

Register at: www.salisburyrowanrunners.org



BEGINNERS RUNNING CLASS

Fall
2025

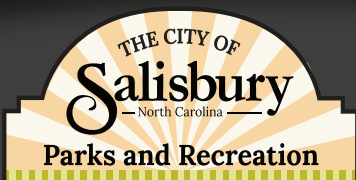
Contacts: David Freeze - (704) 310-6741 • Steve Clark - (704) 638-5286

When: Thursdays, 6 pm (September 4 - October 23)

Where: Salisbury Police Department (130 E. Liberty St. Salisbury, NC 28144)

Cost: \$65 (includes one-year membership in Salisbury Roan Runners, dry-fit training shirt, & entry fee for one Salisbury Rowan Runners 5K race.)

www.salisburyrowanrunners.org • www.salisburync.gov/pkrec • www.Ulearn2run.com • www.novanthealth.org



salisburync.gov/Play
(704) 216-PLAY

