Express Your SuperPower 5K/10K Activities and Details At-A-Glance Guide:

Location
Etowah River Park  
600 Brown Industrial Pkwy  
Canton, GA 30114

Important Dates and Times

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<th>Early Bird Entry...Through 8/19</th>
<th>Race Day...9/19</th>
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<td>5K...$25</td>
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<td>10K...$25</td>
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<tr>
<td>Fun Run...20</td>
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<td>Tot Trot...$10</td>
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<td>Virtual 5K...$30</td>
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Regular Entry...8/20 - 9/18

- 5K...27
- 10K...$27
- Fun Run...23
- Tot Trot...$12
- Virtual 5K...$30
- Virtual 10K...$30

September 13 - Last day to register for guaranteed race shirt in your size
September 19:
7:00 AM - Race day check in starts  
8:00 AM - 5K/10K Race starts  
9:00 AM - Fun Run Starts  
9:15 AM - Tot Trot Starts

Awesome flat & fast course completely inside the parks, so the little superheroes won't have to run on the street. The 5K/10K starts at 8:00 am, then a 1-mile Fun Run, and a Tot Trot. The finish line will have loads of fun things to do before the awards are given out (Overall M/F, Master's Overall M/F, & top 3 in all the regular age groups).

Runners & Walkers are both welcome.

Great technical race shirts to everyone preregistered.

Course

The 5K course starts and finishes in Etowah River Park and is FLAT, except for the bridge over the river. The 10K course is a double loop and should provide a perfect opportunity if you're wanting to do your 1st 10K. If you're a seasoned 10K vet, this should provide you with an opportunity to get a PR.

Virtual Race

Can't make it out to the event site on race day but still want to support the cause and have a shot at an award and get the race shirt? Then the virtual race is for you. Click here for all information: https://www.fivestarntp.com/races/Express-Your-Super-Power.