



BARE BONES

	By May 25	May 26
<input type="checkbox"/> 5K	\$20	\$25
<input type="checkbox"/> Fun-Run	\$10	\$10

Name _____

Address _____

Town _____ State _____ Zip _____

Phone _____

Email _____ Age of May 26 _____

Male Female

Shirt Color and Size (circle one)

Adult: S M L XL XXL

Neon Yellow Neon Orange

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, 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.

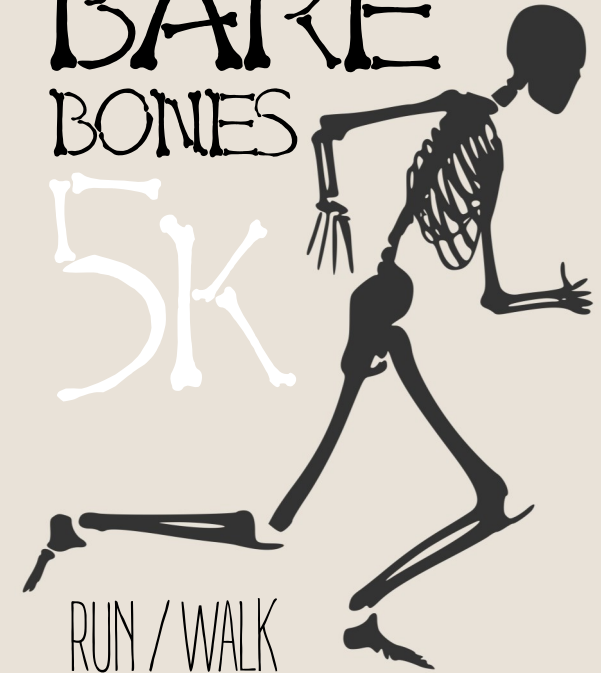
Signature (Parent/Guardian must sign if under 18) Date



17th ANNUAL

BARE BONES

5K



RUN / WALK

MAKE NO BONES ABOUT IT

MAY 26, 2018

5k 8:30 am / Fun Run 9:15 am

Knox Middle School Salisbury, NC



BARE BONES

Since the first Bare Bones race, the Salisbury Rowan Runners have tried to give back a quality race to the surrounding running community. 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!

WHERE:

KNOX MIDDLE SCHOOL SALISBURY, NC

WHEN:

MAY 26, 2018

REGISTRATION:

ON-LINE: SPORTOFTEN.COM

MAIL IN: Salisbury Rowan Runners P O Box 1825 Salisbury, NC 28145-1825

RACE DAY: 7:00-8:15

COST:

5K Entry Fee:

\$20 Pre-Registration (before 5/26)

\$25 Race Day

Fun Run Entry Fee:

\$10 Registration

AWARDS:

Top 3 OVERALL, Male & Female

Top 3 in each age group, Male & Female

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 & Over.

SHIRTS:

Dry Fit T-Shirts to all runners & walkers! Pick your color!

Neon Yellow

Safety Orange

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.

All proceeds benefit Relay For Life:

Relay For Life is a community based fundraising event of the American Cancer Society.

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

Along the Greenway to Prescott Drive

Turns left on Prescott

Right on Knollwood

Left on Courtland Drive

Left on Wake

Right again on Prescott

Proceeds to end of Prescott

Turns around at cul-de-sac

Proceeds back down Prescott

Right on Greenway entrance

Greenway back to Knox

Right at Tennis Courts

Finishes on the track.

USED SHOES:

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!

MORE INFORMATION:

David Freeze David.Freeze@ctc.net