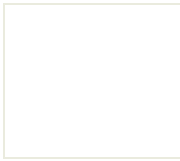


Race Bags & Door Prizes!
Mostly Flat, Record Breaking
Scenic Course!



Special Thank You To:



Salisbury Parks and Recreation Department
PO Box 4053
Salisbury, NC 28145



Saturday, July 18, 2026

5K Run/Walk - 8:00 a.m.

Fun Run (1/2 mile) - 8:45 a.m.

1825 W. Park Rd.

(Overton Elementary)

Bring canned goods or old running shoes to the race to donate to Rowan Helping Ministries and have a chance to win a \$50 Downtown Dollars courtesy of Downtown Salisbury, Inc.
www.downtownsalisburync.com

For more information contact:

Steve Clark (704) 638-5286 sclar@salisburync.gov
Vivian Koontz (704) 638-5294 vkoon@salisburync.gov

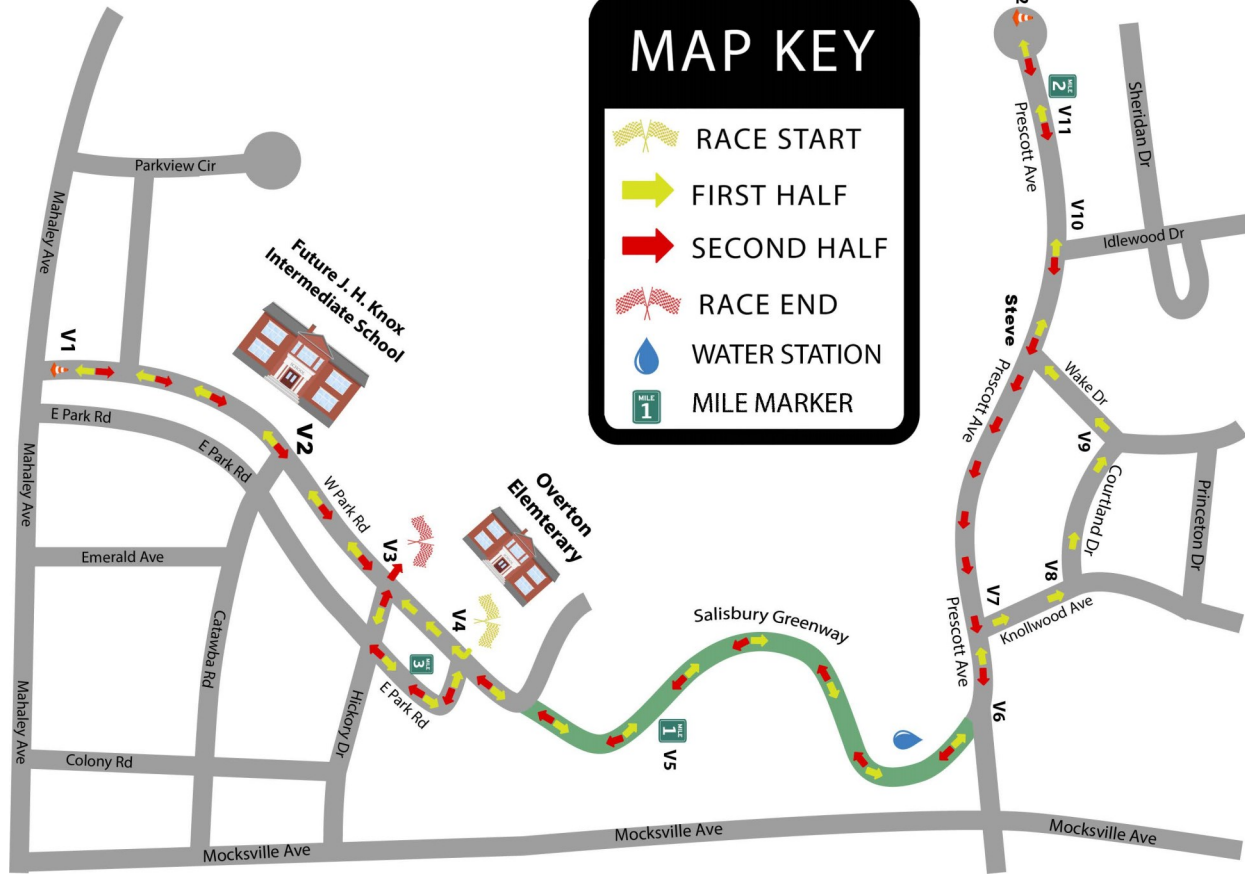
www.salisburync.gov/play
www.salisburyrowanrunners.org



Certified Course:

MAP KEY

- RACE START
- FIRST HALF
- SECOND HALF
- RACE END
- WATER STATION
- MILE MARKER



Entry Fee:

\$25—Pre-Registration (mail ins before 7/17) | \$30—Race Day (7:00—7:45 a.m.)
 Fun Run (ages 8 & under): \$10 pre-reg. & race day (quarter mile down Greenway and back)

Awards:

Top Three Overall—Male and Female in 5K
(Overall winners not eligible for Age Group Awards & will not be mailed)
 \$25 Downtown Salisbury Dollars from Downtown Salisbury Inc. for the top overall male and female runner/walker
 Top Three in Each Age Group—Male and Female in 5K;
 Top Three Overall in Fun Run; Medals To All Others
(Ages 8 & Under ONLY) All Ages Welcome to Run Fun Run

Age Groups:

9/Under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70/Over

Dry Fit T-Shirts guaranteed to all pre-registered runners and walkers in the 5K and cotton t-shirts for all pre-registered fun run participants. **Walkers** are eligible for age group awards!

Location

Overton Elementary School
 1825 Park Road West, Salisbury, North Carolina

Directions:

Take I-85 to Salisbury Exit #76. Follow Innes St. straight through town to Mahaley Ave. (approx. 2.5 miles), turn right on Mahaley Ave., then go 0.4 miles to E. Park Rd. Turn left on E. Park Rd. go 2 blocks and Overton will be on the left.

Mail to:

Salisbury Parks and Recreation (Athletics)
 PO Box 4053, Salisbury, NC 28145-4053
 Registration also at: www.runsignup.com

29th Annual Run/Walk for the Greenway 5K & Half Mile Fun Run - Saturday, July 18 - 8:00 a.m. - Salisbury, NC
 (Please print legibly)

Last _____ First _____ Middle Initial _____

Street Address _____ City _____ State _____ Zip _____

Phone: _____ Age on 7/18/26 _____ Male Female E-Mail _____

Dry Fit T-Shirt Size (circle one): S M L XL XXL Runner Walker Fun Run (ages 8 & under)

Fun Run T-Shirt Size (circle one): YS YM YL

Participant Waiver: I know that participating in the 5K road race may pose risk to my health. I accept all risks associated with participating in this race and waive all claims for myself, my heirs and anyone acting on my behalf, against the Salisbury Parks & Recreation Department, Salisbury Rowan Runners, Rowan Salisbury Schools, the City of Salisbury, any and all sponsors, all officers, all members and all volunteers of said organizations. I attest that I am in proper physical condition to compete in this race. I also give my permission to the use of my name and picture in any written account about this race.

Signature (Parent or Guardian if under 18) _____ Date _____