

	By Jan.14	Jan.17
<input type="checkbox"/> 8K RUN	\$30	\$35
<input type="checkbox"/> Push Rim Wheelchair	\$30	\$35
<input type="checkbox"/> 5K Run/Walk	\$30	\$35
<input type="checkbox"/> 1/2 mile Fun-Run	Free	Free

*Please make sure to indicate which race you are entering in the checkboxes above.

Name _____

Address _____

Town _____ State _____ Zip _____

Phone _____

Email _____ Age of Jan. 17 _____

Total Amount:

Male Female

Shirt Size (circle one)

Adult: S M L XL XXL

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, Millbridge Ruritans, Locke and West Rowan Fire Departments, 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



THANK YOU TO OUR SPONSORS

Catawba College The Trophy House
The Salisbury Post Carolina Cremation
Cheerwine Debbie Suggs Catering
Millbridge Ruritans
Scott Weant and Lydia Weant, in memory of
William "Bill" Weant

The Forum Walser Technology Group
Abigail's The YMCA of Rowan
Ralph Baker Shoes Piedmont AgriSystems
Richard and Julie Taylor Stowe Law Firm PLLC
Vac and Dash Rowan Public Library
Whimziggy Dr. Melanie Marshall
Lettered Lily Back Country and Beyond
Brent Parks, CPA Dr. Acquawon Stallworth
David Post Law Rowan Cellular Repair
F&M Bank Yang Family Dentistry
Chick-fil-A Zaxby's
Cleveland Drug Lil' Shavers
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Bradshaw Financial Planning
NC Transportation Museum
Donald Fortner Jr. DMD PA
Shulenburg Surveying Company
West Rowan Fire Department



38th
ANNUAL



SALISBURY • NC

OLDEST 8K in the STATE



**Millbridge
Ruritans**



WHEN

JANUARY 17, 2021

1/2 Mile Fun Run 1:30 pm

8K Push Rim Wheelchair 1:58 pm

5K Run/Walk 2:00 pm

8K Run 2:00 pm

CASH PRIZE 8K

\$750 BONUS FOR NEW WF RECORDS

ELIUD NGETICH - 23:07 (2015)

JOAN NESBIT - 26:48 (1992)

*SHOULD THE 8K WINNER BREAK THE EXISTING
CATAWBA COLLEGE COURSE RECORD, MALE OR
FEMALE, THE \$750 PRIZE MONEY STILL APPLIES*

\$100 to First Male & Female Finisher

**\$25 to First Male & Female at One
Mile Mark (must finish race)**

**\$25 to First Male & Female Rowan
County Finisher**

WHERE

Millbridge Ruritan Building
490 Sloan Rd, Mt. Ulla

RACE COURSE

8K *USATF Certified Course* starts
and ends near Ruritan Building/ Sloan
Park.

PRE-REGISTRATION

ON-LINE: Early registration
through January 16 at runsignup.com

Mail: Early registration by January 14.

\$30 - 8K Run (all ages)

\$30 - 5K Run/Walk (all ages)

Free - 1/2 Mile Fun Run

TIMING

8K and 5K races will use chip
timing. All participants will be able to
get their finishing time immediately
and will also have access to a
personalized finish video, both linked
to their bib number.

RACE DAY REGISTRATION

Register from 12:00 pm to 1:45 pm
at the race site on January 17, 2021.

\$35 - 8K (all ages)

\$35 - 5K (all ages)

Free - 1/2 Mile Fun Run

Fun-Run all participants will receive a
medal.

SHIRTS

Great looking lightweight
commemorative hoodie to all 8K and
5K participants.



AWARDS

8K RUN

Top 3 Overall M/F

Top Masters M/F

Top Grandmasters M/F

Top Senior Grandmasters M/F

3 Deep Age Group M/F

5K RUN/WALK

Top Overall M/F

3 Deep Age Group M/F

1/2 MILE FUN RUN

Top 3 Overall, Age 12 and Under
Medals to all other Fun Run Finishers.

Overall Winners not eligible for Age
Group Awards. Awards will not be
mailed.

AGES

8K RUN

14 & Under, 15-19, 20-24, 25-29,
30-34, 35-39, 40-44, 45-49,
50-54, 55-59, 60-64, 65-69,
70-74, 75-79, 80-over.

5K RUN/Walk

14 & Under, 15-19, 20-24, 25-29,
30-34, 35-39, 40-44, 45-49,
50-54, 55-59, 60-64, 65-69,
70-over.

HEAD PHONES and PETS

Head Phones are discouraged.

No dogs allowed.

In case of inclement weather on race
day, visit our website for information
about delays, postponement, etc.

www.salisburyrowanrunners.org

PASTA DINNER

This event will return in 2022.

COVID-19

All current Coronavirus guidelines will
be followed

PACKET PICK UP / LATE REGISTRATION

Will take place at Ralph Baker's Shoes.
428 N Main St, Salisbury, NC 28144
1:00pm-5:00pm

CONTACT

David Freeze david.freeze@ctc.net 704.310.6741

All proceeds go to Rowan Helping Ministries

Mission Statement:

The mission of ROWAN HELPING
MINISTRIES is to serve, through
cooperative community action, our
neighbors in Rowan County who are in
crisis, by providing essential life needs and
educating and empowering them to break the cycle of
crisis.

rowanhelpingministries.org

