



Santa 5K

run/walk for charity

Santa Run 5K

1/2 mile Fun-Run

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

M/F _____ Age on December 5 _____

Email _____

5k Shirt Size (circle one)

Adult: S M L XL

Please make checks payable to:

Salisbury Rowan Runners
P.O. Box 1825
Salisbury, NC 28145

Participant Waiver: In consideration of my or my child's participation in the aforementioned Salisbury Rowan Runner's event I hereby discharge and release Rowan Helping Ministries, Millbridge Ruitans, the Salisbury Rowan Runner's Club, any and all employees or agents thereof of all claims of any kind whatsoever arising out of the actions of the above said participants or agents, to the extent allowed by law. I have informed the Salisbury Rowan Runners staff of any physical conditions that may hinder my or my child's participation in the 2014 Santa Run 5K and 1/2 mile Fun-Run.

Signature (Parent/Guardian must sign if under 18) Date



Salisbury Rowan Runners
PO Box 1825
Salisbury, NC 28145-1825



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December 5

2015





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COURSE

A 3.1 mile course that loops through and around the beautiful West Rowan area. For competitive and recreational runners. Walkers welcomed.

AWARDS

5K

Top 3 Male and Female participants in each age division.
First Overall Male and Female.

1/2 Mile Fun-Run

Top 3 Male and Female ages 12 and under.

AGE GROUPS

5K

11 & under, 12-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & over.

1/2 Mile Fun Run

12 & under

PRICE

5K prior to Dec. 3.....\$20
Race Day.....\$25
1/2 Mile Fun-Run.....\$10

RACE SCHEDULE

Race Day Registration: 7:30 A.M.
5k: 9:00 A.M.
Fun Run : 9:45 A.M.
Door Prizes & Awards:
Immediately following the race.

***Canned goods will be collected at the race.
Donated food will be dispersed by Rowan Helping Ministries after the race.**

RACE LOCATION

Millbridge Ruritan Building
490 Sloan Rd, Mt. Ulla, NC 28125

SHIRTS

First 150 5K participants will receive a long sleeve technical t-shirt

REGISTRATION

Mail in registration form to:
**Salisbury Rowan Runners
PO Box 1825
Salisbury, NC 28145-1825**

Register on-line:
Sportsoften.com

DIRECTIONS

The Millbridge Ruritan Building is on Sloan Road, just off Highway 150 midway between Salisbury and Mooresville.

Just follow the signs for Sloan Park near the Millbridge Community crossroads. Turn left on Sloan coming from Mooresville and right on Sloan coming from Salisbury. The Ruritan Building is on the right, less than a half mile from Hwy. 150, and is directly across from Sloan Park.

ADDITIONAL INFORMATION

Contact: David Freeze
Phone: 704.310.6741
www.salisburyrowanrunners.org



Proceeds go to:



A not-for-profit, volunteer-based corporation which operates human service programs to assist the economically disadvantaged.

We envision a community which helps provide for the essential physical, emotional and spiritual needs of all its citizens as they work towards becoming self sufficient.