

# ENTRY FORM

By **OCT. 7** **RACE DAY**  
 5K Run/Walk \$25 \$30  
 Fun-Run \$10 \$10

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_  
Email \_\_\_\_\_ Age on Oct.8 \_\_\_\_\_

Male  Female

Shirt Size (circle one)

Adult Sizes: S M L XL XXL

Please make entry fee payable to:

T-Man's 5K  
PO BOX 4571  
Mooresville NC 28117

**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 Rowan Runners and T-Man's Foundation, 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 Salisbury Rowan Runners, and sponsors, to use my name and picture in any written account about the race.

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



IN LOVING MEMORY OF  
TRISTEN HOBBS



March 8, 2002 – January 16, 2018

Our beloved son, Tristen took his life at the age of 15. This came without warning or without words to any of his family that this was in his thoughts. Tristen loved life and loved everybody. He was known as being the class clown and putting others first. Tristen had a love of dinosaurs and wanted to cave dive in Antarctica to recover frozen dinosaur DNA. We want to continue Tristen's love for others and we want to help another person and their family from experiencing our pain.

The TMan 5K was created in an effort to help honor our son's fearlessness, joy and love for life and others.

We hope that all who attend and are able to participate will join us in the celebration of life, love, and the pursuit of educating our community about mental illness and that no one is alone in this illness. It is ok to ask for help and if anyone has thought of taking their own life you need to let someone know immediately. Please go to a family member, a friend or call a mental health professional by calling the National Suicide Prevention Lifeline at 800-273-TALK.

We look forward to seeing you all on October 8th to join us in a day of reflection of the 15 beautiful years we had with Tristen and the life we still have left to live. Let us all use this time as a time of reflection that as we run or walk this route we remember that life is full of ups and downs. It is up to all of us to take a moment to reflect, pause and know that as we look around us that we are not alone. Remember to breathe through the peaks and valleys and to keep moving forward.

*Your story isn't done yet ;*

5th ANNUAL  
**T-MAN'S**  
5K  
RUN WALK  
BE THE CHANGE  
SUICIDE PREVENTION & MENTAL HEALTH AWARENESS RUN/WALK  
**OCTOBER 8**  
MOORESVILLE HIGH SCHOOL STADIUM  
659 E. Center Avenue, Mooresville NC 28115

# T-MAN'S 5K

SUICIDE PREVENTION  
& MENTAL HEALTH  
AWARENESS  
RUN/WALK

## WHEN

October 8, 2022

5K RUN/WALK 10:00 AM

FUN RUN - Immediately after 5K

## WHERE

Mooreville High School  
659 E. Center Ave.  
Mooreville, NC 28115

## REGISTRATION

Early registration through  
Mail in: October 1  
On-line: October 7  
[www.tman5k.com](http://www.tman5k.com)

## PRE-REGIST. PRICE

\$25 - 5K RUN/WALK  
\$10 - 1/2 MILE FUN RUN

## RACE DAY REGIST. PRICE

Register from 7:45 AM to 9:45 AM  
\$30 - 5K RUN/WALK  
\$10 - 1/2 MILE FUN RUN

## SHIRTS

5K RUN/WALK participants  
receive a Dri-Fit Technical T-shirt.

## AWARDS

5K RUN/WALK  
Top 3 Overall M/F  
Top 3 Age Group M/F

## Fun Run

Medals for all participants

## AGE GROUPS

5K RUN/WALK  
12 & Under, 13-19,  
20-29, 30-39, 40-49, 50-59,  
60-69, 70 and-over.

## Fun Run

12 and under

## TIMING

Timing and Scoring will be done  
by the Salisbury Rowan Runners.

## INCLEMENT WEATHER POLICY:

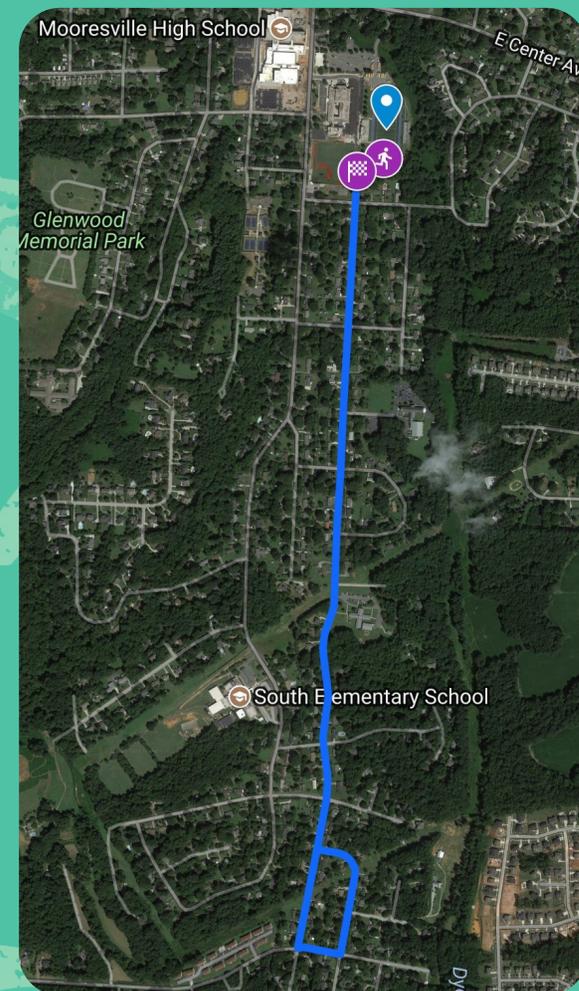
In case of inclement weather, the race  
may be delayed for one hour. We  
reserve the right to cancel any portion  
of the race if we determine existing  
weather conditions pose a safety  
hazard for the participants.

All proceeds will be distributed to  
local charities and communities for  
help and recovery.



be the change

# Course Map



CONTACT INFORMATION: Crystal Hobbs 704-881-2084

[www.tman5k.com](http://www.tman5k.com)