

# RESOLUTION 5K

NAME \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 CITY \_\_\_\_\_ STATE \_\_\_\_ ZIP \_\_\_\_\_  
 PHONE \_\_\_\_\_  
 M/F \_\_\_\_\_ AGE of January 2 \_\_\_\_\_  
 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 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, The Forum, the City of Salisbury, 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



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



# RESOLUTION 5K

## Jan. 2 9 AM



## COURSE

A 3.1 mile course. For competitive and recreational runners. Walkers welcomed.

## AWARDS

5K  
Top 10 Male and Female

## PRICE

5K prior to Jan. 2	\$10
Race Day	\$15

## RACE SCHEDULE

Race Day Registration: 7:30 A.M.  
5k: 9:00 A.M.

Awards: Immediately following the race.

## RACE LOCATION

The Forum of Salisbury  
2318 S Main St  
Salisbury, NC 28147

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

## SHIRTS

Resolution Run 5K shirts are leftover race shirts from the past year. They are not new for this race, but are still clean and unworn. Shirts will be given out on a first come, first served basis. SRR has a good inventory and should be able to provide adequate size choices. All are Dri-Fit shirts.

## REGISTRATION

Mail in registration form to:  
Salisbury Rowan Runners  
PO Box 1825  
Salisbury, NC 28145-1825

Register on-line: [runsignup.com](http://runsignup.com)

## PROCEEDS GO TO:



Rowan Helping Ministries is a continuation of Rowan Cooperative Christian Ministries, a ministry begun in 1967 by several of Salisbury's downtown churches. Rowan Helping Ministries was incorporated as a 501 (c)(3) non-profit organization on Sept. 18, 1986. Our Mission 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.

Rowan Helping Ministries, now celebrating its 35th year, works to move people out of crisis, poverty, hunger, and homelessness. The services offered are, Shelter Services, Jeannie's Kitchen, the Clothing Center, Food Pantry, Crisis Assistance Network, Transitional Housing Programs, Rowan Helping Ministries-West, Rowan Helping Ministries-East, New Tomorrows and Food For Thought.

## How the Resolution Run 5K got started and what it offers-

The Resolution Run 5K is a New Year's Day 5K that is a low key community event with the intent of kicking off a good year of exercise, overall wellness and community support. The Salisbury Rowan Runners and The Forum offer this event as a thank you to our surrounding area walkers and runners. Rowan Helping Ministries is the third partner in this process. All proceeds go to the organization. Canned good and shoe donations are greatly appreciated and will benefit those community members in need. All participants will be timed on an accurately measured 5K course and each runner and walker gets an accurate time posted in complete race results at [www.salisburyrowanrunners.org](http://www.salisburyrowanrunners.org)  
Thanks!

## ADDITIONAL INFORMATION

Contact: David Freeze  
Email: [david.freeze@ctc.net](mailto:david.freeze@ctc.net)  
Phone: 704.310.6741  
[salisburyrowanrunners.org](http://salisburyrowanrunners.org)