



BELMONT ABBEY COLLEGE

100 Belmont-Mt. Holly Rd., Belmont, NC

**Saturday,
November 14, 2009**

5K Race Time - 8:30 AM

The Got Monks? 5K Off-Road Race will be contested on the beautiful tree lined Brother Paul Trail, the official BAC Women's Crusader Cross Country Course. One of the most picturesque running landmarks in the region, the Brother Paul Trail is challenging but suitable for all types of running abilities. Its dirt path features gently rolling hills and bending curves, all shaded by a gorgeous forest of pine trees. It was named in April, 2002 after long-time Belmont Abbey Cross Country Coach Brother Paul Shanley. The race begins by the Belmont Abbey Cemetery and ends at the picturesque College seal on Abbey Lane.

Race course map will available within two weeks.

All proceeds from the Got Monks? 5K Off-Road Race will go to the Abbey Family Fund and Street Soccer 945. The AFF fund is the unrestricted operating fund for the College, providing scholarships to deserving students and upkeep and beautification of the historic campus. Street Soccer 945 is organized by the Urban Ministry Center in Charlotte, NC, an interfaith organization serving the homeless and impoverished with love, compassion, and tangible aid.

Awards for 5K Run

Overall Male and Female

Top Male and Female in the following age groups:

10 and Under	20-24	40-49
11-14	25-29	50-59
15-19	30-39	60+

Race information and facilitation provided by Queen City Timing.

Online registration: <http://www.queencitytiming.com/calendar.htm>

Race is Rain or Shine

Registration packets may be picked up at the check-in table beginning at 7:00 AM on race day.

1 Mile Fun Run - 8:40 AM

FREE!

Arrive by 8:15

Race begins at Wheeler Center

All ages welcome!

Run or walk a 1-mile loop around the Abbey's historic college campus

T-shirts / caps available for purchase

No registration required

Small prizes for first three finishers



Parking for the **got monks? 5K and Fun Run** will be in lower parking lots in front of the Basilica. Parking will be directed by BAC Police. Directions to the college available at www.bac.edu.