

	By.... Dec.22	Jan.31	Feb.1
<input type="checkbox"/> 8K RUN	\$35	\$45	\$50
<input type="checkbox"/> Push Rim Wheelchair	\$35	\$45	\$50
<input type="checkbox"/> 5K Run/Walk	\$35	\$45	\$50
<input type="checkbox"/> 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. 1 \_\_\_\_\_

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

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

The Trophy House

Carolina Cremation

City of Salisbury

The Bogle Firm

Taylor Clay Products

Falcon Financial

Walser Technology Group

Rowan-Cabarrus YMCA

Lil' Shavers

Dr. Acquawon Stallworth

Cheerwine

Carter Law Group

Hoffner Organic Farm

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



43<sup>RD</sup>  
ANNUAL



2026 RRCA 8K  
State Championship

Oldest 8K in the State



## WHEN

February 1, 2026

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 1  
at [runsignup.com](https://runsignup.com)

Mail: Early registration by January 31.

## COST

8K and 5K	By: 12.22.25	\$35
	1.31.26	\$45
	2.1.26	\$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.

## 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](https://rowanhelpingministries.org)

## RACE DAY REGISTRATION

Register from 12:00 pm to 1:45 pm  
at the race site on February 1, 2026.

**\$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

NEW THIS YEAR!

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.

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](https://www.salisburyrowanrunners.org)

## PASTA DINNER

January 31 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](mailto:david.freeze@ctc.net)

## DINNER LOCATION:

City Park Recreation Center  
316 Lake Drive Salisbury NC 28145

## KEYNOTE SPEAKER

Charlotte Corriher

"If you can't be Fast, be Festive"

Current stats as of 10/20/2025

310 Marathons/Ultras combined

(181 marathons / 129 ultras)

35 of those were 100 milers

Attempting her first 200 miler (Across Florida  
200) mid-November

240 different costumes

