

### COURSE

A USATF certified (NC-04022-PH) 3.1 mile, straight down and back night race for recreational and competitive runners.

### ENTRY FEES

5K prior to June 5 \$20  
June 5 to Race Day \$25

### TIMING AND SCORING

FAST and ACCURATE Chronotrack timing by RMS SPORTS

### AGE GROUPS

11 & under, 12-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & over.

### AWARDS

Top 3 Male and Female in each age division.  
Top 3 Overall Male and Female.  
Top 2 Masters Male and Female.  
Top 2 Grand Masters Male and Female.  
\*Top 2 Athena (160+) and Clydesdale (200+).

*\*This category is optional and you must register as an Athena or Clydesdale to be considered.*

### CASH AND PRIZES

\$200 to First overall Male and Female.  
\$100 to Second overall Male and Female.  
\$50 to Third Overall Male and Female.  
\$50 if new course record Male and Female.

#### Course Record

Female - Amber Moran - 17:01  
Male - Devin Swan - 14:49

### Dick's Sporting Goods

gift cards to overall, masters, grand masters and age group winners, Male and Female.

### Phidippides Sports Center

\$50 gift certificate to first local finisher, M/F.

### SHIRTS

First 600 participants of 5K will receive a Dri-Fit T.

### RACE DAY INFORMATION

Registration 6:30 pm  
1 Mile Sprint 8:00 pm  
Tot Trot 8:15 pm  
1/2 Mile Fun Run 8:30 pm  
5K 9:00 pm  
Awards 10:00 pm

### REGISTRATION

Return form to the  
J. Fred Corriher, Jr. YMCA  
950 Kimball Rd.  
China Grove, NC 28023

### Race Day:

In side St. Marks Fellowship Hall  
326 N Main St

### On-line:

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

### RACE LOCATION

China Grove Police & Fire Department  
333 N Main St  
China Grove, NC 28023

### WEATHER

Race runs rain or shine. In case of inclement weather, the awards ceremony will be held inside.

### FURTHER INFORMATION

Contact: Aaron Crowe  
704.857.7011  
[acrowe@rowanymca.com](mailto:acrowe@rowanymca.com)

*Overall Winners are not eligible for Age Group Awards!  
Door Prizes will be drawn from pre-registered runners only.*

Entry fees are non-refundable.



### COURSE

A 1 mile sprint just for fun and for all ages, to see who can run a mile the fastest! Overall winner gets \$50, M/F.

Entry Fee: 1 mile sprint \$10 by June 5 \$15 Race Day  
Combo-5K/1 mile sprint \$25 by June 5 \$30 Race Day



### COURSE

A 1/2 mile, down and back course on Main St.

### AGE GROUPS

5 & under, 6-9, 10-13

### AWARDS

Top Three Overall Male and Female.  
All participants will receive a medal as they cross the finish line.

### ENTRY FEE

By June 5 .....\$10  
Race Day .....\$15

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### COURSE

A 200 yard, down and back dash for ages 5 and under. Participants will receive a #1 race bib and a medal.

ENTRY FEE .....FREE



JR'S FLOOR CARE  
704.239.7299



IC Heating and Air  
704.640.4401

