

Interested in being a **Two-Day 5K Sponsor** for 2018?

Contact:

Angie Chrismon at

[Angela.Chrismon@rss.k12.nc.us](mailto:Angela.Chrismon@rss.k12.nc.us) or

Becky Shopf at [Rebecca.Shopf@rss.k12.nc.us](mailto:Rebecca.Shopf@rss.k12.nc.us)

Proceeds to benefit both the Jesse C. Carson and the South Rowan High School Athletic Departments. Combined, Carson and South field 36 varsity teams and 16 JV teams. By participating in the **Two-Day 5K** you will be helping the 400+ student-athletes at both schools.

Funds raised will help offset some of the following expenses incurred by a HS athletic program: Officials, Travel, Uniforms, Equipment, Field Maintenance, Awards, Stadium clean-up, and pre-game meals.

**Two-Day 5K Cup** will be awarded to either Carson HS or South Rowan HS based on the school with the first 30 participants (students and/or faculty) to finish

**Glow Sticks** will be handed out at check-in



## Two Day 5K

**Midnight Madness run through China Grove, kicking off at 11:59pm on Friday, July 27, 2018**

**Proceeds to benefit:**

**Jesse C. Carson High School Athletic Department and South Rowan High School Athletic Department**

**Sponsored By:**

**N** ■ **NOVANT**<sup>®</sup>  
HEALTH

All racers must finish by 1:15am

### Race Course

Runners will enjoy a quick, straight course through downtown China Grove. A USATF certified 3.1 mile, straight down and back night race for recreational runners and walkers as well as competitive runners.

### Awards

Medals will be given to the TOP 3 runners in each of the following divisions:

Male and Female 12 and Under

Male and Female Ages 13-15

Male and Female Ages 16-19

Male and Female Ages 20-29

Male and Female Ages 30-39

Male and Female Ages 40-49

Male and Female Ages 50-59

Male and Female Ages 60-69

Male and Female 70+

Male and Female Overall Top Three finishers

### RACE TIMELINE

11:00-11:50pm Check in

11:59pm Start

### ONLINE REGISTRATION:

[www.sportoften.com](http://www.sportoften.com)

### Mail-in Registration Form

Name: \_\_\_\_\_

Gender: \_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Emergency Contact Name:  
\_\_\_\_\_

Emergency Contact Phone Number:  
\_\_\_\_\_

Circle your t-shirt size: Youth M Youth L  
Adult S Adult M Adult L Adult XL Adult  
XXL (No shirt guaranteed if registered after July 20)

### FEES:

Prior to July 28: \$25

Race Day \$30

**ASSUMPTION OF RISK:** I am aware that participation in the Two Day 5K includes risk of injury and/or death, and I am voluntarily taking part in this activity with the knowledge of the dangers involved. I, for myself and on behalf of my heirs, assigns, personal representatives, and next of kin, hereby release and hold harmless The State of North Carolina, the North Carolina Department of Transportation, Rowan County, the town of China Grove, and Rowan-Salisbury Schools, their officers, officials, agents and/or employees, and volunteers. I also give my permission for use of my name and photo for use in any promotional materials or publications and/or the Salisbury Post and Independent Tribune. I certify that I have read this waiver and understand its significance.

\_\_\_\_\_  
Signature Date

\_\_\_\_\_  
Signature of Parent/Guardian if participant is under 18 years old

MAIL TO: Two Day 5K, c/o Jesse Carson High School Attn. Becky Shopf, 290 Kress Venture Drive, China Grove, NC 28023

MAKE CHECKS PAYABLE to: Jesse Carson High School Athletic Department (**Please note: all proceeds will be split between both high schools**)

