

## Rowan County United Way Run 5K Registration Form

(Please print legibly)

	By Sept. 1	After Sept. 1
<input type="checkbox"/> 5K & Walk	\$25	\$30
<input type="checkbox"/> Kids' ½-mile Kids Fun Run	\$10	\$10

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Phone \_\_\_\_\_

Email \_\_\_\_\_

Age as of September 2 \_\_\_\_\_  Male  Female

### Shirt Size (circle one)

5K: S M L XL XXL

Kids' ½-Mile Fun Run: YM AS

Please make entry fee payable to:  
**Rowan County United Way**  
1930 Jake Alexander Blvd. W, Suite B  
Salisbury, NC 28147-1186

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 Novant Rowan Medical Center, the City of Salisbury, Rowan County United Way, Salisbury Rowan Runners, 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 \_\_\_\_\_



**Sunset Run 5K**

SPECIAL THANKS TO OUR TITLE SPONSOR




**SPECIAL THANKS TO THE CITY OF SALISBURY  
POLICE, FIRE and UTILITY DEPARTMENTS and  
ROWAN COUNTY RESCUE SQUAD.**



September 2, 2016



**Sunset Run 5K**

SPECIAL THANKS TO OUR TITLE SPONSOR




Sponsored by

**KLUTTZ  
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DISCOVER  
**Salisbury**  
NORTH CAROLINA

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



## WHEN

September 2, 2016

## WHERE

- Downtown Salisbury  
Salisbury's premier night time race, beautiful and historic course. Exit #76 off I-85, follow Innes Street west to Historic Downtown Salisbury.

## RACE START TIME

- Novant ½-Mile Kids' Fun Run - 7:00 p.m.

## ENTRY FEE

- Rowan County United Way SUNSET RUN 5K - \$25
- Race Day Entry Fee - \$30
- ½-Mile Kids' Fun Run (ages 10 and under) - \$10

## ONLINE & EARLY REGISTRATION

- Early registration through September 1, 2016
- Online: [www.sportoften.com](http://www.sportoften.com)
- Mail: Please send completed entry form and check for entry fee to:

Rowan County United Way  
1930 Jake Alexander Blvd. W, Suite B  
Salisbury, NC 28147-1186

## RACE DAY REGISTRATION

Race Day Registrations available from 6:00-7:45 p.m. Registration is located at the Rowan Public Library, 201 W Fisher Street.



## AWARDS 5K

### Trophies:

- Overall Male & Female, 3 deep
- Overall Male & Female Masters, 2 deep
- Overall Male & Female Grandmasters, 2 deep
- Overall Male & Female Senior Grandmasters, 2 deep

### Medals:

All age categories, 3 per

## AGE GROUPS

**5K:** 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

## Kids ½-Mile Fun Run:

Ages 10 & under  
Cotton T-shirts and Medals to all Fun Run participants

## TIMING

- Timing and Scoring will be done by Salisbury-Rowan Runners Club



## SHIRTS

- Great looking, Performance T-Shirts for the first 200 registrants

## Rowan County United Way Agencies

American Red Cross  
The Arc of Rowan  
Families First, Inc.  
Family Crisis Council  
Meals on Wheels of Rowan  
Rowan County Literacy Council  
Rowan County Rescue Squad  
Boy Scouts, Central N.C. Council  
Communities in Schools of Rowan County  
Rowan Vocational Opportunities  
Rowan County Youth Services Bureau  
Ruffy-Holmes Senior Center  
The Salvation Army  
Smart Start Rowan  
Trinity Living Center  
YMCA of Rowan County  
211



## Rowan County

For information on lodging, restaurants & local attractions, visit [www.visitsalisburync.com](http://www.visitsalisburync.com)

[www.facebook.com/rcunitedway](http://www.facebook.com/rcunitedway)

Contact Information: Jackie Harris / (704) 633-1802  
[jharris@rcunitedway.org](mailto:jharris@rcunitedway.org) / [www.rowanunitedway.org](http://www.rowanunitedway.org)

*Proceeds Benefit the Rowan County United Way*