
Race for fun in Belmont on Saturday, Aug. 8

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BELMONT — **BELMONT** — Looking for a challenging 5k? Get some friends together and run the three-person Cow Pie (10-mile) Relay Race in Belmont coming up this Saturday, Aug. 8. The Road, Relay and Fun Competition Day will feature two 10-mile race options and a 5k Run/Walk.

Now in its 47th year, the Belmont 10-Miler Road Race will kick the day off with a new start time of 8 a.m. This course starts in the village, heads out toward Tilton on Route 140 before hooking a right turn onto several back roads of Belmont.

Registration for the 10-Miler Road Race will be at Belmont Middle School on School St. starting at 7:15 a.m. The entry fee is \$18 and includes a race t-shirt to commemorate your accomplishment.

If a nice pre-season challenge for your school's cross country or soccer team (or your own family) is what you are searching for, it's the new Cow Pie (10-mile) Relay Race. The course is equally challenging and shares a small section of the traditional 10-mile course, but also includes a half mile at the beginning on an unpaved road. It offers opportunities along the way to see elk, cows, horses, and even glimpses of the lake.

This three-person relay will include Hurricane Road for an equally impressive challenge of rolling hills and flat terrain. Get your team together and make arrangements for a trusty driver, as there is no shuttle service to transition spots along the course.

Registration for the Cow Pie (10-mile) Relay Race will be at Belmont Middle School on School St. starting at 9:15 a.m., with a start time of the relay of 10 a.m. The entry fee of \$54 covers all three team members and includes a T-shirt.

Proceeds from Vito's 5k Run/Walk will go toward the future needs of Belmont's police dog. This hand-timed 5k will start and end at the Belmont Mill and is a great course for families of all ages and abilities. Walk as a neighborhood or a group of friends for this great cause.

Registration for Vito's 5k Run/Walk will be at the Belmont Mill on Mill St. starting at 8:15 a.m., which is also the location of the start and finish line. The 5k starts at 9 a.m. and has an entry fee of \$5 per participant.

The final event of the morning will be a Cow Pie Throw near the Belmont Mill on Mill St. Yes, they are real cow pies dried by the sun. Each contestant selects two cow pies, and the one flung the farthest is the distance that is recorded. Sign up early this Saturday. Entry fee is \$3 and is waived for any participant of the Cow Pie (10-Mile) Relay Race.