

T-man's 5k



be the change ;

Please join us for our **1st Annual Charity 5K/Walk** to raise funds to support the Jeff Yalden Non- Profit Foundation that promotes suicide prevention and mental health awareness.

HOSTED AT MOORESVILLE HIGH SCHOOL STADIUM

659 E. Center Avenue, Mooresville NC 28115

DATE: SEPTEMBER 16, 2018 - SUNDAY

Registration: 11:45am- 1:45pm

Entry Fee: \$25.00/ Day of Race: \$30.00

T-shirt, race packet, snacks, and beverage - plus lots of music

START TIME: 2:00PM

Pre-Registration available at www.tman5k.com or www.jeffyaldenfoundation.com or www.salisburyrowanrunners.org

Salisbury Rowan Runners will have online registration w/runsignup.com

Name: _____

Email: _____

Date of Birth: _____

Age on 09/16/18: _____

Phone: _____

Circle appropriate choice: Sex: M F

Shirt Size: S M L XL XXL YXS YS YM YL

Event: 5KWalk/Run

Awards:

Top 3 Overall Finishers
(Male/Female)

Top 3 Finishers (Male/Female)
Each Age Group

- 12 & under
- 13-19
- 20-29
- 30-39
- 40-49
- 50-59
- 60-69
- 70+

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, 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, T-Man's 5K, and sponsors, to use my name and picture in any written account about the race. Make checks payable to: T-Man's 5K, PO Box 4571, Mooresville NC 28117. Contact Crystal Hobbs at 704-881-2084.

Signature (Parent or Signature Guardian if under 18)

Date: _____