

	By Feb. 1	Feb. 2
<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. 2 _____

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 |
| First Horizons Bank | Anytime Fitness |
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| GNC Salisbury | Miller & Sons Produce |
| 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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| Sam & Pam Allred, Allen Tate Realty | |



42ND
ANNUAL

PRESENTING SPONSOR: THE FORUM
SALISBURY, NC

WINTER FLIGHT

2.2.2025 5K + 8K

2025 RRCA 8K State Championship

Oldest 8K in the State



WHEN

February 2, 2025

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 1 at runsignup.com

Mail: Early registration by February 1.

\$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



RACE DAY REGISTRATION

Register from 12:00 pm to 1:45 pm at the race site on February 2, 2025.

\$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

PASTA DINNER

February 1 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

DINNER LOCATION:

City Park Recreation Center
316 Lake Drive Salisbury NC 28145

KEYNOTE SPEAKER

Steve Staley

"HOW DID I GET HERE"

Started running in 1976 at 257 pounds. First race in 1978 at 225 pounds., currently age 70/153 pounds.

TOTAL MILES RUN = 93,062

MAXIMUM MILES RUN IN 7

DAYS = 108.7

MAXIMUM MILES RUN IN 1

YEAR = 3,032

TOTAL RACES => 1 MILE = 1569

TOTAL MARATHONS 46

TOTAL PUSHUP = 642,272 (Still doing 50 every day)

TOTAL SITUPS = 1,872,490 (Still doing 200 every day)

PERSONAL RECORDS

MILE - 4:51 - 6/25/91 (4:51)

AGE 37

2 Mile 10:52 - 9/11/93 (5:26)

AGE 39

5K - 16:48 - 12/8/84 (5:25)

AGE 31

8K - 28:11 - 2/5/95 (5:40)

AGE 41

5 MILE - 27:53 - 8/13/83 (5:35)

AGE 30

10K - 35:32 - 11/19/83 (5:44)

AGE 30

10 MILE - 59:37 - 12/18/94 (5:59)

AGE 41

15K - 55:55 - 1/28/95 (6:01)

AGE 41

HALF MARATHON - 12/7/91 1:19:11 (6:03)

AGE 37

MARATHON - 2:46:40 - 10/8/83 (6:22)

AGE 29

