Melinda Weatherford 5K

	By Nov. 16	Nov. 19
☐ 5K Run/Walk	$20	$25
☐ Fun-Run	$10	$10
☐ Virtual Participant	$20	$20

Please accept my additional donation: _____

Total Amount Enclosed: _____

Name _____

Address _____

Town _____ State _____ Zip _____

Phone _____

Email _____ Age on Nov.17 ____

☐Male ☐Female

Shirt Size (circle one)

Adult Sizes: S M L XL XXL

Youth Sizes: XS S M L

Please make entry fee payable to:
Road Runners Club of America
Memo: Melinda Weatherford account
PO Box 1825, Salisbury, 28145

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, Rowan County, 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

Melinda Weatherford

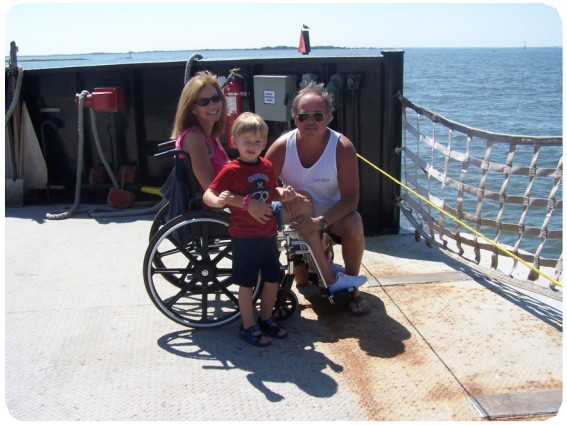
5K RUN/WALK

NOVEMBER 19, 2016

Knox Middle School Salisbury, NC

9:00 AM 5K RUN/WALK

10:00 AM 1/2 MILE FUN RUN



SALISBURY ROWAN RUNNERS
A PLACE FOR EVERY PACE



The Melinda Weatherford 5K benefits the Weatherfords by contributing to the costs for her stem cell treatment. All 5K proceeds and donations will go directly to this fund.

Since being diagnosed with Multiple Sclerosis in 1989, Melinda continued to work full time but had to retire in 2002 due to complications from MS. Melinda has progressed from cane to walker to wheelchair and now to powerchair around the house and remains in the wheelchair outside the home. She has not been able to drive a car for years due to leg spasms, fatigue and brain fog. Melinda is unable to stand for periods of time needed to do basic household chores. She has remained positive throughout the entire battle against MS. Melinda uses the YMCA pools to walk laps and does exercises that do not require leg muscle power.

Now for the next chapter in lives of Steve and Melinda Weatherford. The stem cell treatment offers a breakthrough procedure with life changing results. Melinda's goal is to once again walk on the beach hand in hand with Steve and for their only grandson to see her walk for the first time.

Melinda's treatment includes harvesting, activation through an enrichment process and reintroduction of her own stem cells. These stem cells will then attack her others that have MS damage and begin the healing process to reverse the ravages of the disease. This stem cell treatment is not covered by the Weatherford's insurance.

WHEN

NOVEMBER 19, 2016

5K RUN/WALK 9:00 am

FUN RUN 10:00 am

WHERE

Knox Middle School
1625 W Park Rd
Salisbury, NC 28144

COURSE

3.1 miles around Knox Middle School using parts of the Greenway.

REGISTRATION

Early registration through
Mail in: November 14
On-line: November 16
www.sportoften.com

PRE-REGIST. PRICE

$20 - 5K RUN/WALK
$10 - 1/2 MILE FUN RUN

RACE DAY REGIST. PRICE

Register from 7:30 am to 8:45 am
$25 - 5K RUN/WALK
$10 - 1/2 MILE FUN RUN

TIMING

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

SHIRTS

5K RUN/WALK participants receive a Dri-Fit Technical T-shirt.

Pre-Registered 1/2 MILE Fun Run participants receive a cotton t-shirt.

AWARDS

5K RUN/WALK
Top 2 Overall M/F
Top 3 Age Group M/F

1/2 MILE FUN RUN
Top Overall M/F
Medals to all other Fun Run Finishers

AGES

5K RUN/WALK
12 & Under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-over.

VIRTUAL RUNNER

For those that don't want to run/walk but would like to contribute and receive a shirt at the race. (must pick shirt up on race day)

DONATIONS

Donations can be made by going to any F & M branch and also by mailing to the PO box. Checks sent or brought in as donations should be made payable to:

Road Runners Club of America
Memo - Melinda Weatherford account.
PO Box 1825, Salisbury, 28145

SPORTOFTEN.COM