

**Beech Mountain, NC** - The Town of Beech Mountain Parks and Recreation Department and A Cool 5 Race Committee would like to specially thank everyone involved in the A Cool 5 race weekend; including volunteers, sponsors, participants, and attendants of the Friday evening Pasta Dinner. We thank you for your generous contribution to the 3<sup>rd</sup> Annual A Cool 5 Race Weekend and our Community Projects. Your contribution is being put to good use in order to fund various community projects that will enhance the recreational opportunities available to the children in our area and visitors alike.

The A Cool 5 Race was a great success, with over 150 Pasta Dinner guests and 239 registered race participants, the event raised nearly \$15,000. The Pasta Dinner was a vibrant and fun evening as usual, but the atmosphere was enhanced by the presence of guest motivational speaker, Dr. Ray Russell of Rays Weather Center. The dinner featured live music, games for the entire family, and complementary wine from Banner Elk Winery. This year was a historic one in that we broke new records for participation numbers; the 5 mile race also had a new record set by Craig Simpkins from Banner Elk, NC. Craig set the new course record at a blazing speed of 28:01. That is an average of 5:36 per mile on a very challenging mountain race course set 100% above 5,000ft in elevation. There were also three additional times that broke the 30 minute barrier, which is extremely fast as well. Margaret Haggerty, 87 years old and Guinness Book of World Records holder for oldest female to run a marathon on every continent in the world, completed the race for the third year in a row. In addition to the race participants, there were a wealth of spectators, fans, and family members that gathered to watch the day's events, play in the massive bounce house, listen to live music, and explore the vibrant race village. Many participants stayed for some time after the race to enjoy the post-race cookout, get a free massage by Judy Perez of Therapeutic Massage, listen to live music from the Tsunami Wave riders, play games, and sip complementary beers from Boone Brewing Co. while they waited for the awards presentation and door prize raffle. To see photos of this amazing event, please visit [www.acool5.com](http://www.acool5.com). Race results are also posted at [www.acool5.com](http://www.acool5.com) and [www.bigfootrunning.com](http://www.bigfootrunning.com).

After an extremely successful event, the Parks and Recreation Department is already looking forward to 2011. Plans are under way to expand event offerings for participants, move towards an all "green" environmentally friendly theme, have the 5 mile course certified by USATF, and develop incentives that will help bolster competition and continue to spur record breaking runs each year. Stay tuned to [www.acool5.com](http://www.acool5.com) for information concerning the 2011 event plans, which will be posted very shortly. We hope to see you at the 2011 A Cool 5 Race weekend!

For more updates on the Parks & Recreation community projects or Beech Mountain Parks & Recreation services and program offerings, visit us online at [www.townofbeechmountain.com/buckeyerecreationcenter.htm](http://www.townofbeechmountain.com/buckeyerecreationcenter.htm), send an email to [buckeyerec@townofbeechmountain.com](mailto:buckeyerec@townofbeechmountain.com), or call 828.387.3003. We will be happy to answer any questions you have and look forward to seeing you at the BEECH!