

Date: Saturday May 19, 2018

Location:

East Rowan High School
175 St. Luke's Church Road
Salisbury, NC 28146

Price: Pre-register \$25 for 5K
\$10 for Fun Run
(due by May 17)

Price: On Site Registration
\$30 for 5K
\$10 for fun Run

On site registration and
T-shirt pick up 7:30am -8:15am
at East Rowan High School
Stadium

5K begins at 8:30 AM
Fun Run (1/2 mile run) begins at
9:30am
(ages 10 and under)

Contact:

Allison Adams
(704)-279-7265

Or via email

Allison.Adams@rss.k12.nc.us

Thank you to our sponsors:



CROSSROADS
AUTOBODY

ApSeed
Early Childhood Education

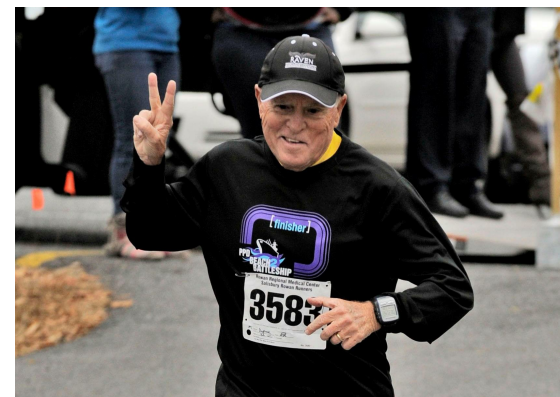


Salisbury Community
Foundation



A & L Mini Mart

“Are you still running?”



5K, Walk and Fun Run to
Benefit Glenn A. Kiser
Hospice House and Ed
Dupree Memorial
Scholarship at ERHS



Saturday, May 19, 2018

In Memory of
“Coach” Ed Dupree

All Proceeds to benefit Glenn A.
Kiser Hospice House and Ed
Dupree Memorial Scholarship at
East Rowan High School

Saturday, May 19
@ 8:30 am

Fun Run for children 10 and under
begins at 9:30 am

5K will be held at
East Rowan High School
175 St. Luke's Church Rd.
Salisbury, NC 28146

Register online:
www.sportoften.com
(registration closes at 3:00 pm
May 18)

Registration and checks may
also be sent by mail to:
Road Runners of America
P.O. Box 1825
Salisbury, NC 28145

Hydration stations and encouragement will
be provided through out the course of the
run. Light snacks and drinks will be
available after you cross the finish line!

Awards: 5K Top overall Male and Female,
top 3 female and male age groups:
12 and under, 13-15, 16-19, 20-24, 25-29,
30-39, 40-49, 50-59, 60-69 and 70 and over
receive an award.

Fun Run: Top 3 runners will receive an
award

Waiver:

In consideration of your accepting this
entry, I, the below signed, intended to be
legally bound, for myself, my heirs, my
executors and administrators, waive and
release any and all rights and claims for
damages I may have against the race, and
sponsors and their representatives,
successors and assign for any and all
injuries suffered by me in said event. I attest
that I will participate in this event as a
footrace, that I am physically fit and
sufficiently trained for the completion of this
event. Furthermore, I hereby grant full
permission to use my name and likeness, as
well as any photographs and any record of
this event, in which I may appear for any
legitimate purpose, including advertising
and promotion.

Signature and Date

Registration:

Registration and waiver must be
completed for each participant.
Participants under 18 must have a parent
signature on waiver to participate.

Name

DOB

Age

M/F

Address

City

State

Zip

Email

Shirt Size: Youth S M L

Adult S M L XL XXL

**Please make check payable to Road
Runners of America**

May 15 is the last day to submit
registration by mail and May 18 to submit
registration online (3:00 pm)