

..... By	Jan. 31	Feb. 1
☐ 8K RUN	\$35	\$40
☐ Push Rim Wheelchair	\$35	\$40
☐ 5K Run/Walk	\$35	\$40
☐ 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. 1 _____

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 _____



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

Abigail's	Walser Technology Group
Ralph Baker Shoes	Rowan-Cabarrus YMCA
Whimziggy	Lil' Shavers
Lettered Lily	Back Country and Beyond
Brent Parks, CPA	Dr. Acquawon Stallworth
Millbridge, Ruritans	Cheerwine
F&M Bank	Carter Law Group
Kidd Financial Investments	Hoffner Organic Farm
United Beverage Company	Stout Heating and Air
Patterson Farm Market	Carolina Golf Mart
Sudden Impact	Rowan Moves
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
 Phil Conrad—RLC Associates
 Smiles by Design Dr. Lisa Davis
 Bradshaw Rogers Financial Partners
 NC Transportation Museum
 Donald Fortner Jr. DMD PA
 Frank and Janis Ramsey
 Dr. Robert Glassgow, DMD PA
 Dianne Green, Century 21 Town and Country
 Sam & Pam Allred, Allen Tate Realty



43RD
ANNUAL

PRESENTING SPONSOR: THE FORUM
SALISBURY, NC

**WINTER
FLIGHT**

2.1.2026

5K + 8K

**2025 RRCA 8K
State Championship**

Oldest 8K in the State



WHEN

February 1, 2026

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 January 31.

\$35 - 8K Run (all ages)

\$35 - 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 1, 2026.

\$40 - 8K (all ages)

\$40 - 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

January 31 at 6:00 p.m.

\$10 pasta, bread, dessert

Dinner, entertainment, packet pickup and late
race registration. Non race participants wel-
comed. 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

Charlotte Corriher

"If you can't be Fast, be Festive"

Current stats as of 10/20/2025

310 Marathons/Ultras combined

(181 marathons / 129 ultras)

35 of those were 100 milers

Attempting her first 200 miler (Across Florida
200) mid-November

240 different costumes

