

WARRIOR WAY 5K



TRAIL RUN/WALK

SATURDAY, SEPTEMBER 21, 2019

12TH ANNUAL NORTH COBB CROSS COUNTRY 5K

5K Trail Run/Walk: 7:30am

1K Fun Run: 8:30am

Registration Information

5K Trail Run/Walk:

\$20 through July 31st

\$25 August 1st to race day

Virtual Runner

Donate \$25 or more and receive a race T-shirt, without running!

1K Fun Run (under 11 years old)

\$10 through July 31st

\$15 August 1st to race day

Make checks payable to "NCHS XC Booster Club"

Mailing Address:

3899 Collier Trace
Kennesaw, GA 30144

Race Director: Karen Ramon

Contact Information: kgramon@att.net

Course

Beginning in front of North Cobb High School at Blue Springs Road, runners will run down Old Hwy. 41 to take a left onto Nowlin Rd and then enter the NCHS trails behind Awtray Middle School. Runners will exit the trails and take a right back onto Nowlin Rd and another right onto Old Hwy 41 to finish on the NCHS track. Expect a well-marked trail full of exciting turns and hills! Trail portion not suitable for strollers.

Packet Pick-Up

When: Friday, September 20th, 4:00pm-5:30pm
Saturday, September 21th, 6:00am-7:15am

Where: North Cobb High School front lobby
North Cobb **students** may also pick-up race packets during their designated lunch periods in the school cafeteria on Friday, September 20th.

Awards

5K Trail Run:

Overall female/male, overall master female/male, age group awards presented to top 3 females/males in 14 different age groups, fastest NC alumni, fastest NC faculty member, and fastest NC student.

1K Fun Run:

Designed for 11 & under runners. Awards to female/male winner. Participation ribbons for all.

Race Parking

Runners may park at the lower NCHS parking lot near the NCHS track at the Blue Springs Rd stoplight. Please park on the left upon entering the parking area. Participants should arrive at least 30 minutes prior to 5K race time.

North Cobb High School
3400 Old 41 Hwy NW
Kennesaw, GA 30144

Proceeds benefit the North Cobb Cross Country Team

Please remove this portion (below the dotted line) and mail to the above address, include race payment.

First Name: _____ **Last Name:** _____
Address: _____ **City:** _____ **State:** _____
Zip: _____ **Sex (circle one):** M F **Age on Race Day:** _____ **Phone:** _____
Email: _____ **T-Shirt Size (circle one):** YM YL S M L XL XXL
Race (circle one): 5k Trail Run/Walk 1k Fun Run (Under 11) Virtual Runner **Amount Enclosed:** \$ _____

Make checks payable to "NCHS XC Booster Club"

Mailing Address: 3899 Collier Trace, Kennesaw, GA 30144, Kennesaw, GA, 30144

On-line Registrations and Printable Registration Forms at www.northcobbcrosscountry.org

Waiver: in consideration of accepting this entry I, the signee intending to be legally bound hereby, for myself, my heirs, executors, and administrators waive and release any and all rights and claims for damages I may have against the Warrior Way 5k, the city of Acworth and/or Kennesaw, the beneficiary organizations, their directors, sponsors, officials, workers, representatives, successors, assignees for any and all injuries suffered in this event.

Runner's Signature (Parent/Guardian if under 18): _____ **Date:** _____

Referred by NCHS student: _____

Circle one or both, if applicable. I am: NCHS Faculty NCHS Alumni NCHS student