# Rowan County United Way Run 5K
# Registration Form

*(Please print legibly)*

| | By Sept. 1 | After Sept. 1 |
|---|---|---|
| ☐ 5K & Walk | $25 | $30 |
| ☐ Kids' ½-mile Kids Fun Run | $10 | $10 |

Name_____

Address_____

Town_____State____ Zip_____

Phone_____

Email_____

Age as of September 2 _____ ☐ Male ☐ Female

**Shirt Size (circle one)**

**5K:** S M L XL XXL

**Kids' ½-Mile Fun Run:** YM AS

Please make entry fee payable to:
**Rowan County United Way**
**1930 Jake Alexander Blvd. W, Suite B**
**Salisbury, NC 28147-1186**

Participant Waiver: In consideration of acceptance of this entry, I, the undersigned, intending to be legally bound, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the Novant Rowan Medical Center, the City of Salisbury, Rowan County United Way, Salisbury Rowan Runners, and all sponsors, contributors and their representatives, successors and assignees for injury or illness which may result from my participation. I attest that I am in proper physical condition to compete in this race and understand the risks associated therewith. I also give my permission for the administration of medical aid in the case of emergency. I further give my permission for the free use of my name, voice recording, or picture in any broadcast, telecast or any other account of this event for any legitimate purpose. I understand that if the race is canceled because of circumstances beyond the control of the race committee and sponsors, including, but not limited to hazardous weather conditions or government ban, my entry fee will not be refunded.

Signature (Parent/Guardian must sign if under 18) Date

_____ _____

Sunset Run 5K

*SPECIAL THANKS TO OUR TITLE SPONSOR*

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**SPECIAL THANKS TO THE CITY OF SALISBURY POLICE, FIRE and UTILITY DEPARTMENTS and ROWAN COUNTY RESCUE SQUAD.**

**September 2, 2016**

United Way Rowan County

# Sunset Run 5K

*SPECIAL THANKS TO OUR TITLE SPONSOR*

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NOVANT HEALTH

*Sponsored by*

KLUTTZ REAMER ATTORNEYS AT LAW

Discover Salisbury North Carolina

Salisbury Rowan Runners A Place for Every Pace

Drink Cheerwine Bottling Company Since 1917

Chick-fil-A

## WHEN
September 2, 2016

## WHERE
- Downtown Salisbury
  Salisbury's premier night time race, beautiful and historic course. Exit #76 off I-85, follow Innes Street west to Historic Downtown Salisbury.

## RACE START TIME
- Novant ½-Mile Kids' Fun Run - 7:00 p.m.

## ENTRY FEE
- Rowan County United Way SUNSET RUN 5K - $25
- Race Day Entry Fee - $30
- ½-Mile Kids' Fun Run (ages 10 and under) - $10

## ONLINE & EARLY REGISTRATION
- Early registration through September 1, 2016
- Online: www.sportoften.com
- Mail: Please send completed entry form and check for entry fee to:

Rowan County United Way
1930 Jake Alexander Blvd. W, Suite B
Salisbury, NC 28147-1186

## RACE DAY REGISTRATION
Race Day Registrations available from 6:00-7:45 p.m. Registration is located at the Rowan Public Library, 201 W Fisher Street.

## AWARDS 5K
### Trophies:
- Overall Male & Female, 3 deep
- Overall Male & Female Masters, 2 deep
- Overall Male & Female Grandmasters, 2 deep
- Overall Male & Female Senior Grandmasters, 2 deep

### Medals:
All age categories, 3 per

## AGE GROUPS
**5K:** 10 & under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & over

### Kids ½-Mile Fun Run:
Ages 10 & under
Cotton T-shirts and Medals to all Fun Run participants

## TIMING
- Timing and Scoring will be done by Salisbury-Rowan Runners Club

## SHIRTS
- Great looking, Performance T-Shirts for the first 200 registrants

**www.facebook.com/rcunitedway**

## Rowan County United Way Agencies
American Red Cross
The Arc of Rowan
Families First, Inc.
Family Crisis Council
Meals on Wheels of Rowan
Rowan County Literacy Council
Rowan County Rescue Squad
Boy Scouts, Central N.C. Council
Communities in Schools of Rowan County
Rowan Vocational Opportunities
Rowan County Youth Services Bureau
Rufty-Holmes Senior Center
The Salvation Army
Smart Start Rowan
Trinity Living Center
YMCA of Rowan County
211

**Rowan County**

For information on lodging, restaurants & local attractions, visit www.visitsalisburync.com

**Contact Information: Jackie Harris / (704) 633-1802**
**jharris@rcunitedway.org / www.rowanunitedway.org**

***Proceeds Benefit the Rowan County United Way***