16th Annual
Bare Bones 5K

Since the first Bare Bones race, the Salisbury Rowan Runners have tried to give back a quality race to the surrounding running community. The race is unsponsored, and is staffed completely by club members. We work hard to hold the entry fee down, yet still provide a quality experience on race day. We appreciate all runners and walkers who attend our various race events during the year. Thank you!

Got several pairs of old running shoes (or any other kinds of shoes) just sitting in your closet? Well, bring them to us on race day and we will give new life. We will find them a new home by donating them to Rowan County’s needy. It will help them and give you a cleaner closet too!

All proceeds benefit Relay for Life

For more info:
David Freeze
David.freeze@ctc.net

16th Annual Bare Bones 5K Run / Walk

Saturday, May 27 2017
5K 8:30 am
Fun Run 9:15 am

Knox Middle School
Salisbury, North Carolina
Salisbury Rowan Runners presents the
16th Annual Bare Bones Memorial Day Weekend 5K Run / Walk
Saturday, May 27, 2017 - 8:30 AM
Salisbury, North Carolina
Knox Middle School

5K Entry Fee:
$20 Pre-Registration (before 5/26)
$25 Race Day Registration 7:00-8:15 am

Fun Run Entry Fee:
$10 Registration
9:15 am Start Time

Awards:
- Top 3 overall finishers, male & female,
- Top 3 finishers (male & female) in each age group:
  10 & Under, 11-14, 15-19, 20-24, 25-29, 30-34,
- Dry Fit T-Shirts to all

Directions:
Take I-85 Salisbury Exit #76. Follow Innes Street west through town, Turn Right on Mahaley Avenue, then left on Park Road W. Knox Middle School will be on your left.

Bathrooms and Showers available.

Dry Fit T-Shirts to all

The Certified Course: The 5K Certified Course starts on W. Park Road in front of Knox Middle School - Turns right at Hickory Drive - Left on E Park Road - Right on W Park Road - enters Greenway - proceeds along the Greenway to Prescott Drive - Turns left on Prescott - Right on Knollwood - left on Courtland Drive - left on Wake - then right again on Prescott - Proceeds to end of Prescott - Turns around at cul-de-sac and proceeds back down Prescott to Greenway entrance - same route from Greenway back to Knox - turns right at Tennis Courts and proceeds up and around the Knox track. Finishes on the track.

16th Annual Bare Bones Memorial Weekend 5K
(Make checks payable to SRR, PO Box 1825, Salisbury, NC 28145-1825)

_________________________________       ___________________________
Last Name       First Name & MI

_______________________________________     __________________________     ________     __________
Mailing Address               City                State                Zip

Phone: _____________  Age on Race Day_______  Male   Female   E-Mail Address______________________

Participant Waiver: I know that participating in the 5K road race may pose risk to my health. I accept all risks associated with participating in this race and waive all claims for myself, my heirs, and anyone acting on my behalf, against the Salisbury Rowan Runners, Knox Middle School, all sponsors, all officers, all members and all volunteers of said organizations. I attest that I am in proper physical condition to compete in this race. I also give my permission to the Salisbury Rowan Runners to use my name and picture in any written account about this race.

Signature (Parent or Guardian if under 18)_______________________________________________________Date__________________