



RACE DAY

O 5K \$25
 O Fun-Run \$10

\$30
 \$10

Name _____
 Address _____
 Town _____ State _____ Zip _____
 Phone _____
 Email _____ Age of May 25 _____

Male Female

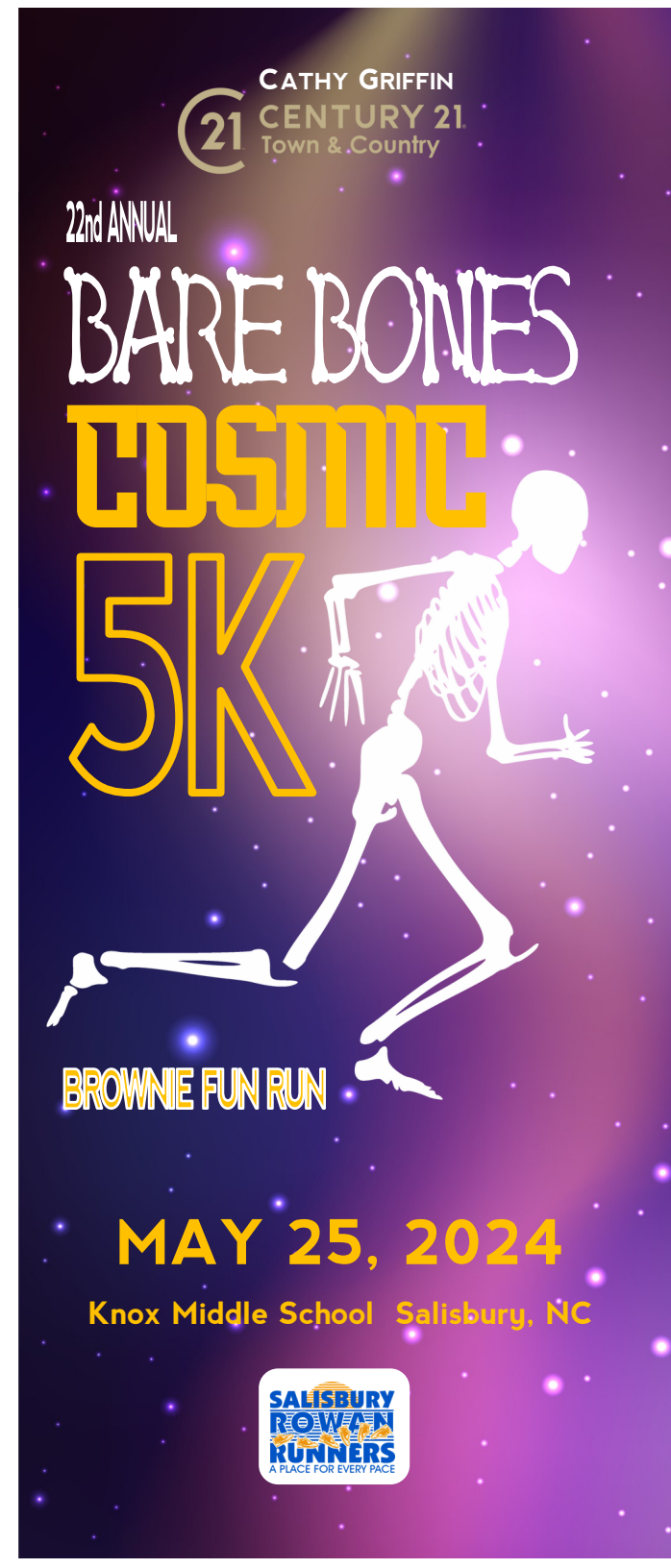
Shirt Color and Size (circle one)

Adult: 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, 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 _____



CATHY GRIFFIN
 CENTURY 21
 Town & Country

22nd ANNUAL

BARE BONES

COSMIC

5K



BROWNIE FUN RUN

MAY 25, 2024

Knox Middle School Salisbury, NC





Since the first Bare Bones race, the Salisbury Rowan Runners have tried to give back a quality race to the surrounding running community. We work hard to hold the entry fee down, yet still provide a quality experience on race day. We appreciate all runners and walkers who attend our various race events during the year. Thank you!

Bare Bones will be held in conjunction with Salisbury Parks and Recreation.

WHERE:

Knox Middle School Salisbury, NC

WHEN:

May 25, 2024

TIME:

5K 8:30
Fun Run approximately 9:15

REGISTRATION:

ON-LINE: runsignup.com
MAIL IN: Salisbury Rowan Runners
P O Box 1825 Salisbury, NC 28145-1825
RACE DAY: 7:00-8:15

COST:

5K Entry Fee:
\$25 Pre-Registration (before 5/25)
\$30 Race Day

Fun Run Entry Fee:
\$10 Registration

AWARDS:

5K
Top 3 OVERALL, Male & Female
Top 3 in each age group, Male & Female
10 & Under, 11-14, 15-19, 20-24,
25-29, 30-34, 35-39, 40-44,
45-49, 50-54, 55-59, 60-64,
65 & Over.

Fun Run
Top 3 OVERALL

SHIRTS:

Dry Fit T-Shirts to all runners & walkers!

DIRECTIONS:

Take I-85 Salisbury Exit #76.
Follow Innes Street west through town,
Turn Right on Mahaley Avenue,
Then left on Park Road W.
Knox Middle School will be on your left.

USED SHOES:

Got several pairs of old running shoes (or any other kinds of shoes) just sitting in your closet? Well, bring them to us on race day and we will give them new life. We will find them a new home by donating them to Rowan County's needy. It will help them and give you a cleaner closet too!

FINISH LINE VIDEO:

All runners and walkers will have an individual finish line video available online after the race.

RACE DIRECTOR:

Wayne Crowder, one of the best runners ever in North Carolina, will serve as race director in absentia. Wayne has designated a worthy, dependable and inspiring person, Karen Leonard, to fill all of his duties which may or may not be limited to passing out one cosmic brownie to each finisher.

MORE INFORMATION:

704.310.6741
david.freeze@ctc.net

ALL PROCEEDS BENEFIT:

Relay For Life

The Relay For Life movement is dedicated to helping communities attack cancer. Through funds donated, time given, or awareness raised, our communities are teaming up - virtually or in person - to make a difference. When we rally together in the fight against cancer, we can accomplish anything.