



PROMOTIONAL INFO – BEAT THE HEAT 2023

Race Poster: [Click here to download a race poster](#)

Race Homepage URL: <https://www.bth5k.org/>

Sign Up URL: <https://www.bth5k.org/Race/Register/?raceId=18798>

Donate URL: <https://www.bth5k.org/Race/Donate/NC/WinstonSalem/BeattheHeat5K>

Volunteer URL: <https://www.bth5k.org/Race/Volunteer/NC/WinstonSalem/BeattheHeat5K>

Race Home Page QR Code



Donation QR Code



Race Date: July 22, 2023

Race Location: Winston-Salem Fairgrounds

Events:

6:00PM	Family Fun Run (1 mile)
6:00PM	Youth Mile Race
6:15PM	5K Walk
6:30PM	5K Race
7:30PM	Elite/NC USTAF 5K Championship

Key Features:

- Supports Community Charity Partners
- Post Race Food and Drinks (including beer!)
- Special Recognition to First Time 5K Runners

[bth5k.org](https://www.bth5k.org)