

Our Mission

To support women by educating them on early detection and offering essential resources for those diagnosed with breast cancer, heart disease, and who are facing domestic violence.

What We Offer:

- 🧡 Help with transportation, household tasks, meals, childcare, and medical costs
- ❤️ Support groups for women and children affected by trauma
- ❤️ Financial aid for children experiencing trauma
- ❤️ Life coaching for overall well-being
- ❤️ Social groups for healing and support
- 👥 Sisters in the Fight Children's Foundation

All proceeds from the race will help us expand our services and support that impact the lives of women, children, and families in need, as well as help promote community awareness and education.

CONTACT US

(336)823-0281
454 Jake Alexander Blvd. W
Salisbury, NC 28147

A 501(C)(3) Non-profit Organization

Standing Strong Together for Survivors



5K RUN / WALK

📍 Overton Elementary
School

1825 W Park Rd. Salisbury, NC

September 26, 2026

8:45 am

Register now!

www.RunSignUp

SISTERS IN THE FIGHT INC. NONPROFIT ORGANIZATION

Runners and walkers, join us as we come together as a community to raise funds that will directly impact local families in crisis. Every step you take, and every dollar raised will help us provide food, clothing, household essentials, emergency support, and help supplement the cost of medication for those battling cancer and heart disease. This 5K offers an experience of the Salisbury Greenway, where participants can enjoy nature at its best while running or walking for a great cause. Together, we can ensure that no woman or child faces this vulnerable moment alone.

EVERY STEP MAKES A DIFFERENCE

5K RUN | WALK

\$25 ~ (Ages 18 & Under \$20)

Fun Run \$15 ~ (1/2 mile for ages 10 & under)

 **AWARDS ~ Immediately following the race:** Top 3 Overall Male & Female

Overall Masters Male & Female

5K Top 3 Male & Female participants in each age division.

½ Mile Fun Run Top 3 Male & Female ages 10 & under

AGE GROUPS 5K:

10 & under, 11-14, 15-19, 20-29, 30-39,
40-49, 50-59, 60-69, 70 & over

5K Timing and Scoring provided by:
Salisbury Rowan Runners

RUN | WALK

**8:00 - 8:45 a.m. Check In &
(Race day Registration \$30)**

9:15 a.m. 5K Run | Walk

10:15 a.m. Fun Run

ONLINE REGISTRATION:

www.RunSignUp.com

REGISTRATION:

Name: _____
Gender: _____ Age: _____
Address: _____
City: _____ State: _____
Phone: _____
Email: _____
Emergency Contact: _____

SELECT YOUR RACE:

Fun Run _____ ½ mile \$15
Run _____ \$25 | \$30 Race Day
Walk _____ \$25 | \$30 Race Day

Please check your t-shirt size:

____ Adult S ____ Adult M ____ Adult L
____ Adult XL ____ Adult XXL

*(Shirts are not guaranteed after
September 4, 2026 and if registered
on race day)*

Race | Walk includes:

**T-shirt, Race Bib, MEDAL for
Award Winners**

&

FREE Refreshments

**JOIN US IN MAKING A
DIFFERENCE!**

Waiver and Release of Liability:

I am aware and understand that my participation in the 5K Run/Walk Sisters in the Fight Inc. includes risk of injury and/or death, and I am voluntarily taking part in this activity with the knowledge of the risks involved. I hereby release and hold harmless The State of NC, the City of Salisbury, Sisters in the Fight Inc., The Citadel of Life Cathedral Church, their officers, officials, employees, and volunteers.

I acknowledge that I am physically fit and have not been advised otherwise by a qualified medical professional. I also understand that medical services may not be readily available during the event.

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 and signing the registration form.

This event follow the standard running industry policy: All entry fees are non-refundable. We reserve the right to postpone or cancel the event due to circumstances beyond our control such as a natural disaster or emergency or as required to protect the safety of participants and staff. No refunds will be issue under these circumstances. We reserve the right to change the details of the event without prior notice. I understand that my entry fee is nonrefundable and bib numbers are non transferable.

By submitting this entry, I acknowledge (or a parent or adult guardian for all children under 18 years) having read and agreed to the above release and waiver, including the no refund policy.

Signature: _____