

GOAT ISLAND GAMES 5K

The Goat Island Games 5K is a road race like no other! Our course will take you through historic and beautiful Cramerton, NC and will start and finish in beautiful Goat Island Park.

This course has everything you could want in a race! You will cross over the South Fork River, run through historic tree lined mill villages and under the Norfolk Southern Railway – TWICE! And that's all in the first mile!

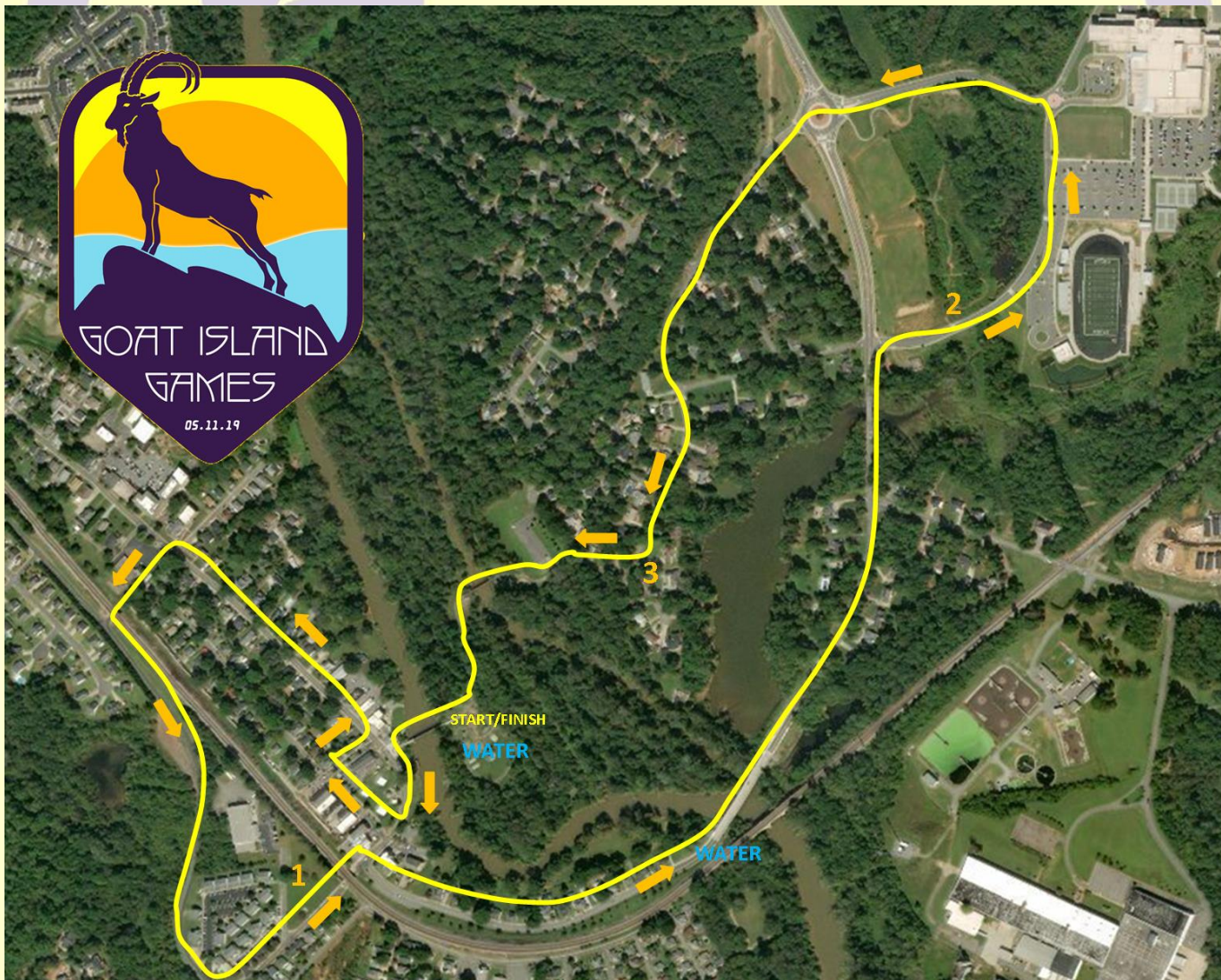
Mile two is filled with more beautiful scenery – You will run past Cramerton's historic Town Hall and Police Department, run parallel with the iconic Cramerton Train Trestle and cross over the South Fork River yet again.

The third mile is just as impressive. The course will take you through the state-of-the-art Stuart W. Cramer High School Campus, past our very own beautiful 50 ft. public art sculpture and finish on a fast downhill through the tree lined streets of the Lakewood Neighborhood right before you cross that finish line on Goat Island!

Medals will be given out in five-year age group divisions and the top three overall male and female winners will get custom awards made on-site by Crowned Sparrow Craft Co.!

Come experience Cramerton like few ever get too! Five miles an hour with a huge group of all your running and walking friends!

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