

## Beech Mountain A Cool 5 Race Weekend Only Three Weeks Away

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Beech Mountain, NC - Are you a runner, walker, road racer, or just a local philanthropist? Well, then you have probably heard of the A Cool 5 Race Weekend in Beech Mountain, NC. Good news, the event is back for 2011

and it is going to be bigger, better and more fun than ever with some very exciting surprises and new additions for this year's event, including guest speaker Molly Barker, Founder of the Girls on the Run Organization and 4 time Kona Ironman World Championship competitor, cutting edge race timing technology, complementary Boone Brewing Co. beers, and much more. So, past participants keep reading to re-kindle the excitement you have felt in years past; those that haven't heard about the A Cool 5, keep reading to find out more about the most exciting and worthwhile benefit event in the High Country.

The A Cool 5 Race Weekend is a compilation of events, including a pasta dinner, 5 mile race, 1.5 mile fun run/walk, and post-race cook-out and awards party, which began in the summer of 2008 on Beech Mountain benefiting the Beech Mountain Parks & Recreation Department. The weekend is full of family friendly fun, exciting competition, captivating views, and cool summer time mountain top temperatures.

In the past the A Cool 5 event has raised over \$70,000, completing a new community playground project and hiking trail, both at the Buckeye Lake Recreation area. Proceeds from the 2011 A Cool 5 Race Weekend will help foster the implementation of a community fishing docks program in partnership with the NC Wildlife Commission. This project will provide two new ADA accessible fishing docks at Buckeye and Coffee Lakes on Beech Mountain.

For 2011, the A Cool 5 Race weekend will include a Friday night Pasta Dinner and packet pick-up, where Molly Barker will provide an inspirational and motivating speech. Molly Barker, MSW, founded Girls on the Run in Charlotte, North Carolina fifteen years ago. Molly is an elite level athlete, having completed the Hawaii Ironman World Championship triathlon four times, and combined her background in social work, counseling and teaching, along with research on adolescent issues, to develop the Girls on the Run program.

Today, Girls on the Run serves over 70,000 girls each year in over 160 cities throughout North America. The program teaches young women about their value through running. It teaches them to not accept the gender stereotypes that society tries to place, and helps them become strong, independent and beautiful individuals from within. The organization serves over 70,000 adolescent girls annually.

Molly and Girls on the Run have been featured in a multitude of media outlets including People, Runner's World, Glamour, Self, Shape, Redbook and Woman's Day. She has also authored the books "Girls on Track, A Parent's Guide to Inspiring our Daughters to Achieve a Lifetime of Self-Esteem and Respect", and "Girls Lit from Within" which is geared towards 3rd-8th grade girls.

To add a little more excitement to this year's event, you will be able to compete, or at least try, against Molly as she will be participating as a competitive runner during Saturday's A Cool 5 mile race presented by Appalachian Regional Healthcare System. "We are very proud to have Molly speak at the A Cool 5 Pasta Dinner. Molly has a very unique story and compelling message that will really benefit all that can attend. This is a great fit for our event as well, as the

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A Cool 5's mission is to raise funds to provide safe, fun and accessible recreational outlets for the children of our community to help cultivate positive growth and development. Molly and the Girls on the Run Organization live and breathe a very similar message, so we are honored to have her," said Daniel Scagnelli, Race Director.

Race Day is Saturday and Beech Mountain is certainly alive on the morning of the A Cool 5. Music can be heard through the streets as runners jog past on the street warming up, race day entrants make their way to the registration table, and children navigate to the large bounce house and many other family friendly games. The Beech Mountain Fire Department always makes a presence, too, providing rides in the Avery ladder truck and tours of the many other large emergency vehicles. The atmosphere on race day is unparalleled at any other benefit race event. This event is sure not to leave anyone out either, including Fido. The 1.5 mile fun run and walk is not only pet friendly, but "doggy water stops" and treats are provided along the way. Additionally, the A Cool 5 will ramp things up this year with the integration of brand new, cutting edge technology to provide an unrivaled race day experience for race participants. "Race organizers are continually looking to improve the experience for participants," says Bruce Bokish, Precision Race co-owner. "We are excited to work on this event in such a beautiful setting, and look forward to using our services to provide a boost to A Cool 5 participants." Jaguar timing technology includes bib-chip timing, a marathon caliber race truss and finish chute system complete with finish line LCD's to display your individual race statistics (name, bib number, home town, finish time, etc), and a race result tent fit with touch screen kiosks for easy race result retrieval (yes, you can print your own results) and reporting. To boot, if you provide your email address and cell phone number when you register, you will be immediately text messaged and emailed your individual race results when you cross the finish line. "We are thrilled to be able to offer our participants state of the art, international marathon caliber, technology that will enhance the race day experience and provide for a truly unique experience in the High Country," said Scagnelli, "This technology, combined with many other race day amenities for participants, as well as our proven track record of high quality service and race day management, will further contribute to our mission of providing an unrivaled race day experience, making the A Cool 5 Race Weekend the best benefit race in the southeast." The excitement really gets under way when the gun fires at 9 AM for the 5 mile race. Spectators line the streets and cheer runners on as the walkers make their way into the starting chute. At 9:15, once the elite runners have provided for another spectating cheer or two racing across the Beech Mountain ski slopes, the walkers are set free. Before you know it runners and walkers are filling in the vibrant race village, packed with vendors, family members and friends. So, whether you are walker, avid runner, or recreational family, a lover of pasta, maybe just interested in a unique motivational speaking experience, or perhaps you are simply a kind heart looking to play a role in an event that benefits a great cause, the 2011 A Cool 5 Race Weekend will do none other than please you.

For more information on the A Cool 5 Race Weekend, please visit [www.acool5.com](http://www.acool5.com).