

Again this year,  
Hushpuppies!  
Fresh, hot  
hushpuppies for all  
participants at the  
end of the race.

Long Sleeve T-  
Shirts for 5k  
participants.

5K  
Course Records

2019 M - 19:54

2017 F - 23:05

All proceeds from  
the race will benefit  
the ELCA Global  
Clean Water  
Ministry.

Grace Lutheran Church  
3020 Grace Church Road  
Salisbury, NC 28147



**The race with the  
hushpuppies at the end!**

**5K Run/ Walk**

**For**

**Clean Water**

**November 13, 2021**

**5K Run/Walk**

**8:30am**

**Fun Run 9:15 am**

## Race Course

Runners and walkers will enjoy a 3.1 road course starting from Grace Lutheran Church parking lot turning into the gently rolling neighborhood of Grace Ridge to loop through all three neighborhood phases of Grace Ridge. This race is for recreational runners and walkers as well as competitive runners.

Fun Run course will be held on Grace Lutheran Church property.

## Awards Medals 5k Run/Walk

Overall Top 3 Male and Female

Overall Masters Male and Female

TOP 3 runners in each of the following divisions:

Male and Female Ages 12 and Under, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+over

## Fun Run

Overall Top 3 Male and Female Finishers

All Fun Run participants will receive a finisher's medal.

## RACE TIMELINE

6:45 - 7:50 am Check in

8:00 am 5K Run/walk Start

9:15 am Fun Run

ONLINE REGISTRATION:

www.RunSignUp.com

Make Check and Mail-in Registration Form to  
Grace Lutheran Church

3020 Grace Church Rd. Salisbury, NC 28147

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

Gender: \_\_\_\_\_ Age: \_\_\_\_\_

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

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

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

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

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

Emergency Contact Name/Phone Number: \_\_\_\_\_

### Race

Fun Run \_\_\_\_ 1/2mile \$5

Run \_\_\_\_ 5K \$20/ \$25 race day

Walk \_\_\_\_ 5K \$20 / \$25 race day

Circle your t-shirt size: Adult S Adult M  
Adult L Adult XL Adult XXL (No shirt  
guaranteed if registered after Oct.31)

**ASSUMPTION OF RISK/  
LIABILITY: I am aware that participation in the 5k Run/Walk Clean Water for 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 Salisbury, Locke Fire Department, Grace Lutheran Church, 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 I certify that I have read this waiver and understand its significance and agree by completing the registration form.**

Signature: \_\_\_\_\_