



- 5K \$30
- Fun-Run \$15

Name _____
 Address _____
 Town _____ State _____ Zip _____
 Phone _____
 Email _____

Shirt Size (circle one)

Adult: S M L XL XXL

Fun Run: YS YM YL

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 _____



October 13, 2024

Salisbury Community Park

5K

2:00 PM

Fun Run

approximately 1:45 PM

runsignup.com



Rowan County United Way



Run for the Mountains Run/Walk 5k

WHERE:

Salisbury Community Park
935 Hurley School Rd, Salisbury, NC 28147

WHEN:

October 13, 2024

TIME:

5K 2:00 PM
Fun Run approximately 1:45 PM

SHIRTS:

Dry Fit T-Shirts to all runners & walkers!
Pick up will be at United Way 10 days after the race!

TIMING:

All runners and walkers will be timed. Each finisher will get a place card and once it is recorded at the results table, please keep the card and take it home. You will be able to access complete results based on your finish place and time later that day at

www.salisburyrowanrunners.org.

AWARDS:

No trophies or awards will be given. Please know that your participation is very much appreciated, and the many displaced residents of our mountain areas will be grateful as they try to put their lives back together while being housed in Salisbury and Rowan at our YMCA's. The Salisbury Rowan Runners, United Way, City of Salisbury, Salisbury Parks and Recreation and the YMCA and other organizers of this event know that your entry fees and donations will genuinely make a difference.

We all appreciate our Run for the Mountains participants!

REGISTRATION:

ON-LINE: runsignup.com
MAIL IN: Salisbury Rowan Runners
P O Box 1825 Salisbury, NC 28145-1825
RACE DAY: 12:30-1:45

5K Entry Fee:

\$30 Race Day | Virtual \$30

Fun Run Entry Fee:

\$15 Registration

Age Groups

No Age Groups

Donation of \$50+ gets a chance at a
FREE pair of shoes from Ralph Baker!

MORE INFORMATION:

704.310.6741 | david.freeze@ctc.net

ALL PROCEEDS BENEFIT:

In the wake of Hurricane Helene, United Way has swiftly mobilized resources to address the devastation across the state. Currently, three Rowan County YMCA's are tasked with providing shelter to those fleeing from Western NC. Rowan County United Way seeks to support local health and human services partners, like the YMCA that will directly provide displaced individuals and families with children with necessities such as food, mental health services, clothing, bedding, and so much more.

Additionally, NC 211 remains a critical United Way resource for North Carolinians affected by the disaster. This service is available 24/7 and provides connections to emergency resources including shelter, food, and mental health services. NC 211 is also assisting in search efforts by allowing users to simply text 40403 to add a loved ones name to search and rescue efforts. NC 211 serves as a reliable lifeline during crises, offering guidance on everything from power outages to evacuation routes.

Contributions from the run will go directly to assisting our community and our community partners in supporting those displaced by Hurricane Helene. These efforts exemplify our capacity to unite partners, donors, and volunteers to drive immediate relief and long-term recovery efforts.

Please visit: rownaunitedway.org or nc211.org for more information.

