back down from tough cases, and we don't settle for less than you deserve. **#WeTriCases**

Good luck and congratulations in advance to all of this year's competitors.



**Joseph P. Stampone**  
Managing Shareholder

Learn more at [www.stamponelaw.com](http://www.stamponelaw.com) or contact Joe Stampone, one of Super Lawyers Top 100 attorneys in Philadelphia and Top 100 attorneys in Pennsylvania, at [jstampone@stamponelaw.com](mailto:jstampone@stamponelaw.com).

# MUDHEN

BREWING COMPANY  
IPA 5K



2025

WILDWOOD  
CONVENTION  
CENTER



- RIO GRANDE AVE
- HAND AVE
- LEAMING AVE
- BENNETT AVE
- HILDRETH AVE
- CRESSE AVE
- MORNING GLORY RD
- BUTTERCUP RD
- LAVENDER RD
- HEATHER RD
- CROCUS RD
- ASTER RD
- CARDINAL RD
- SWEETBRIAR RD
- WISTERIA RD
- COLUMBINE RD
- ROSEMARY RD
- FORGET-ME-NOT RD
- FERN RD
- PALM RD
- LOTUS RD
- MYRTLE RD

NEW JERSEY AVE

PACIFIC AVE

SEAVIEW AVE

ATLANTIC AVE

OCEAN AVE

CENTENNIAL  
PARK

START  
FINISH



WILDWOOD  
BEACH BALL  
SIGN

MILE  
BEACH

SEE NEXT PAGE  
FOR ZOOMED IN  
VIEW

DAVIS AVE

BURK AVE

ANDREWS AVE

TAYLOR AVE

RIO GRANDE AVE

HAND AVE

LEAMING AVE



**POPPI'S**  
brick oven pizza & kitchen



*The*  
**STATION HOUSE**



**START**  
**FINISH**

ARCTIC AVE

NEW JERSEY AVE



# LITTLE HEN MILE

## BRING THE KIDS ALONG!

Starting at 10:00 AM, kids from ages 1-12 will commence the **1st Annual Little Hen Mile!**

Race will consist of 4 - 1/4 mile laps in front of the MudHen parking lot to equal 1 Mile.

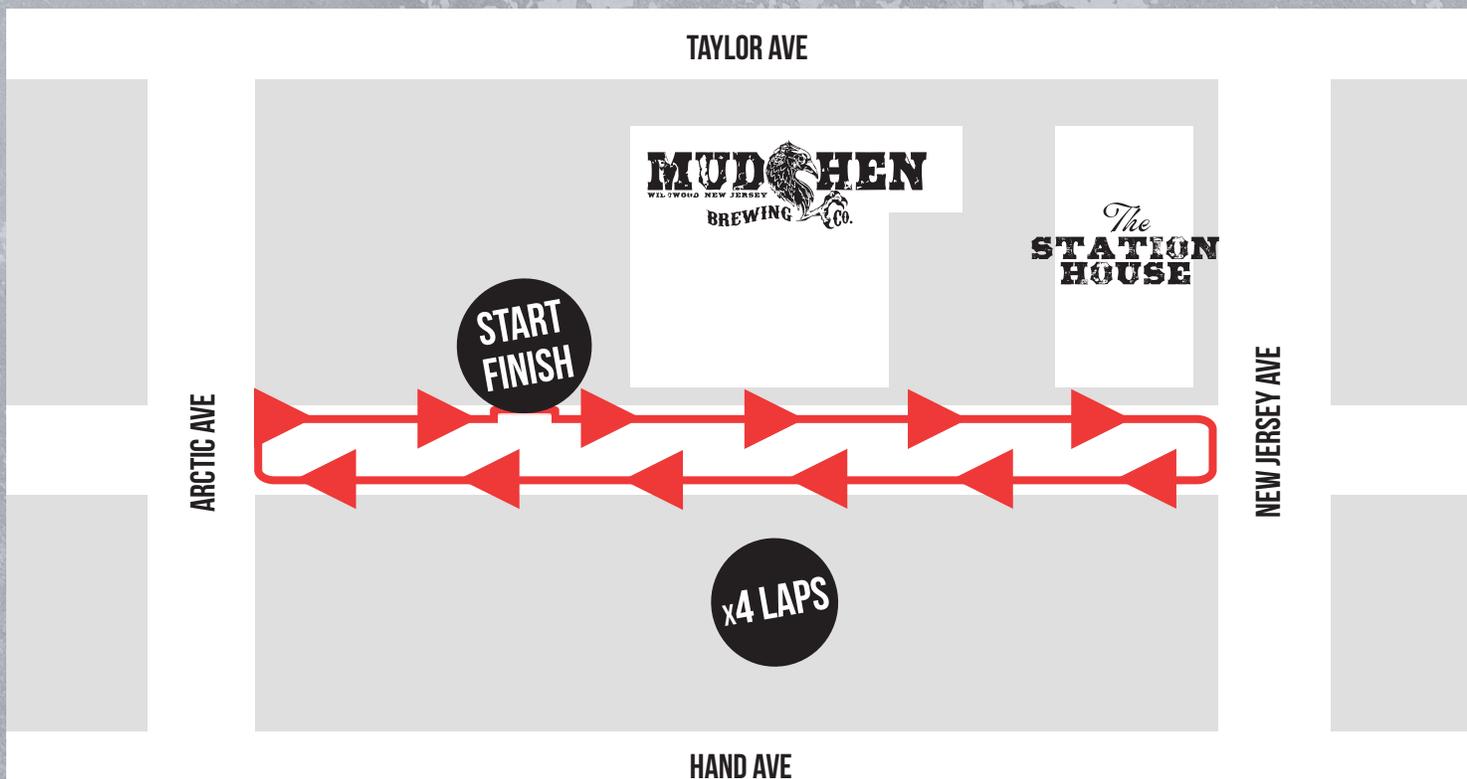
Kids may walk or run in this race.

There will be 1st, 2nd, & 3rd Place and the age groups will be split as such:

5-6    7-8    9-10    11-12

All kids 4 and under will receive a participation prize.

## LITTLE HEN MILE MAP





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OPEN DAILY



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## The STATION HOUSE BRUNCH



**WEEKENDS 9AM-2PM**

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**AT MUDHEN BREWING CO.**

## the HEN HOUSES WILDWOOD, NJ



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