

	By Jan.25	Jan.28
<input type="checkbox"/> 8K RUN	\$30	\$35
<input type="checkbox"/> Push Rim Wheelchair	\$30	\$35
<input type="checkbox"/> 5K Health Walk	\$20	\$25
<input type="checkbox"/> 1/2 mile Fun-Run	Free	Free
<input type="checkbox"/> Saturday Pasta Dinner	\$10 (RSVP by Jan.26)	

Dinner on January 27. Limited availability.

Name _____

Address _____

Town _____ State _____ Zip _____

Phone _____

Email _____ Age of Jan. 28 _____

Total Amount:

Male Female

Shirt Size (circle one)

Adult: S M L XL XXL

Please make entry fee payable to:
Salisbury Rowan Runners
P O Box 1825
Salisbury, NC 28145-1825

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 Salisbury Rowan Runners, Catawba College, the City of Salisbury, 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 _____



THANK YOU TO OUR SPONSORS

Catawba College
City of Salisbury
Cheerwine
The Salisbury Post
The YMCA of Rowan County
The Forum
Zaxby's
Abigail's
Ralph Baker's Shoes
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Mike Wright Ameriprise Financial
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Central Carolina Insurance
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The Trophy House
F&M Bank

35th ANNUAL

NOVANT HEALTH

**8K RUN
5K WALK**

1.28.18

Winter FLIGHT 8K

OLDEST 8K in the STATE

PART of the
RUNNING JOURNAL GRAND PRIX



Event record holder Eliud Ngetich plans a return to again tackle the historic course. Ngetich broke the 22 year old record in 2016.



WHEN

JANUARY 28, 2018

1/2 Mile Fun Run 1:30 pm

8K Push Rim Wheelchair 1:58 pm

5K Walk 2:00 pm

8K Run 2:00 pm

CASH PRIZE 8K

\$750 BONUS FOR NEW WF RECORDS

ELIUD NGETICH - 23:07 (2015)

JOAN NESBIT - 26:48 (1992)

\$100 to First Male & Female Finisher

\$25 to First Male & Female at One Mile Mark (must finish race)

\$25 to First Male & Female Rowan County Finisher

WHERE

Catawba College Gymnasium

RACE COURSE

8K *USATF Certified* Course starts near the Catawba College gym and ends in Catawba's Shuford Stadium.

PRE-REGISTRATION

ON-LINE: Early registration with meal through January 25 or race only through January 27 at sportoften.com

Mail: Early registration with meal must be post marked by January 22 or race only by January 25.

\$30 - 8K Run (all ages)

\$20 - 5K Walk (all ages)

Free - 1/2 Mile Fun Run

\$10 - Saturday Evening Pasta Dinner

TIMING

8K Timing and Scoring will be done by the Salisbury Rowan Runners.

RACE DAY REGISTRATION

Register from 12:00 pm to 1:45 pm at the race site on January 28, 2018.

\$35 - 8K (all ages)

\$25 - 5K (all ages)

Free - 1/2 Mile Fun Run

5K Walk will not be timed or scored.

Fun-Run all participants will receive a medal.

SHIRTS

- Great looking Long Sleeve Technical T-Shirts for 8K and 5K participants..

AWARDS

8K RUN

Top 3 Overall M/F

Top Masters M/F

Top Grandmasters M/F

Top Senior Grandmasters M/F

3 Deep Age Group M/F

5K WALK

All finishers receive a unique commemorative medal.

1/2 MILE FUN RUN

Top 3 Overall, Age 12 and Under Medals to all other Fun Run Finishers.

Overall Winners not eligible for Age Group Awards. Awards will not be mailed.

AGES

8K RUN

14 & Under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-over.

5K Walk

This event is for walkers. We will not score this event. All participants will receive a race day Technical T-Shirt.

PASTA DINNER

Saturday evening at 6:00 p.m.

\$10 pasta, bread, dessert.

Dinner, packet pickup and late race registration. Non race participants welcomed. Limited amount of extra meals available that night.

RSVP by January 25 to David Freeze david.freeze@ctc.net

LOCATION:

JF Hurley YMCA

Jake Alexander Blvd. Salisbury, NC

HEAD PHONES and PETS

Head Phones are discouraged.

No dogs allowed.

Locker Rooms and Showers available.

In case of inclement weather on race day, visit our website for information about delays, postponement, etc.

www.salisburyrowanrunners.org



All proceeds go to Rowan Helping Ministries

Vision Statement: ROWAN HELPING MINISTRIES is God's love in action. We envision a community which helps provide for the essential physical, emotional and spiritual needs of all its citizens.

Mission Statement: The mission of ROWAN HELPING MINISTRIES is to serve, through cooperative community action, our neighbors in Rowan County who are in crisis, by providing essential life needs and educating and empowering them to break the cycle of crisis.

For more information about Rowan Helping Ministries go to www.rowanhelpingministries.org