	By.... Jan.22	Feb.20	Feb.21
☐ 8K RUN	$35	$45	$50
☐ Push Rim Wheelchair	$35	$45	$50
☐ 5K Run/Walk	$35	$45	$50
☐ 1/2 mile Fun-Run	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. 21 ____

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 Salisbury Post
Debbie Suggs Catering
David Post Law
Global Contact Services
First Horizons Bank
The Trophy House
Carolina Cremation
City of Salisbury
The Bogle Firm
Taylor Clay Products
Falcon Financial

Abigail's
Ralph Baker Shoes
Whimziggy
Lettered Lily
Brent Parks, CPA
Millbridge, Ruritans
F&M Bank
United Beverage Company
Patterson Farm Market
Sudden Impact
GNC Salisbury
Walser Technology Group
Rowan-Cabarrus YMCA
Lil' Shavers
Dr. Acquawon Stallworth
Cheerwine
Carter Law Group
Stout Heating and Air
Carolina Golf Mart
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
Dr. Robert Glassgow, DMD PA
Dianne Green, Century 21 Town and Country
Lantern Realty-Melissa Yates

THE FORUM
For Strength.For Health.For Life.

44TH ANNUAL



2027 RRCA 8K State Championship

Oldest 8K in the State

RRCA CHAMPIONSHIP EVENT

SALISBURY ROWAN RUNNERS
A PLACE FOR EVERY PACE

WHEN

February 21, 2027

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 21 at runsignup.com

Mail: Early registration by February 20.

COST

8K and 5K	By: 1.22.27	$35
	2.20.27	$45
	2.21.27	$50
1/2 Mile Fun Run		FREE

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.

RACE DAY REGISTRATION

Register from 12:00 pm to 1:45 pm at the race site on February 21, 2027.

$50 - 8K (all ages)
$50 - 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.



Finisher's Medal

Back Again
with new logo!
Finisher's medal for 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.
Open to all. Awards only for 12 and under.

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-over (5K only)
70-74, 75-79, 80-over. (8K only)

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

February 20 at 6:00 p.m.
$10 pasta, bread, dessert
Dinner, entertainment, packet pickup and late race registration. Non race participants welcomed. 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



Dianne Allen began running in elementary school for the Presidential Physical Fitness Challenge. She competed in track and field in high school. She became a serious runner in 2000, then started competing in 2002.
First marathon was at 50 years of age at the 2005 Thunder Road Marathon. Dianne's first Boston Qualifier was in 2006 at Thunder Road in Charlotte.
Her marathon PR came the next year at Thunder Road, 3:47:14. Dianne completed six Boxton Marathons and 30 total marathons.
She continues to compete today at a very high level, doing magical things at age 71 including winning a 5K race in September 2026.
"I think if you are a competitive person, being competitive stays with you no matter what your age is!"

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