

Walkers and runners always have the **RIGHT OF WAY.**

A **GREENWAY** is a linear park that connects community resources via parks, trails, roads, sidewalks and easements.

Greenways preserve **OPEN SPACE**, provide **NATURAL AREAS** and enhance educational and environmentally **PROTECTED AREAS** while also providing popular **RECREATIONAL AREAS** for walking, biking and jogging.

Look for **TRAIL MARKERS** every one-tenth of a mile to help you determine your location on the Salisbury Greenway.

Pets must be kept on a six foot **LEASH.**

Please be sure to **PICK UP** after your pets.

Salisbury Parks and Recreation Department
PO Box 4053
Salisbury, NC 28145

Mission Statement:

To provide quality leisure services through safe, attractive maintained parks, cemeteries, landscapes and diversified programs that meet the current and future needs of the community . . . along with our continued commitment of providing excellent customer service.



Saturday, July 14, 2018

5K Run/Walk - 8:00 a.m.

Fun Run (1/2 mile) - 8:45 a.m.

Knox Middle School

Salisbury, North Carolina

Bring canned goods or old running shoes to the race to donate to Rowan Helping Ministries and have a chance to win a \$50 Downtown Salisbury Dollars.

Salisbury-Rowan County Convention & Visitors Bureau
www.visitsalisburync.com

For more information contact:

Steve Clark (704) 638-5286 sclar@salisburync.gov
Vivian Koontz (704) 638-5294 ykoon@salisburync.gov

www.salisburync.gov/play
www.salisburyrowanrunners.org



Saturday, July 14, 2018 – 8:00 a.m.

Location

Knox Middle School
1625 Park Road West, Salisbury, North Carolina

Directions:

Take I-85 to Salisbury Exit #76. Follow Innes St. straight through town to Mahaley Ave. (approx 2.5 miles), turn right on Mahaley Ave., then go 0.4 miles to Park Rd. Turn left on Park Rd. Knox Middle School will be on your left.

Entry Fee:

\$20—Pre-Registration (mail ins before 7/12)
\$25—Race Day (7:00—7:45 a.m.)
Fun Run: \$10 pre-reg. & race day (2 laps on track)

Mail to:

Salisbury Parks and Recreation (Athletics)
PO Box 4053, Salisbury, NC 28145-4053

Registration also at: www.sportoften.com till 5pm on 7/13

Facilities:

Bathrooms and Showers Available

Awards:

Top Three Overall—Male and Female in 5K

(Overall winners not eligible for Age Group Awards & will not be mailed)

\$25 Downtown Salisbury Dollars from Downtown Salisbury Inc. for the top overall male and female runner/walker

Top Three in Each Age Group—Male and Female in 5K

Top Three Overall in Fun Run; Medals To All Others

(Ages 12 & Under and 8 & Under)

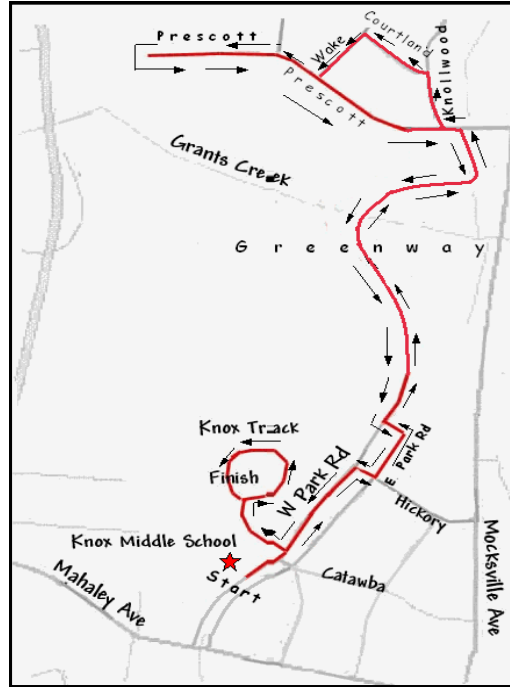
Age Groups:

9/Under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39,
40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70/Over

Dry Fit T-Shirts guaranteed to all pre-registered runners and walkers in the 5K and cotton t-shirts for all pre-registered fun run participants.

Walkers are eligible for age group awards!

Certified Course:



Start on W. Park Road, turn right at Hickory Drive, left on E. Park Road, right on W. Park Road, along the Greenway to Prescott Drive. Turn left on Prescott, turn right on Knollwood, turn left on Courtland, turn left on Wake, turn right back onto Prescott. Proceed to end of road, turn around at cul-de-sac and proceed back straight on Prescott to the Greenway by following the reverse route until you get to Knox. At Knox, turn right at the tennis courts and proceed up and around the track to the right. The race finishes on the track.

Special Thank You To:

Novant Health Rowan Medical Center

Cheerwine, Downtown Salisbury Inc., Food Lion, Apple Baking Co., Krispy Kreme, Chick-fil-A, Biscuitville, Rowan Salisbury School System, City of Salisbury Police, Salisbury Fire Department & Sparkling Ice

21st Annual Run/Walk for the Greenway 5K & Half Mile Fun Run - Saturday, July 14 - 8:00 a.m. - Salisbury, NC

Last

First

Middle Initial

(Please print legibly)

Street Address

City

State

Zip

Phone:

Age on 7/14/18

Male Female E-Mail

Dry Fit T-Shirt Size (circle one): S M L XL XXL

Runner Walker Fun Run

Fun Run T-Shirt Size (circle one): YS YM YL

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 Parks & Recreation Department, Salisbury Rowan Runners, Knox Middle School, the City of Salisbury, any and 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 use of my name and picture in any written account about this race.

Signature (Parent or Guardian if under 18)

Date

Race Bags & Door Prizes!

Mostly Flat, Scenic