



21st
Annual

North Gwinnett High School

Bulldog Dash 5k

5K Run & FREE 1 Mile Fun Run Saturday, August 10th 2019

- Event:** 5K Run - 8:00am and Free 1 Mile Fun Run - 8:45am
PRR Qualifier: This year's race will be a USATF certified course, (GA13078WC). It is chip timed and a Peachtree Road Race qualifier.
Location: North Gwinnett High School 20 Level Creek Road Suwanee, GA 30024
Entry Fee: \$25 Pre-registration (online registration before 08/06/19)
 \$30 Race day registration
 T-shirts are guaranteed to those who register before July 26th, 2019.
Ways to Register: 1) Big Peach
 2) www.northgwinnettxc.com (go to Bulldog Dash tab at the top of the page)
 3) Race Day Registration at Sign-in & runners Packet Pick-up:
 Will be located at North Gwinnett High School Commons beginning at 6:30am.
 4) Mail this form (with payment) to address listed below in registration section of form.



EARLY PACKET PICK-UP available: Friday August 9th from 3:30pm to 7:30pm at Big Peach in Suwanee Town Center

Directions to North Gwinnett High School:

North Gwinnett High School is located at the corner of Level Creek Road and Suwanee Dam Road (a.k.a Lawrenceville Suwanee Road) approximately 4.5 miles West of Interstate 85. There is ample parking in the main parking lot located across Level Creek Road from the front of the school.

Awards:

Fun Run participants: each finisher will receive a ribbon.
5K: Overall Winner (both Male and Female), Overall Master (both Male and Female)
 1st, 2nd, and 3rd place for each age division (both Male and Female)
 (10 & under, 11 - 14, 15 - 19, 20 - 24, 25 - 29, 30 - 34, 35 - 39, 40 - 44, 45 - 49, 50 - 54, 55 - 59, 60 - 64, 65 - 69, 70 & up)

For more info:

Contact:
 Coach John Rowland John_Rowland@gwinnett.k12.ga.us or NGHS Cross Country Booster Club (nghsxc@gmail.com)

Registration Form

Last Name _____

\$ 25 Pre-Registration

First Name _____

T-shirt size: S M L XL XXL

\$30 Race-Day
Registration

Phone _____ Email _____

Male _____ Female _____ Age on race day _____

Are you a NGHS Cross Country Runner? Yes _____ No _____

Mail to: Bulldog Dash
P.O. Box 4007
Suwanee, GA 30024

Make check payable to:
NGHSCCBC
(aka "North Gwinnett Cross Country Booster Club")

Waiver/Release: In consideration of acceptance of this entry, I waive any & all claims for myself and my heirs against the officials, sponsors, hosts, or any persons in conjunction with the 2019 Bulldog Dash. I understand that running a race can be hazardous. I am in proper physical condition to participate in this event. I also give my permission for the use of my name and picture in any media or other account of this event.

Runner's Signature

Signature of Parent/Guardian if under 18