



23rd  
Annual

# North Gwinnett High School

## Bulldog Dash 5k

### 5K Run & FREE 1 Mile Fun Run Saturday, August 7<sup>th</sup> 2021

- 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 08/03/21)  
 \$30 Race day registration  
 T-shirts are guaranteed to those who register before July 30<sup>th</sup>, 2021.  
**Ways to Register:** 1) Big Peach  
 2) [www.northgwinnettxc.com](http://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 6th 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)  
 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> 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](mailto:John.Rowland@gwinnett.k12.ga.us) or NGHS Cross Country Booster Club ([nghsxc@gmail.com](mailto: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: NGHS Cross Country  
 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 2021 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