



2026 Charity Partner Information

Cook Medical Beat the Heat 5K RRCA National Championship Race



www.bth5k.org



The Cook Medical Beat the Heat 5K is hosted by Twin City Track Club, Inc. (TCTC). Since 1989, Beat the Heat has been a celebrated midsummer tradition in the Triad, promoting fitness, health, and community engagement. The event consistently attracts more than 1,000 participants, ranging from recreational runners to elite competitors — including U.S. Olympic Trials qualifiers. The 2026 race will be on July 18, beginning and ending on the Winston-Salem Fairgrounds.

Two nonprofit Charity Partners will be selected to share in event proceeds. Selected Charity Partners need to have a direct impact on community health and fitness. In particular, we are seeking those with a special focus on youth and/or disadvantaged persons.

Charity Partners are selected through an application process several months before the event. All charities must be registered 501(c)(3) non-profits to apply. There is no application fee. Final selection of Charity Partner will be made by the TCTC board or a selection committee designated by the board. **2026 applications are due by January 9, 2026.**

In addition to proceeds from the race, race participants can contribute directly to the Charity Partners at the time of event registration, further increasing the charitable contributions. Beat the Heat has raised more than \$68,000 for Charity Partners since 2016.

Charity Partners are expected to help promote the event to their network of stakeholders, volunteers, contributors and other community audiences. Charity Partners are also encouraged to support the event through exhibiting, volunteering, and other methods as appropriate to enhance participant value and charity awareness.

Beat the Heat attracts more than 1,000 participants and all levels of participants from the world-class elite runners to more than 100 first time 5K runners each year. In addition to the featured 5K race, there is a one-mile youth race and a fun run/walk for all ages.

Partnering with Beat the Heat 5K is a perfect way for your nonprofit organization to further support the community while enhancing exposure and goodwill.

**Cook Medical Beat the Heat 5K
2637 Arbor Place Court
Winston-Salem, NC 27104**

**Twin City Track Club, Inc.
www.twincitytc.org
www.bth5k.org**

**CONTACT PERSON:
Er Ralston – Race Director
(336) 749-7008
beattheheat@twincitytc.org**



CHARITY SPONSOR APPLICATION 2026 Cook Medical Beat the Heat 5K

Complete the following application and return to the Race Director listed below no later than midnight on January 9, 2026. Application may also be completed online at:

<https://forms.gle/Gx4Hes7JL9fXxesa7>

Organization Name	
Contact Person	
Phone Number	
Email Address	
Mailing Address	
Website	

Are you a 501(c)(3) organization?	Yes	No
Describe how the work done by the organization aligns with the purpose of Beat the Heat.		
What will the funds be used for?		
Describe promotional efforts you can undertake to encourage participation in the event by the charitable organization's network of stakeholders, volunteers, contributors and other community audiences.		
Please state how the charitable organization can support Beat the Heat through exhibiting, volunteering, and other methods as appropriate to enhance participant value and charity awareness.		

Signature

Date

Return to:
Er Ralston, BTH Race Director
Twin City Track Club
beattheheat@twincitytc.org
2637 Arbor Place Court
Winston-Salem, NC 27104

