

Registration

Name:

Address

Town

State Zip

Phone

Email

Age as of 4/13/2024:

Male Female

Shirt Size (Circle One)

YS YM AS AM AL XL XXL

Please make checks
payable to Family Crisis
Council of Rowan

Participant Waiver: In consideration of acceptance of this entry, I, the above-named, 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 Knox Middle School, Family Crisis Council of Rowan, Salisbury Runners, and all sponsors, contributors and their representatives, successors and assignee's 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 free use of my name, voice recording, or picture in any broadcast, tele-cast, social media post, 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: X



ONE IN
5k

Where:

Salisbury Greenway

When: April 13, 2024

Time: 9 a.m.

**All proceeds benefit
Family Crisis Council of
Rowan**



ONE IN 5k

When:

Saturday, Apr. 13, 2024

Where:

Salisbury Greenway
1625 W. PARK ROAD,
SALISBURY, NC 28144

5K Race Start Time:

9:00 a.m.

Entry Fee:

\$25 Preregister

\$30 On-Site Registration

**All proceeds will benefit
Family Crisis Council of
Rowan**



ONE IN 5k

Since 1978, Family Crisis Council of Rowan has provided services such as emergency shelter, hospital accompaniment, court advocacy, case management and counseling to victims of sexual assault, domestic violence, incest, and human trafficking in Rowan County.

Registration

Online at runsignup.com/onein5k

Race Day Registration: 7:30 – 8:45

Mailed Registration can be sent to

PO Box 50, Spencer, NC 28159

*must be postmarked by April 8th

or dropped off at 502 N. Long St,

Salisbury, NC 28144

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 & over

Awards & Timing

- Top 3 Overall Male & Female
- Top 3 Male & Female Masters
- 3 Deep age group Awards
- T-shirts will be guaranteed to all preregistered participants.