

	By Feb. 3	Feb. 4
<input type="checkbox"/> 8K RUN	\$30	\$35
<input type="checkbox"/> Push Rim Wheelchair	\$30	\$35
<input type="checkbox"/> 5K Run/Walk	\$30	\$35
<input type="checkbox"/> 1/2 mile Fun-Run	Free	Free

\*Please make sure to indicate which race you are entering in the checkboxes above.

Name \_\_\_\_\_

Address \_\_\_\_\_

Town \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_ Age of Feb. 4 \_\_\_\_\_

Total Amount:

Male  Female

Shirt Size (circle one)

Adult: XS S M L XL XXL

Please make entry fee payable to:  
Salisbury Rowan Runners  
P O Box 1825  
Salisbury, NC 28145-1825

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 the Salisbury Rowan Runners, Catawba College, the City of Salisbury, 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, telecast 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 \_\_\_\_\_



### THANK YOU TO OUR SPONSORS

Catawba College      The Trophy House  
The Salisbury Post      Carolina Cremation  
Debbie Suggs Catering      City of Salisbury  
David Post Law      The Bogle Firm  
Global Contact Services      Taylor Clay Products  
Biscuitville

The Forum      Walser Technology Group  
Abigail's      Rowan-Cabarrus YMCA  
Ralph Baker Shoes      Piedmont AgriSystems  
Whimziggy      Lil' Shavers  
Lettered Lily      Back Country and Beyond  
Brent Parks, CPA      Dr. Acquawon Stallworth  
Millbridge, Rutitans      Rowan Cellular Repair  
F&M Bank      Cheerwine  
Salisbury Motor Company      Carter Law Group  
Dr. Robert Glassgow,      Hoffner Organic Farm  
DMD PA

Koontz and Smith, Attorneys at Law  
Scott Weant, in memory of William "Bill" Weant  
Accelerate Therapy and Performance  
Mike Wright Ameriprise Financial  
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Bradshaw Financial Planning  
NC Transportation Museum  
Donald Fortner Jr. DMD PA  
Dr. Melanie Marshall DDS MD  
Frank and Janis Ramsey



41<sup>ST</sup>  
ANNUAL



2024 RRCA 8K  
State Championship

Oldest 8K in the State



## WHEN

February 4, 2024

1/2 Mile Fun Run 1:30 pm

8K Push Rim Wheelchair 1:58 pm

5K Run/Walk 2:00 pm

8K Run 2:00 pm

## CASH PRIZE 8K

*\$750 BONUS FOR NEW WF RECORDS*

*HANS KOELEMAN - 23:35 (1988)*

*JOAN NESBIT - 26:48 (1992)*

*SHOULD THE EXISTING WINTER FLIGHT COURSE RECORD BE BROKEN, MALE OR FEMALE, THE CASH PRIZE IS \$750*

\$100 to First Male & Female Finisher

\$25 to First Male & Female at One Mile Mark (must finish race)

\$25 to First Male & Female Rowan County Finisher

## WHERE

Catawba College Gymnasium

## RACE COURSE

8K USATF Certified Course starts near the Catawba College gym and ends in Catawba's Shuford Stadium.

## PRE-REGISTRATION

ON-LINE: Early registration through February 3 at [runsignup.com](http://runsignup.com)

Mail: Early registration by February 3.

\$30 - 8K Run (all ages)

\$30 - 5K Run/Walk (all ages)

Free - 1/2 Mile Fun Run

## TIMING

8K and 5K races will use chip timing. All participants will be able to get their finishing time immediately and will also have access to a personalized finish video, both linked to their bib number.

## All proceeds go to Rowan Helping Ministries

### Mission Statement:

The mission of ROWAN HELPING MINISTRIES is to serve, through cooperative community action, our neighbors in Rowan County who are in crisis, by providing essential life needs and educating and empowering them to break the cycle of crisis. [rowanhelpingministries.org](http://rowanhelpingministries.org)



## RACE DAY REGISTRATION

Register from 12:00 pm to 1:45 pm at the race site on February 4, 2024.

\$35 - 8K (all ages)

\$35 - 5K (all ages)

Free - 1/2 Mile Fun Run

Fun-Run all participants will receive a medal.

## SHIRTS

Great looking high quality light weight Hoodie to all 8K and 5K participants.



## AWARDS

### 8K RUN

Top 3 Overall M/F

Top Masters M/F

Top Grandmasters M/F

Top Senior Grandmasters M/F

3 Deep Age Group M/F

### 5K RUN/WALK

Top Overall M/F

3 Deep Age Group M/F

### 1/2 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.

## AGES

### 8K RUN

14 & Under, 15-19, 20-24, 25-29,

30-34, 35-39, 40-44, 45-49,

50-54, 55-59, 60-64, 65-69,

70-74, 75-79, 80-over.

## AGES

### 5K RUN/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.

## HEAD PHONES and PETS

Head Phones are discouraged.

No dogs allowed.

In case of inclement weather on race day, visit our website for information about delays, postponement, etc.

[www.salisburyrowanrunners.org](http://www.salisburyrowanrunners.org)

## PASTA DINNER

February 3 at 6:00 p.m.

\$10 pasta, bread, dessert

Dinner, entertainment, packet pickup and late race registration. Non race participants welcomed. The meal is provided by Debbie Suggs Catering. RSVP to David Freeze [david.freeze@ctc.net](mailto:david.freeze@ctc.net)

Dr. David Horton will be our guest speaker. He will also be the official race starter for the New Sarum Brewing Winter Flight 8K/5K on Sunday, February 4th.

- Professor of exercise science at Liberty University for 44 years.
- Director of over 100 ultra-marathons.
- Completion of over 160 ultra-marathons, winning 40 of them.
- Set the speed record on the Appalachian Trail in 1991 averaging over 40 miles per day
- Super speed record on the Pacific crest Trail, and 1995 averaging over 40 miles per day.
- In 1995, he finished the Race Across America, 2900 , 3rd fastest time ever. This accomplishment is detailed in "Extraordinary."
- In 2000, he finished the Barkley 100-mile marathon, becoming the first American to finish that event. One of 6 finishers ever.



## DINNER LOCATION:

City Park Recreation Center  
316 Lake Drive Salisbury NC 28145