

# Registration

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Age as of March 1st \_\_\_\_\_

☐ Male ☐ Female

Shirt Size (Please Circle)

5K: S M L XL XXL

Fun Run: YS YM YL

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 First United Methodist Church, 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 further give my permission for the free use of my name, voice recording or picture in any broadcast, telecast or any account of this event for any legitimate purpose. I understand that if the race is cancelled for 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.

\_\_\_\_\_  
Date \_\_\_\_\_

Signature (Parent/Guardian must sign if under 18)

## 5K RUN/ WALK FOR MISSIONS

and

## 1 Mile Fun Run

## March 19, 2017

## 2:00 PM

## CITY PARK

## *Faith, Hope,*



## *Love in Action*

## UMW 5k Run/Walk for Missions

## When

**\*Sunday, March 19, 2017**

## Where

**\*City Park Salisbury, NC**

## Course

**\*3 laps around City Park plus 4/10ths more. 1 short uphill in each loop, and the rest is downhill or flat. A fantastic opportunity for spectators to see runners pass multiple times during the race.**

## Race Start Time

**\*2:00 pm**

**\*Fun Run @ 2:50 pm**

## Entry Fees 5K

**\*By March 18th \$20.00**

**\*Race Day \$25.00**

## Fun Run Fees

**\*\$10.00**



## Registration

**\*on line at**

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

**\*Race day from 12:45 to 1:45**

**\*By Mail:**

**FUMC UMW**

**110 Fuller Circle**

**Salisbury, NC 28147**

## Awards

**\*Top 3 Overall Male and Female**

**\*Top 3 Male and Female Masters**

**\*3 Deep Age groups awards, Male & Female**

## Age Groups

**10 and under, 11-13, 14-16, 17-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & over**

## Timing

**\*Timing and scoring will be done by the**

**Salisbury Rowan Runners**



**\*Quality dri-fit T-shirts provided for the first 110 registered runners, while supplies last for race day registration**

**\*All proceeds are to support First United Methodist Church UMW Missions**

**Contact information:**

**Laura Shaffer**

**[Shafferl19@yahoo.com](mailto:Shafferl19@yahoo.com)**