

SANTA 5K RUN/WALK

"Official NC Bigfoot Christmas Reunion"



SANTA RUN 5K 1/2 MILE FUN RUN

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____

M/F _____ AGE DECEMBER 10 _____

EMAIL _____

SHIRT SIZE (circle one)

Adult: XS S M L XL XXL

Please make checks payable to:

Salisbury Rowan Runners

P.O. Box 1825

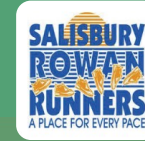
Salisbury, NC 28145-1825

Participant Waiver: In consideration of my or my child's participation in the aforementioned Salisbury Rowan Runner's event I hereby discharge and release Rowan Helping Ministries, Millbridge Ruitans, the Salisbury Rowan Runner's Club, any and all employees or agents thereof of all claims of any kind whatsoever arising out of the actions of the above said participants or agents, to the extent allowed by law. I have informed the Salisbury Rowan Runners staff of any physical conditions that may hinder my or my child's participation in the Santa Run 5K and 1/2 mile Fun-Run.

Signature (Parent/Guardian must sign if under 18) **Date**



Salisbury Rowan Runners
PO Box 1825
Salisbury, NC 28145-1825



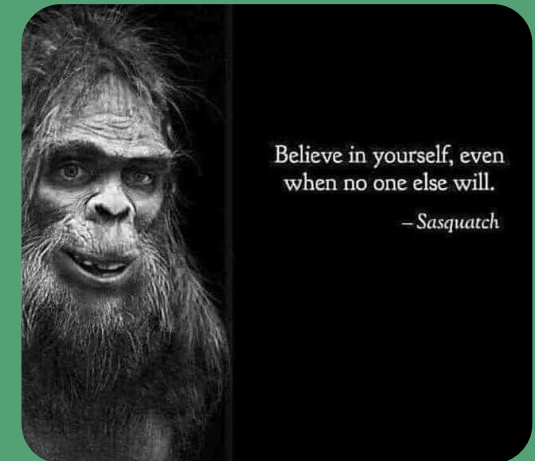
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"Official NC Bigfoot Christmas Reunion"



Mount Ulla, NC

12.10.22



www.salisburyrowanrunners.org

COURSE

A 3.1 mile course that loops through and around the beautiful West Rowan area. For competitive and recreational runners. Walkers welcomed.

AWARDS

5K

Top 3 Overall M/F

Top Masters M/F

Top 3 Each Age Division M/F

1/2 Mile Fun-Run

Top 3 Male and Female ages 12 and under.

AGE GROUPS

5K

11 & under, 12-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & over.

1/2 Mile Fun Run

12 & under

PRICE

5K prior to Dec. 10 \$25

Race Day \$30

1/2 Mile Fun-Run \$10

RACE SCHEDULE

Race Day Registration: 7:30 A.M.

5k: 9:00 A.M.

Fun Run : 9:45 A.M.

Awards: Immediately following the race.

Canned goods will be collected at the race. Donated food will be dispersed by Rowan Helping Ministries after the race.

SHIRTS

First 150 5K participants will receive a long sleeve technical t-shirt

REGISTRATION

Mail in registration form to:

Salisbury Rowan Runners

PO Box 1825

Salisbury, NC 28145-1825

Register on-line: runsignup.com

RACE LOCATION

Millbridge Ruritan Building

490 Sloan Rd, Mt. Ulla, NC 28125

For Bigfoot camping or to camp with a Bigfoot family at Squatch Camp, please contact Bigfoot Liaison Services at 704.310.6741

Any Bigfoot running faster than a 10 minute 5K will automatically qualify for the 2023 Bigfoot Olympics in Remer, Minnesota.

Big foot humans will also be honored at the Santa Run. All women with a shoe size over 10 and males with a running shoe size over 12 will be entered in a special drawing for an unusual award. To qualify, the shoes must be the actual correct size and worn to complete the 5K.

DIRECTIONS

The Millbridge Ruritan Building is on Sloan Road, just off Highway 150 midway between Salisbury and Mooresville.

Just follow the signs for Sloan Park near the Millbridge Community crossroads. Turn left on Sloan coming from Mooresville and right on Sloan coming from Salisbury. The Ruritan Building is on the right, less than a half mile from Hwy. 150, and is directly across from Sloan Park.



ADDITIONAL INFORMATION

Contact: David Freeze

Email: david.freeze@ctc.net

Phone: 704.310.6741

PROCEEDS GO TO:

A not-for-profit, volunteer-based corporation which operates human service programs to assist the economically disadvantaged.



www.salisburyrowanrunners.org