

Fresh, hot hushpuppies for all participants at the end of the race.

Long Sleeve T-Shirts for 5k participants.

5K
Course Records

2021 M - 18:49

2022 F - 20:38

All proceeds from the race will benefit the ELCA Global Clean Water Ministry.

Grace Lutheran Church
3020 Grace Church Road
Salisbury, NC 28147



The race with the hushpuppies at the end!

5K Run/ Walk

For

Clean Water

November 11, 2023

5K Run/Walk

8:30am

Fun Run 9:15 am

Race Course

Runners and walkers will enjoy a 3.1 road course starting from Grace Lutheran Church parking lot turning into the gently rolling neighborhood of Grace Ridge to loop through all three neighborhood phases of Grace Ridge. This race is for recreational runners and walkers as well as competitive runners.

Fun Run course will be held on Grace Lutheran Church property.

Awards 5k Run/Walk

Overall Top 3 Male and Female

Overall Masters Male and Female

TOP 3 runners in each of the following divisions:

Male and Female Ages 12 and Under, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+over

Water Droplet Fun Run

Overall Top 3 Male and Female Finishers

All Fun Run participants will receive a finisher's medal.

RACE TIMELINE

7:00 - 8:20 am Check in

8:30 am 5K Run/walk Start

9:15 am Water Droplet Fun Run

ONLINE REGISTRATION:

www.RunSignUp.com

Make Check and Mail-in Registration Form to Grace Lutheran Church

3020 Grace Church Rd. Salisbury, NC 28147

Name: _____

Gender: _____ Age: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Email: _____

Emergency Contact Name/Phone Number: _____

Race

Fun Run ____ 1/2mile \$5

Run ____ 5K \$25/ \$30 race day

Walk ____ 5K \$25 / \$30 race day

Circle your t-shirt size: Adult S Adult M Adult L Adult XL Adult XXL (No shirt guaranteed if registered after Oct.31)

ASSUMPTION OF RISK/ LIABILITY: I am aware that participation in the 5k Run/Walk Clean Water for includes risk of injury and/or death, and I am voluntarily taking part in this activity with the knowledge of the dangers involved. I, for myself and on behalf of my heirs, assigns, personal representatives, and next of kin, hereby release and hold harmless The State of North Carolina, the North Carolina Department of Transportation, Rowan County, the town of Salisbury, Locke Fire Department, Grace Lutheran Church, their officers, officials, agents and/or employees, and volunteers. I also give my permission for use of my name and photo for use in any promotional materials or publications and/or the Salisbury Post and I certify that I have read this waiver and understand its significance and agree by completing the registration form.

Signature: _____