

(Please print legibly)

By April 27 April 28th

- 5K Run \$20 \$25
- 5K Walk \$20 \$25
- ½ mile Fun Run \$10 \$10

Name _____

Address _____

City _____ State _____ Zip _____

Email _____ Age on April 28th _____

Please add my email to any TWAM communication

- Male
- Female

Shirt size (circle one)

Adult: S M L XL XXL

Please make entry fee payable to:

First Presbyterian Church

308 W Fisher St

Salisbury, NC 28144

Memo: TWAM 5K

704-636-1321

Participant Waiver: I know that participating in the Mission Run event may pose risk to my health. I accept all risks associated with participating in this event and waive all claims for myself, my heirs and anyone acting on my behalf, against Teens With A Mission, First Presbyterian Church of Salisbury, the City of Salisbury, Salisbury-Rowan Runners and any and all sponsors, officers, members and volunteers with said organizations. I attest that I am in proper physical condition to compete in this race. I also give my permission to the use of my name and picture in any written account about this event.

Signature (Parent/Guardian must sign if under 18)

Date



Teens With A Mission
First Presbyterian Church
308 W Fisher St
Salisbury, NC 28144



5K Run & Walk

In Memory of Julie Steele and Allen Cook

Friday

April 28th, 2023

½ Mile Superhero Fun Run 6:30pm

5K Run & Walk 7:00pm

**Hammers for Runners,
Houses for Families in Need!**



“The Fastest 5K in Town”
David Freeze, SRRC

WHEN

Friday, April 28th 2023

WHERE

Downtown Salisbury
First Presbyterian Church.
308 W Fisher St.
Salisbury NC 28144

½ Mile Superhero Fun Run 6:30pm

5K Run and Walk 7:00pm
Fun Run Runners are encouraged but not required to wear their favorite superhero or character costume.

RACE COURSE

The race will begin and end at First Presbyterian Church. The course is USATF Certified, NC 11068PH.

REGISTRATION

Early registration through April 27th 2022
On-line at
Runsingup.com
Mail: entry forms must be postmarked by April 25th 2022

\$20 5K Run and Walk (all ages)
\$10 ½ Mile Superhero Fun Run

Make checks payable to:
First Presbyterian Church of Salisbury
Memo: TWAM RUN

RACE DAY REGISTRATION

Register from 5:00pm to 6:15pm at the race site on April 28th.

\$25 5K Run and Walk (all ages)
\$10 ½ Mile Superhero Fun Run

TIMING

Salisbury Rowan Runners to time & score the 5K

SHIRTS

- High Performance Technical T-shirt for all 5K Run and Walk Participants



AWARDS

5K Run and Walk
Top Three Overall Female Runner
Top Three Overall Male Runner
Top Masters Runner Male & Female (40 & over)
3 Deep Age Group Awards for Male & Female
Top Overall Male and Female Runners will each receive dinner for 2 and 2 tickets to a Downtown Production.
Masters, 1st & 2nd place Age Group winners, 2nd & 3rd Overall winners receive our unique ‘hammer award.’
½ Mile Fun Run
Top 3 Overall, Age 12 and Under
Medals to all other Fun Run finishers

Overall Winners not eligible for Age Group Awards.
Awards will not be mailed.

AGE GROUP

5K Run and Walk
14 & Under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & Over.

DOOR PRIZE GIVE AWAY!

All participants are entered to win one of our awesome door prizes from local businesses! So many door prizes! So many chances to win!

Gift Cards, Gift Baskets, Running Gear & More!

You must be a registered participant of the 5K Walk and Run or ½ Mile Fun Run to be eligible to win a door prize.

You Must Be Present At The Awards Ceremony To Win A Door Prize .

Scan This QR Code To Sign Up

