



# 21<sup>st</sup> Sourwood 5K and Cheshire Pump & Run

## *Buzz the Businesses!*

As a new program this year we have coordinated deals with local stores and Sourwood Festival vendors to provide you with some great discounts! All you need to do is take your bib to the following retailers and get the deal listed!

It's that easy!

### Sourwood Festival Vendors

Dawn Vetrees Jewelry Design (booth #89)	Free gift to first 25 runners
David Kaylor Wood Turner (booth #154)	5% Off
Bow Wow Pet Accessories (booth #147)	Free dog treat with purchase – Saturday Only
Moonshiner Metalworks (booth #93)	10% Off
Lydian Limited (booth #51)	Buy one bar of soap, get one ½ price
Gold Canyon Candles (booth #69 & 70)	20% off regular priced items, plus one FREE tea light candle
Suzie Q Designs (booth #71)	20% off, one visit per athlete
The Lazy Scroll (booth #111)	10 % off
M.R. Manufacturing/Metalworks (booth #84)	10% off purchase of \$30 or more
Jack Williams Watercolor (Booth # 45)	10 % of artwork
Nyla Beans (booth #123)	20% off

### Local Retailers

Black Mountain Natural Foods	10% off for the month of August
Appalachian Creek Nursery & Landscape	20% off for the month of August
White Horse Black Mountain	Free Beer! 1 time only, Race Weekend Only
Sunshine Pharmacy	10% off vitamins for the month of August
Thai Basil	Free Iced or hot tea for the month of August
Bone-A-Fide Bakery	10% off for the month of August
Dynamite Roasting Company	Buy one 12oz Coffee, get one free for the month of August
Veranda	Free drink with purchase, 1 Time Only
Village of Cheshire	20% off Cabin Rental



**10% off Purchase.**

Available throughout the month of August.  
108 Black Mountain Ave.  
Black Mountain

[BlackMountainNaturalFoods.com](http://BlackMountainNaturalFoods.com)



**Free Tea, hot or cold, with meal.**

Limit one per runner. Available throughout the month of August.

227 W. State St.  
Black Mountain

[ThaiBasilINC.com](http://ThaiBasilINC.com)



**15% Off Shoes!  
25% Off Apparel!**

63 Turtle Creek Drive  
Asheville

See coupon offered at packet pick up for full details.

[FootRxAsheville.com](http://FootRxAsheville.com)

**VERANDA**  
*Café & Gifts*

**Free Drink with Purchase**

One time only throughout the month of August.

119 Cherry Street  
Black Mountain

[VerandaCafeandGifts.com](http://VerandaCafeandGifts.com)



**Sourwood 5K**  
runners, walkers  
and volunteers—  
take your run



number to these **BUZZ** the **BUSINESSES** retailers to take advantage of great discount opportunities.

Check out the **Sourwood Festival** list for participating Vendors too.



**20% off Cabin Rental**

As available.

Across the street from  
Cheshire Fitness Club

[VillageOfCheshire.com](http://VillageOfCheshire.com)



**DYNAMITE**  
ROASTING CO.

**Buy One 12 oz Coffee  
Get One Free!**

Available throughout the month of August.

3198 US Hwy 70 W  
Black Mountain, NC

[DynamiteRoasting.com](http://DynamiteRoasting.com)



**FREE BEER!!!**

Limit one per runner.  
Festival weekend only.

105C Montreat Rd.  
Black Mountain

[WhiteHorseBlackMountain.com](http://WhiteHorseBlackMountain.com)

**Sunshine Pharmacy & Health**

**10% off Vitamins**

Available throughout the month of August.

206 E. State Street  
Black Mountain

[SunshinePharmacyand-](http://SunshinePharmacyand-)

**BONE-A-FIDE BAKERY**

*Homemade Treats for Pampered Pets*

**10% off Purchase.**

Available throughout the month of August.

118 Cherry Street  
Black Mountain



**APPALACHIAN CREEK NURSERY & LANDSCAPE**

**20% off purchase**  
Available throughout the month of August.

*Multiple visits!*

12 Minidis Lane  
Swannanoa, NC