

North Laurel's Beat the Heat 5K Classic



Race Day: August 17, 2019 at 8:00 a.m.

Pre-registration should be postmarked by August 9th, is \$15.00, and you will be guaranteed a t-shirt.

Race day registration – 7:00 a.m. to 7:45 a.m. for \$20.00. (No t-shirt guarantee)

Race will be run at North Laurel High School and will be a combination of grass and pavement. Race day registration will be in the back of the school by the gym.

Awards: Trophy to overall top male and female finisher. Awards to top 3 in each age group:

12 & under, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60 & Up

Mail this portion to: Rachel Gaynor, Attn: 5K, 684 Beechwood Drive, London, KY 40744

Name _____

Address _____

E-mail Address _____

Race Day Age _____ T-shirt size _____

Make checks payable to North Laurel High School – All proceeds will go to the North Laurel High School Boys and Girls Cross Country Teams. Any questions, you may call 606-682-1136.

