

## **Beech Mountain Parks & Recreation Department Announces The 4<sup>th</sup> Annual A Cool 5 Race Weekend Online Registration is now LIVE at [www.acool5.com](http://www.acool5.com)!**

**Beech Mountain, NC** - Beech Mountain Parks & Recreation Department has announced the Fourth Annual A Cool 5 Race Weekend benefit event. The A Cool 5 Race Weekend is a compilation of events, birthed in June of 2008, held in Beech Mountain, NC annually. The Race Weekend includes pre-race festivities on Friday, June 10<sup>th</sup>, 2011, with a pasta dinner, guest motivational speaker, music, and plenty of games and activities for the entire family. Saturday, June 11<sup>th</sup>, 2011, is race day. The festivities begin at 9:00 a.m. on Saturday with the 5 mile race presented by Appalachian Regional Healthcare System, featuring cutting edge Jaguar race timing technology, the 1.5 mile fun run/walk, and post-race awards party.

“We are excited to offer our participants this outstanding state of the art technology. This investment in Precision Race Timing services and Jaguar timing technology embodies our continued efforts to provide our participants with the best event experience possible”, said Daniel Scagnelli, event director. “The cutting edge technology will allow for an unrivaled finish line experience that includes digital identification of race finishers, their time and hometown on LCD displays mounted across a marathon caliber finish line truss at the end of a marathon caliber finish chute. Additionally, the technology features a results booth with touch screen kiosks for immediate race result reporting, instantaneous email and text message notification of race results to participants, and immediate result posting to the web. As the A Cool 5 continues to grow, so do our services to race participants, because we know our participants are the key to us accomplishing our fundraising goals while making the A Cool 5 Race Weekend the best benefit race event in the southeast”, Scagnelli continued.

Additionally the event features an exciting race village, post-race cookout, awards ceremony, and more fun and games for the family including a giant bounce house for children. All events are open to runners and walkers of all ages and skill levels. Running strollers are allowed for both events, while dogs are permitted for the 1.5 mile fun run/walk only and must be leashed. Doggy water stops and “doggy bags” will be provided along the way as well.

The race courses are nestled in a pristine mountain setting beginning and ending above 5000 ft. You are sure to experience tough climbs, fast down hills, and enjoy breathtaking Blue Ridge Mountain Range views during the flats. Participants will be able to enjoy Beech’s “cool” summertime temperatures which seldom exceed 72 degrees. Panoramic views encapsulate the entire course and provide amazing motivation and scenery throughout the event.

“After the record setting year we had in 2010, from a participation and course time perspective, we are anxiously awaiting the 2011 event”, said Rory Ellington, A Cool 5 Race Committee member. “The best part about this event is that it truly is a family and spectator friendly event that is accommodating to the walker, the recreational runner, and the elite athlete.” In 2010 the A Cool 5 Mile Race experienced record smashing times with three finishers completing the course in under thirty minutes. The A Cool 5 Race committee challenges the elite runners in the High Country and surrounding area to step up and compete at the A Cool 5 in 2011 to see if they have what it takes to make this another record setting year.

Many runners, walkers, and cyclists specifically make the journey to Beech Mountain for high altitude training. The mountain is remembered for Lance Armstrong’s Tour Du Pont stage win during the mid 1990’s and remains a playground for outdoor enthusiasts and endurance athletes. In addition to over 65 miles of paved roads for remarkable running and cycling experiences, Beech is also home to over 35 miles of publicly maintained hiking, biking, and cross country skiing trails, 6 public parks and picnic areas, many stocked and hatchery supported trout streams, two lakes for non-motorized boating and fishing, the 22,500 sq ft Buckeye Recreation Center, free community sledding hill, Genesis Wildlife Rehabilitation Sanctuary, the southeast’s highest ski resort which offers year round activities, and a nationally renowned 18 hole golf course at the Beech Mountain Club. With a wealth of indoor and outdoor recreation opportunities, awe inspiring views, and great local shopping and dining, many race participants find themselves drawn to Beech Mountain for the entire A Cool 5 Race Weekend.

The A Cool 5 Race weekend not only capitalizes on the beauty and splendor of Beech Mountain, but unites outdoor enthusiasts for a great cause. In 2008, 2009, and 2010 the A Cool 5 successfully raised over \$70,000 via valuable sponsors, event participation, and in kind donations, resulting in the construction of a new community playground and Falls Trail hiking loop at Buckeye Lake and the Buckeye Recreation Center. This year the A Cool 5 will benefit a collaborative community fishing docks program between the Beech Mountain Parks & Recreation Department and the NC Fish & Wildlife Commission. Through the A Cool 5, Beech Mountain Parks & Recreation hopes to continue our progress of providing safe and enjoyable recreation outlets for our residents and guests while enhancing Beech Mountain’s status as an outdoor recreation mecca of the southeast for all to enjoy.

Registration for the race is currently available in paper and electronic form at [www.acool5.com](http://www.acool5.com). Race participants and their families are encouraged to take advantage of special dining, lodging, and retail incentives that will be available throughout the weekend of the race. For more information about the A Cool 5 Race Weekend event, race registration, or special lodging and dining incentives, please visit [www.acool5.com](http://www.acool5.com) or call 828.387.3003. Join us for the 2011 event – it truly is paradise at the Beech!