

It's a fun 5K run or walk around the Fields and at the finish, kick back with a cold beer or beverage and live music!

at Hudson Fields, 8:00 am

- In celebration of Rock 'n Roll and the Summer 2025, wear your fave band's t-shirt.
- Awards will be given to race winners and best Rock 'n Roll outfit.
 - Registration includes:
 - Rock 'n Roll Beach Towel Two cold beers (for adults over 21)
 - Water and other refreshments.



Where: Hudson Fields, 29763 Eagle Crest Road, Milton, DE 19968 For sponsorship info: contact Michael Whitehouse at majwhitehouse@comcast.net