

Valentine's 5K, Couples' Div. & Fun Run

hosted at Cowan's Ford Country Club



SATURDAY, FEBRUARY 17, 2018

5k - 9:30 AM; Fun Run - 9:00 AM

Cowan's Ford Country Club (CFCC)

761 Club Drive, Stanley, NC

(Located near the McGuire Nuclear Power Plant: Off Hwy. 73)

Hosted By: ELHS XC and CFCC

COURSE DESCRIPTION

5K: Slightly hilly, starts near the clubhouse and goes through the beautiful CFCC neighborhood, on the golf course and finishes at the CFCC tennis courts.

Fun Run: 1 mile run on the banks of Lake Norman

Age Groups: Individual Age Groups:

10 & under; 11-14; 15-19; 20-29; 30-39; 40-49; 50-59; 60-69, 70-79, 80 and above.

AWARDS

- 1st overall male & female winner will receive a Special trophy & Gift card
- 1st & 2nd place in each (non couple) age group will receive a medal
- 1st overall couples will receive a trophy, 2nd place overall will receive a medal
- Fun Run participants receive a medal. Winner will get a Gift card

REGISTRATION

Individuals \$20, Couples \$35 post marked before Jan. 1st

Individuals \$25, couples \$45, after Jan. 1st

\$10 Fun Run at registration

Make checks payable to: ELHS Cross Country Team

Send registrations to: Melvin Morrison: XC Team

East Lincoln High School, 6471 Hwy 73, Denver NC 28037

Also **Pre-Registration** will be on:

- Friday, Feb. 16th - 4:30-6:30 pm at Cowan's Ford Golf Club
- Saturday, February 17th - until 8:45 am at the CFCC Tennis Courts

For directions visit <http://cowansford.com>

On-Line Registration at: www.denvernc.com/valentine5k

Information:

contact Coach Melvin Morrison 704-736-1860 ; mmorrison@lincoln.k12.nc.us

