

REGISTRATION

Name: _____
 Address: _____
 City: _____ Zip: _____
 Phone: _____
 Email: _____
 Age as of 4/22/23: _____
 Gender: _____

Shirt Size (circle one)

S M L XL XXL

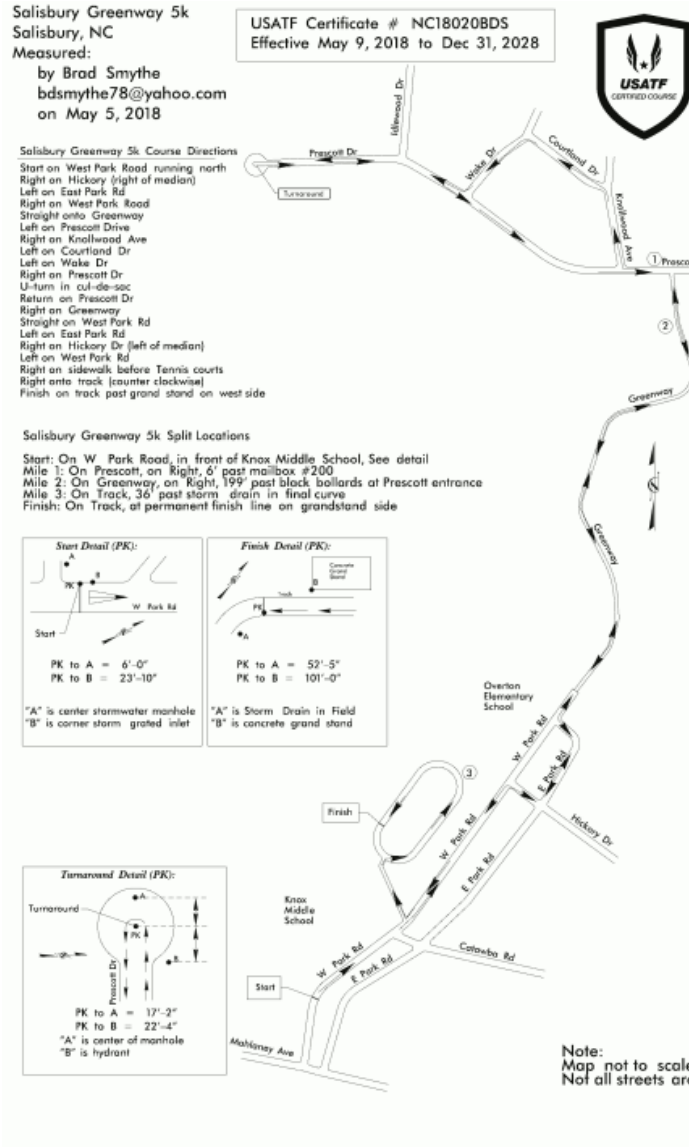
Participant Waiver

In consideration of acceptance of this entry, I, the above-named, 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 Knox Middle School, City of Salisbury, Family Crisis Council of Rowan, Salisbury Runners, and all sponsors, contributors and their representatives, successors and assignee's 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 free use of my name, voice recording, or picture in any broadcast, telecast, social media post, 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 of guardian must sign if under 18)

Course Map



FCC PRESENTS



ONE IN 5K

5K and Fun Run

Salisbury Greenway
 Saturday, April 22

ONE IN 5K

When: Saturday, Apr. 22, 2023

Where: Knox Middle School
1625 W. Park Road,
Salisbury, NC 28144

Course: Greenway
USATF Certified Course
#NC18020BDS

Race Start Time:

9:00 am -5k

Fun Run on Knox track to follow
(1/2 mile) *Open to all ages!*

Entry Fee:

\$25 Preregistered

\$30 On-site Registration

\$10 Fun Run Registration

Open to all ages!

**All proceeds will benefit
Family Crisis Council of
Rowan, Inc.**

April is Sexual Assault Awareness Month

One in 5 women and **one** in 13 men experience sexual violence by an intimate partner in their lifetime. Members of the **LGBTQIA+ community and other historically marginalized communities experience sexual assault at drastically higher rates. Run, walk, or stroll with us to provide essential resources for survivors in our community!**



Since 1978, Family Crisis Council of Rowan has provided services such as emergency shelter, hospital accompaniment, court advocacy, case management and counseling to survivors of sexual assault, domestic violence, and human trafficking in Rowan County.

Register!

Register online: runsignup.com

Race Day Registration: 7:30-8:45a

Paper Registration can be dropped off or mailed to: 502 N. Long Street, Salisbury, NC 28144

Age Groups

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

Awards & Timing

- Top 3 Overall Male & Female
- Top Male & Female Masters
- Participation medals for all Fun Runners 12 and under
- Walkers are eligible for awards
- T-shirts will be guaranteed to all preregistered participants