

The 9th Annual

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

Run/Walk for the Greenway

5K

Saturday, July 29, 2006
8:00 AM

Knox Middle School
Salisbury, NC

Central Piedmont Grand Prix
Circuit for 2006

Brought to you by Brooks / Vac & Dash

Presented by

Salisbury Parks & Recreation Dept &
Salisbury Rowan Runners

Contact: Steve Clark
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www.salisburync.gov/pkrec
www.salisburyrowanrunners.com

What is a Greenway?

A greenway is a linear park within towns and cities which connects community resources via parks, trail roads, sidewalks, easements, etc. It provides a popular recreation area for walking, biking, jogging and alternate forms of transportation. In addition, a greenway preserves open space, natural areas and wildlife and enhances educational and environmental opportunities.

Salisbury Parks & Recreations
PO Box 4053
Salisbury, NC 28145

*Proceeds to Benefit
The Salisbury Greenway Project*

Saturday, July 29, 2006 - 8:00 AM

Place: Knox Middle School
1625 Park Road West
Salisbury, North Carolina

Directions: Take I-85 Salisbury Exit #76. Follow Innes Street straight through town to Mahaley Avenue (approx 2.5 mi), turn right on Mahaley, then go 0.4 mi to Park Rd. Turn left. Knox Middle School is on left.

Entry Fee:
\$15 Pre-Registration (by 7/26)
\$20 Race Day (7—7:45 am)

Mail to:
SPRD Attn. Athletes-PO Box 4053-
Salisbury, NC 28145-4053

Facilities: Bathrooms & Showers available.

- Awards:**
- Top 3 Overall Male & Female (\$25 Gift Certificate to Athlete's Foot for 1st Overall Male & Female)
 - Top 3 Finishers Male & Female in each age group: 14 & Under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 & Over.

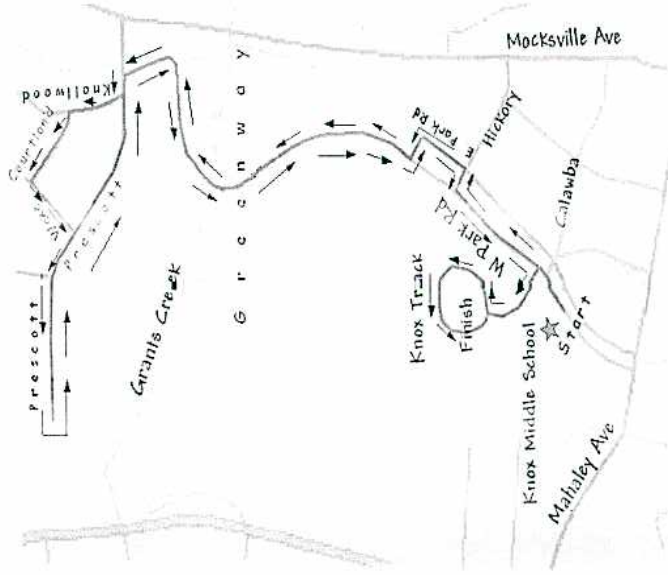
T-Shirts guaranteed to all pre-registered runners & walkers.

Walkers eligible for age group awards!

DOOR PRIZES!

Flat, Scenic Course!

The Course: "Certified"



Starts on W. Park Road, Turns right at Hickory Dr, Left on E Park Rd, Right on W Park Rd, along the Greenway to Prescott Drive. Turns left on Prescott, Right on Knollwood, Left on Courtland Dr.. Left on Wake, then Right back on Prescott. Proceeds to end of road, Turns around at cul-de sac and proceeds back all the way straight on Prescott Dr. to Greenway same route till you get back to Knox. At Knox, turns right at Tennis Courts and proceeds up and around the Knox track. Finishes on track..

Thank you to:
The Athlete's Foot
Cheerwine
Food Lion

Salisbury/Rowan School System

Race Application Courtesy of:
Marathon Business Center & Xerox

9th Annual Run/Walk for the Greenway 5K - Saturday, July 29, 2006 - 8:00 AM - Salisbury, NC

T-Shirt Size: S M L XL XXL

First Name & MI

Last Name

Mailing Address

City

State

Zip

Phone: Age on 7/29/06 Male Female E-Mail Address

Circle: Runner or Walker

Participant Waiver: I know that participating in the 5K road race may pose risk to my health. I accept all risks associated with participating in this race and waive all claims for myself, my heirs, and anyone acting on my behalf, against the Salisbury Parks & Recreation Dept, Salisbury Rowan Runners, Knox Middle School, the City of Salisbury, any and all sponsors, all officers, all members and all volunteers of said organizations. I attest that I am in proper physical condition to compete in this race. I also give my permission to the use of my name and picture in any written account about this race.

Signature (Parent or Guardian if under 18)

Date