

REGISTRATION

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____

EMAIL _____

AGE as of Feb. 24 _____

____ Male ____ Female ____ 5k ____ Fun Run

Shirt size (circle one)

YS YM YL AS AM AL XL XXL

Please make checks payable to:

**Centenary Methodist Church,
620 Centenary Ch. Rd.,
Mount Ulla, NC 28125**

Participant Waiver.In consideration of acceptance of this entry, I, the undersigned, 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 Centenary Fire Dept., Centenary Methodist Ch., Salisbury Rowan Runners, and all sponsors, contributors and their representatives, successors and assignees 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 administration of medical aid in the case of emergency. I further give my permission for the free use of my name, voice recording, or picture in any broadcast, tele-cast 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/Guardian must sign if under 18)

Date: _____

Centenary Methodist
Church
620 Centenary Ch. Rd.
Mount Ulla, NC 28125

Will Run For Food

5K

Cash Prizes

For 1st, 2nd, 3rd overall winners!



Where: Centenary Methodist Church
in Mount Ulla, NC

When: Feb. 24, 2024

Time: 10am

All Proceeds go to support:

Rowan Helping Ministries



REGISTRATION:

On-line at runsignup.com

Race day registration from 9:00 to 9:45 at church.

Mailed registration must be postmarked by Feb. 20. Mail to church address.

AWARDS:

Top 3 Overall Male and Female

Top 3 Male and Female Masters

3 Deep age group awards, male and female

CASH PRIZE FOR 1ST,2ND,3RD

OVERALL WINNERS

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, 70-74,

75 & over

TIMING

Timing will be provided by Salisbury Rowan Runners.

Quality shirts will be guaranteed for all preregistered runners.

Fun Run is for 12 and under.

Medals and t-shirts will be given to all fun runners that are preregistered. Also for 12 and under, we will recognize top 3 overall with a Medal.

Overall winners not eligible for Age Group Awards. Awards will not be mailed. They will be held for 2 weeks at the church for pick up.

Contact info:

Carla Kluttz

email: kluttzrcbn@aol.com

Mobile: 704-433-3755

Dogs are not allowed on the track with participants. Thank you for your cooperation .

All proceeds of this 5k will go to Rowan Helping Ministries.

**ALSO
COLLECTING
CAN FOOD
ON RACE DAY**



WILL RUN FOR FOOD 5K

All proceeds go to benefit:

Rowan Helping Ministries

When: Saturday, Feb. 24, 2024

Where: Centenary Methodist Church
620 Centenary Ch. Rd., Mount Ulla, NC
28125

Course: Centenary Church Rd. Starts at the church and ends at the church.

Race Start Time

10AM 5K

1/2 mile fun run after 5k

Entry Fee: By Feb. 24 \$25

On Race Day \$30

Fun Run \$15