

### Race Course

Runners and walkers will enjoy a 3.1 road course starting from Grace Lutheran Church parking lot turning into the gently rolling neighborhood of Grace Ridge to loop through all three neighborhood phases of Grace Ridge. This race is for recreational runners and walkers as well as competitive runners.

Fun Run course will be held on Grace Lutheran Church property.

### Awards 5k Run/Walk

Overall Top 3 Male and Female

Overall Masters Male and Female

TOP 3 runners in each of the following divisions:

Male and Female Ages 12 and Under, 13-15, 16-19, 20-29, 30-39, 40-49,50-59,60-69, 70+over

### 1/2 Myler Fun Run

Overall Top 3 Male and Female Finishers

All Fun Run participants will receive a finisher’s medal.

### RACE TIMELINE

7:00 – 7:45 am Check in  
8:00 am 5K Run/walk Start  
8:45 am ½ Myler Fun Run

### ONLINE REGISTRATION:

[www.RunSignUp.com](http://www.RunSignUp.com)

Make Check and Mail-in Registration Form to  
Grace Lutheran Church

3020 Grace Church Rd. Salisbury, NC 28147

Name: \_\_\_\_\_

Gender: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Emergency Contact Name/Phone Number:  
\_\_\_\_\_

### Race

Fun Run \_\_\_\_ 1/2mile \$5

Run\_\_\_\_ 5K \$30 / \$35 race day

Walk\_\_\_\_ 5K \$30 / \$35 race day

Circle your t-shirt size: Adult S Adult M Adult L  
Adult XL Adult XXL (No shirt guaranteed if registered  
after May 31)

**ASSUMPTION OF RISK/ LIABILITY:** I am aware that participation in the 5k Run/Walk Myles for a Mission includes risk of injury and/or death, and I am voluntarily taking part in this activity with the knowledge of the dangers involved. I, for myself and on behalf of my heirs, assigns, personal representatives, and next of kin, hereby release and hold harmless The State of North Carolina, the North Carolina Department of Transportation, Rowan County, the town of Salisbury, Locke Fire Department, Grace Lutheran Church, their officers, officials, agents and/or employees, and volunteers. I also give my permission for use of my name and photo for use in any promotional materials or publications and/or the Salisbury Post and I certify that I have read this waiver and understand its significance and agree by completing the registration form.

Signature:\_\_\_\_\_

5K

Participants

receive

High Tech

Race Shirt!

Post Race

Snacks and Awards

Ceremony

Finish Line by Salisbury Rowan Runners

## Myles for a Mission 5k

The mission of the 5k is to raise awareness of childhood drowning prevention. Drowning is the leading cause of death for children ages 1–4, and the second leading cause of unintentional death for children ages 5–14.

Children five years old and younger are especially vulnerable, representing 75% of child drowning deaths.

Boys are also more than twice as likely to drown as girls. All proceeds will be donated to the Judah Brown Project. Their mission is to provide funding for survival swim instruction for children 6 years and under whose parents cannot afford the lessons otherwise, to provide CPR/First Aid and AED certification for individuals 8 years and older and to provide other lifesaving education to families to help prevent children from drowning. Please help us spread prevention by supporting the 5k.



Myles For A

Mission 5K

Run/Walk

June 14<sup>th</sup>, 2025

5K 8:00 am

Fun Run 8:45 am