

Race Bags & Door Prizes!  
Mostly Flat, Record Breaking  
Scenic Course!



Special Thank You To:



Salisbury Parks and Recreation Department  
PO Box 4053  
Salisbury, NC 28145



**Saturday, July 15, 2023**

**5K Run/Walk - 8:00 a.m.**

**Fun Run (1/2 mile) - 8:45 a.m.**

**Knox Middle School  
Salisbury, North Carolina**

Bring canned goods or old running shoes to the race to donate to Rowan Helping Ministries and have a chance to win a \$50 Downtown Dollars courtesy of Downtown Salisbury, Inc.  
[www.downtownsalisburync.com](http://www.downtownsalisburync.com)

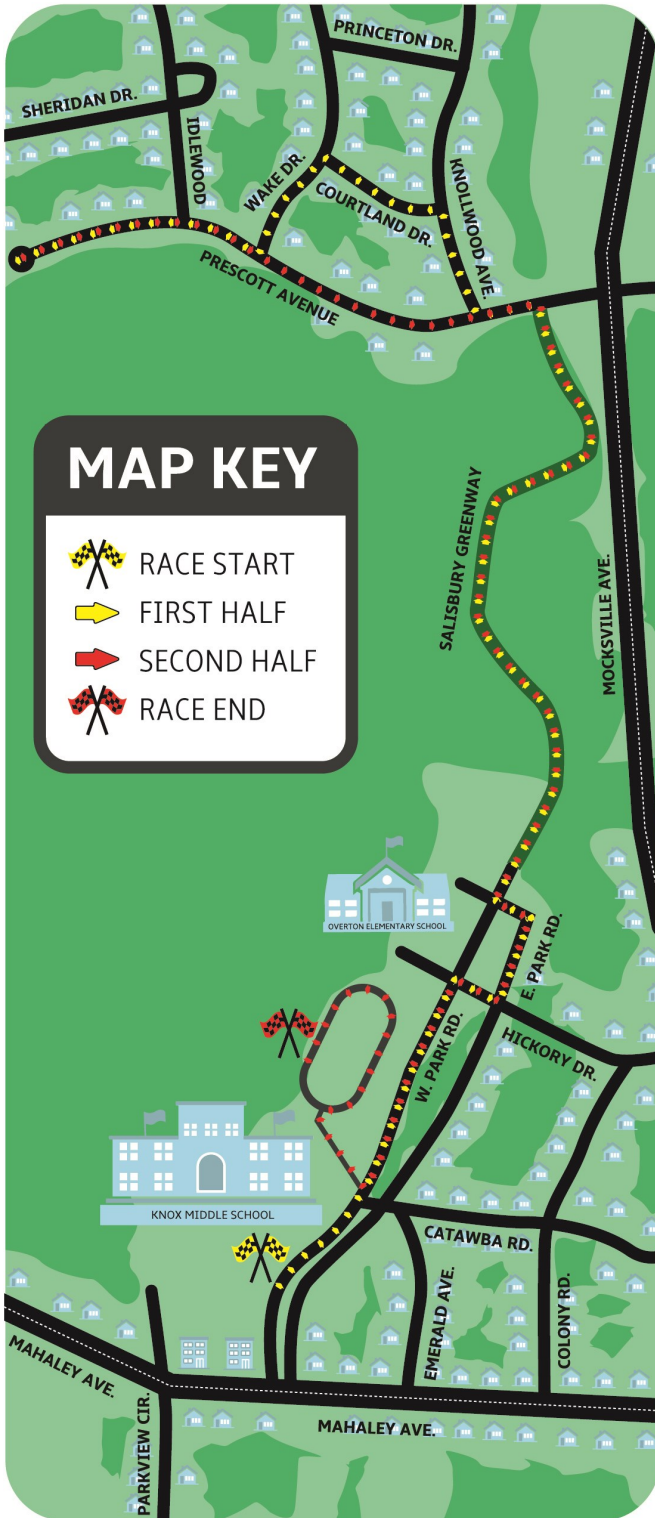
**For more information contact:**

Steve Clark (704) 638-5286 [sclar@salisburync.gov](mailto:sclar@salisburync.gov)  
Vivian Koontz (704) 638-5294 [vkoon@salisburync.gov](mailto:vkoon@salisburync.gov)

[www.salisburync.gov/play](http://www.salisburync.gov/play)  
[www.salisburyrowanrunners.org](http://www.salisburyrowanrunners.org)



**Certified Course:**



**Location**

Knox Middle School  
1625 Park Road West, Salisbury, North Carolina

**Directions:**

Take I-85 to Salisbury Exit #76. Follow Innes St. straight through town to Mahaley Ave. (approx 2.5 miles), turn right on Mahaley Ave., then go 0.4 miles to Park Rd. Turn left on Park Rd. Knox Middle School will be on your left.

**Entry Fee:**

\$25—Pre-Registration (mail ins before 7/14)  
\$30—Race Day (7:00—7:45 a.m.)  
Fun Run (ages 8 & under): \$10 pre-reg. & race day  
(2 laps on track)

**Mail to:**

Salisbury Parks and Recreation (Athletics)  
PO Box 4053, Salisbury, NC 28145-4053  
Registration also at: [www.runsignup.com](http://www.runsignup.com)

**Facilities:**

Bathrooms and Showers Available

**Awards:**

Top Three Overall—Male and Female in 5K  
*(Overall winners not eligible for Age Group Awards & will not be mailed)*  
\$25 Downtown Salisbury Dollars from Downtown Salisbury Inc. for the top overall male and female runner/walker  
Top Three in Each Age Group—Male and Female in 5K;  
Top Three Overall in Fun Run; Medals To All Others  
*(Ages 8 & Under ONLY) All Ages Welcome to Run Fun Run*

**Age Groups:**

9/Under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39,  
40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70/Over

**Dry Fit T-Shirts** guaranteed to all pre-registered runners and walkers in the 5K and cotton t-shirts for all pre-registered fun run participants.

**Walkers** are eligible for age group awards!

**Certified Directions:**

Start on W. Park Road, turn right at Hickory Drive, left on E. Park Road, right on W. Park Road, along the Greenway to Prescott Drive. Turn left on Prescott, turn right on Knollwood, turn left on Courtland, turn left on Wake, turn right back onto Prescott. Proceed to end of road, turn around at cul-de-sac and proceed back straight on Prescott to the Greenway by following the reverse route until you get to Knox. At Knox, turn right at the tennis courts and proceed up and around the track to the right. The race finishes on the track.

26th Annual Run/Walk for the Greenway 5K & Half Mile Fun Run - Saturday, July 15 - 8:00 a.m. - Salisbury, NC

(Please print legibly)

Last \_\_\_\_\_ First \_\_\_\_\_ Middle Initial \_\_\_\_\_  
Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_ Age on 7/15/23 \_\_\_\_\_  Male  Female E-Mail \_\_\_\_\_

Dry Fit T-Shirt Size (circle one): S M L XL XXL  Runner  Walker  Fun Run (ages 8 & under)

Fun Run T-Shirt Size (circle one): YS YM YL

Participant Waiver: I know that participating in the 5K road race may pose risk to my health. I accept all risks associated with participating in this race and waive all claims for myself, my heirs and anyone acting on my behalf, against the Salisbury Parks & Recreation Department, Salisbury Rowan Runners, Knox Middle School, the City of Salisbury, any and all sponsors, all officers, all members and all volunteers of 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 race.

Signature (Parent or Guardian if under 18) \_\_\_\_\_ Date \_\_\_\_\_