



FAST, SAFE, DOWN & BACK COURSE

MAIN STREET CHALLENGE 5K

FASTEST 5K in the STATE



333 N. Main St. China Grove, NC 28023

TOT TROT 8:15 PM | 5K 9:00 PM
FUN RUN 8:30 PM | Awards 10:00 PM

runsignup.com



Aaron Crowe | acrowe@rocabymca.org | 704.857.7011

ENTRY FEE					COURSE RECORD
EVENT:	March	April	May	Day Of	
5K	\$25	\$30	\$30	\$35	
Fun Run	\$10	\$10	\$10	\$10	
Tot Trot	\$10	\$10	\$10	\$10	FEMALE Caitlin Bullock 16:36
					MALE Donnie Cowart 14:06 *State Record*

RACE INFO

AWARDS

- 5K: Top 3 Overall Male/Female
- Top 2 Masters Male/Female
- Top 2 Grand Masters Male/Female
- Top 3 in age division Male/Female

Fun Run/Tot All participants will receive a medal.

AGE GROUPS

- 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

REGISTRATION

Online: runsignup.com/Race/NC/ChinaGrove/ChinaGrove5K

Form: Return to and made fee payable to:
 J. Fred Corriher Jr. YMCA
 950 Kimball Rd China Grove, NC 28023

APPLICANT INFORMATION			
Name:		<input type="checkbox"/> 5K <input type="checkbox"/> Fun Run <input type="checkbox"/> Trot	
Age:	Date of Birth:	Gender:	
Street Address:			
City:	State:	Zip:	
E-mail:		Phone:	
T-Shirt: <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL			
WAIVER			

In consideration of my or my child's participation in the aforementioned YMCA event I hereby discharge and release the YMCA, the Town of China Grove and 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 YMCA of any physical conditions that may hinder my or my child's participation in the said event.

SIGNATURE (parent/guardian if under 16) DATE