

# Rowan Hospice

## Share the Care

	By Nov. 10	Nov. 14
<input type="checkbox"/> 5K Run/Walk	\$25	\$30
<input type="checkbox"/> Fun-Run	\$10	\$10

Name \_\_\_\_\_

Address \_\_\_\_\_

Town \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_ Age on Nov.14 \_\_\_\_\_

Male  Female

Shirt Size (circle one)

Adult Sizes: S M L XL XXL

Youth Sizes: XS S M L

Please make entry fee payable to:

**Rowan Hospice and Palliative Care**

**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, Rowan Hospice, 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

# Rowan Hospice

## Share the Care

# 5k

run



**Rowan**  
Hospice & Palliative CARE

**SALISBURY  
ROWAN  
RUNNERS**  
A PLACE FOR EVERY PACE

**The event will take place at:**  
Novant Health Rowan Medical Center  
612 Mocksville Ave., Salisbury, NC 28144

**This year's featured events are:**  
5K Run/Walk  
1/2 Mile Fun Run – Ages 8 and under

**Event Schedule:**

7:30 AM Registration begins  
8:45 AM Aerobic Warm-up  
9:00 AM 5K Walk/Run  
10:00 AM 1 Mile Fun Run - Ages 8 & under  
10:30 AM Awards Presentation

**Entry Fees:**  
\$25 Registration Fee  
\$10 Fun Run  
\$25 “Proud in the Crowd”

**Mail Registration:**  
Edwina Ritchie  
1229 Statesville Blvd  
Salisbury, NC 28144

**Register on-line:** [sportoften.com](http://sportoften.com)

**Contact Info:**  
Edwina Ritchie  
[Edwina.ritchie@hospicecarecenter.org](mailto:Edwina.ritchie@hospicecarecenter.org)  
Phone 704-603-3941

**Packet Pick-Up:**  
Thursday, Nov. 12  
3:00 PM to 7:00 PM  
Glenn A. Kiser Hospice House,  
1229 Statesville Blvd., Salisbury, NC 28144

Friday, Nov. 13  
11:00 AM to 6:00 PM  
Glenn A. Kiser Hospice House,  
1229 Statesville Blvd., Salisbury, NC 28144

Saturday, Nov. 14 - EVENT DAY -  
7:30 AM to 8:45 AM  
Wilson L. Smith OP Surgery Center,  
612 Mocksville Ave., Salisbury, NC 28144

**\*Packets not picked up by Friday evening will be available Saturday at 7:30 AM**

**Awards:**  
5K  
Top Three Overall M/F  
Top Overall Masters M/F  
Top Three Age Group M/F

1/2 Mile Fun Run  
Medals to all finishers

**Age Groups:**  
5K RUN  
10&Under, 11-14, 15-19, 20-24, 25-29  
30-34, 35-39, 40-44, 45-49, 50-54,  
55-59, 60-over.

**Timing Your Run:**  
Timing will be provided by Salisbury Rowan Runners

**Your entry fee includes:**  
Custom designed Performance T-Shirt,  
pre-run and post-run refreshments,  
entertainment, Runner Awards, complete run  
results and event management.

**Running to Honor, Running to Remember:**  
Walk/Run to Honor or Remember Someone special ~ Go the extra mile to show support for Rowan Hospice & Palliative Care by participating in Running to Honor, Running to Remember. With an additional \$5 donation you will receive a Tyvec Placard. Write the name of someone who was special in your life (on the Placard) and wear their name to Honor and Remember them as you participate in the Rowan Hospice Share the Care 5K Walk/Run. These can be picked up at Pre Packet Pick-Up.

**Proud in the Crowd:**  
Be a part of the fun without the run or walk. If you are unable to run/walk or join us on November 14th, you can still support Hospice and register as a “Proud in the Crowd” participant for \$25 and receive the 1st Annual Hospice Share the Care Run commemorative designed T-shirt.

**Parking:**  
Free parking is available in lot A directly across from Wilson L. Smith OP Surgery Center and the start of the race.

**Pets:**  
Pets with the exception of service animals are not allowed on the course for safety of our participants.

[www.sportoften.com](http://www.sportoften.com)