



**RACE DAY**

O 5K \$30  
O Fun-Run \$10

\$35  
\$10

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 Town \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Email \_\_\_\_\_ Age of May 23 \_\_\_\_\_

Male  Female

Shirt Color and Size (circle one)

Adult: 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, 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 \_\_\_\_\_



**MAY 23 2026**  
**OVERTON ELEMENTARY SCHOOL | SALISBURY, NC**

PRESENTED BY



Since the first Bare Bones race, the Salisbury Rowan Runners have tried to give back a quality race to the surrounding running community. . We work hard to hold the entry fee down, yet still provide a quality experience on race day. We appreciate all runners and walkers who attend our various race events during the year. Thank you!

Bare Bones will be held in conjunction with Salisbury Parks and Recreation.

**WHERE:**

Overton Elementary School

**WHEN:**

May 23, 2026

**TIME:**

5K 8:30

Fun Run approximately 9:15

**REGISTRATION:**

ON-LINE: [runsignup.com](http://runsignup.com)

MAIL IN: Salisbury Rowan Runners

P O Box 1825 Salisbury, NC 28145-1825

RACE DAY: 7:00-8:15



**FREE ICE CREAM:**

All participants will receive a free ice cream at the finish line thanks to Novant Health!!

Runners & volunteers can choose from a variety of ice cream bars at the Aqua14 Ice Cream Truck!

**COST:**

5K Entry Fee:

\$30 Pre-Registration (before 5/23)

\$35 Race Day

Fun Run Entry Fee:

\$10 Registration

**AWARDS:**

5K

Top 3 OVERALL, Male & Female

Top 3 in each age group, Male & Female

10 & Under, 11-14, 15-19, 20-24,

25-29, 30-34, 35-39, 40-44,

45-49, 50-54, 55-59, 60-64,

65-69, 70 & Over.

Fun Run

Top 3 OVERALL

**SHIRTS:**

Dry Fit T-Shirts to all runners & walkers!

**DIRECTIONS:**

Take I-85 Salisbury Exit #76.

Follow Innes Street west through town,

Turn Right on Mahaley Avenue,

Then left on Park Road W.

**MORE INFORMATION:**

704.310.6741

[david.freeze@ctc.net](mailto:david.freeze@ctc.net)

**USED SHOES:**

Got several pairs of old running shoes (or any other kinds of shoes) just sitting in your closet? Well, bring them to us on race day and we will give them new life. We will find them a new home by donating them to Rowan County's needy. It will help them and give you a cleaner closet too!

**FINISH LINE VIDEO:**

All runners and walkers will have an individual finish line video available online after the race.

**RACE DIRECTOR:**

Wayne Crowder, one of the best runners ever in North Carolina, will serve again as race director. Back in person this year, Wayne has graciously cleared his calendar to be with us in person. This will be the 13th consecutive year that Wayne has managed the Bare Bones 5K and Fun Run, one of the county's oldest races. To participants and spectators, he has also granted at least 30 photo opportunities at no charge. Wayne will be near the finish line during the races, so stop by and get a photo and an autograph. (Can you insert his newsletter photo here?"

**ALL PROCEEDS BENEFIT:**



The Relay For Life movement is dedicated to helping communities attack cancer. Through funds donated, time given, or awareness raised, our communities are teaming up - virtually or in person - to make a difference. When we rally together in the fight against cancer, we can accomplish anything.

CHILLIN ' TO THE BARE BONES 5K