

What is the A Cool 5 Race Weekend?

Written by Daniel Scagnelli
Wednesday, 02 June 2010 15:35



The A Cool 5 Race weekend is a compilation of events that began in the summer of 2008 on Beech Mountain. For 2010 the A Cool 5 Race weekend will encompass a series of events that are sure to please avid runners, walkers, outdoors enthusiasts and family's interested in a group recreation experience, as well as those of the general community wishing to support a wonderful cause. All proceeds from the event weekend go to benefit Beech Mountain Parks & Recreation Community Projects.

Pre-Race Festivities

The A Cool 5 Race weekend will kickoff on Friday, June 11th, 2010 with a pre-race community pasta dinner featuring a guest motivational speaker Ray Russell from Rays Weather Center, live music from the nationally renowned Tsunami Wave Riders, complementary Banner Elk Winery wine bar, live music, games and activities for the family, and pre-race registration and packet pickup. Best of all, the pasta dinner and pre-race festivities are only \$6.00! In years past the pasta dinner event has featured racers, family members, and supporters from the local community with participation levels far exceeding 200 guests, so be sure to secure your spot early by calling 828.387.3003!

Race Day Events



Race Weekend festivities continue on Saturday morning with the Third Annual A Cool 5 Race. This year the race will again feature a 1.5 mile fun run/walk and 5 mile (8K) race. The course for each event is set above 5000ft. in elevation with 360 degree views of the majestic mountains

What is the A Cool 5 Race Weekend?

Written by Daniel Scagnelli
Wednesday, 02 June 2010 15:35

such as Grandfather, Mount Mitchell, and Snake Mountain. Typically the weather rarely exceeds 70 degrees and the skies part leaving bright, beautiful blue skies for race day. Race entry is \$30.00. Pre-registered racers are guaranteed a race t-shirt, custom DeFeet socks, and a post-race meal voucher. For those of you 21 and over, you will also receive 2 free adult beverages from Boone Brewing Company upon finishing one of the A Cool 5 races. Race Day registration will be available; however, race t-shirts and socks will be given out on a first come, first serve basis and sizes may be limited. Be sure to register early to get your race T and socks! Note: Running Strollers are allowed on the entire race course. Dogs will be allowed for the 1.5 mile fun run/walk event.

Post Race Events and Awards

Following the race events we will hold post race festivities and an awards show. The post race festivities include live music, great food, games and activities for family members (even a bounce house!), exciting race village and an age group awards show for race day participants. The top male and female finisher will be recognized and receive awards for their accomplishments. Age group awards and prizes will also be given out to the top male and female in the following age group categories:

Under 8

8-12

13-17

18-25

26-34

35-44

What is the A Cool 5 Race Weekend?

Written by Daniel Scagnelli
Wednesday, 02 June 2010 15:35

45-54

55-64

65-74

75 and above

After the post race festivities, many participants find themselves drawn to Beech Mountain's many hiking trails, streams, water falls, or sport recreation outlets like the golf course and Buckeye Recreation Center for the remainder of the weekend. For more information on Beech Mountain, NC amenities, please visit the Beech Mountain Links and Amenities section of our Website. Here you will find lodging and dining discounts, recreational opportunities, and area attractions.