



*Mission: Finding strength in the fellowship of other Gold Star Mothers who strive to keep the memory of our sons and daughters alive by working to help veterans, those currently serving in the military, their families and our communities.*



## Run To Salute 5K And 1 Mile Memory Walk



**Run/Walk 5K  
And 1 Mile Memory Walk**

**October 22, 2022  
Barboursville Park  
Barboursville, WV**

**Virtual option  
available online at  
*TriStateRacer.com***

**• 8:00am On-Site Registration**

- \$25 if registered before October 21st
- \$30 Day of Race
- No dogs

- Race Shirts guaranteed to all registered
- Door prizes, refreshments
- Support a great cause  
\*\*\*\*\*
- Sandwiches catered by  
Ghostly Gourmet*

**Course: Start at the lake  
> out the soccer field road  
> over the bridge turn around  
> return to lake to finish.**  
  
Some light hills.

**Trophies to first three overall male and female finishers.  
Awards to first three finishers in each male and female age group.**

*No duplication of awards*

**Age Groups: 9 and under  
10-14 15-19 20-24 25-29 30-34  
35-39 40-44 45-49 50-54 55-59  
60-64 65-69 70-74 75+**

**Race Director: Alan Osuch  
[OsuchRacePlanner@aol.com](mailto:OsuchRacePlanner@aol.com)  
or 606-369-4403**



**Please mail registration and check payable to:  
O Such Race Planners  
Memo: *Run To Salute* to:**

**Run To Salute 5K  
c/o Alan Osuch  
5024 Williams Avenue  
Ashland, KY 41101**

\*\*\*\*\* Cut here \*\*\*\*\*

## Run To Salute 5K

**Name:** \_\_\_\_\_ **Address:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Gender:** M F **Age on race day:** \_\_\_\_\_

**Choose one: 5K** \_\_\_\_\_ **1 Mile** \_\_\_\_\_ **Shirt Size** \_\_\_\_\_ (2X, 3X and 4X add \$2.00)

**Extra donation \$** \_\_\_\_\_ **Finisher Medal (\$7)** \_\_\_\_\_ **Amount paid \$** \_\_\_\_\_

**WAIVER:** I know that running a road race is a potentially hazardous activity and I should not enter a run unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event, including but not limited to, falls, contact with other participants, the effects of weather (including high heat or humidity), traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver, I release Gold Star Mothers of WV, Village of Barboursville, O Such Tri- State Race Planners, race officials, volunteers and all sponsors from all claims to liabilities arising out of my participation in this event.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent/Guardian (For minor):** \_\_\_\_\_