

THE 12TH ANNUAL CHINA GROVE 5K MAIN STREET CHALLENGE

Presented by The South Rowan Y Service Club



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 6\$20
June 6 to Race Day\$25

TIMING AND SCORING

FAST and ACCURATE chip timing by RMS SPORTS
www.rmsports.com

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.
Medals to all participants age 11 & under.

CASH AND PRIZES

\$100 to first overall Male and Female.
\$50 if new course record Male and Female.
Course Record
Female - Laura Swan - 17:17
Male - Devin Swan - 14:49



Gift Card to Dick's Sporting Goods for
First Overall Male and Female \$50
Second Overall Male and Female \$40
Third Overall Male and Female \$30
To top 3 in each age group Male and Female.
1st - \$20 2nd - \$10 3rd - \$5

XS ENERGY/ Middle of the Pack Award
Gift Basket from XS Energy for a Male and Female.

Phidippides Sports Center
\$50 gift certificate to Phidippides to first local finisher, Male and Female.

SHIRTS

First 300 participants will receive a Dry Fit Technical T.

Overall Winners not eligible for Age Group Awards!

Door Prizes will be drawn from pre-registered runners only.

THE SUBWAY SPRINT

COURSE

A 1/2 mile, down and back race for joggers, runners or walkers, but mainly for KIDS.
With Special Guest
From Lowe's Motor Speedway, Lug Nut!

ENTRY FEES

Subway Sprint\$10

SHIRTS

First 50 participants will receive a Commemorative Race Day T-shirt.

AWARDS

Top 3 Male and Female in each age division.
Top Overall Male and Female.

AGE GROUPS

5 & under, 6-9, 10-13

RACE DAY INFORMATION

Registration 6:30 pm - 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

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
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All proceeds benefit the YMCA of Rowan County "Invest in Youth" Program