



Serving the needs of the tri-state assisting charitable groups in fundraising and promoting a healthy community.

## 5<sup>th</sup> Annual



### 5K Run/Walk

**Monday  
July 4, 2022  
9am**

**Downtown Greenup  
Community Park  
Greenup, KY**  
*Virtual option available at  
tristateracer.com*

*Proceeds and food donations go to Helping Hands to aid in their mission to assist those in need!*

- 8am On-Site Registration
  - Pre-register before July 2nd
    - \$25 with Tee Shirt
    - \$28 with Tank Top
  - Register Day of Race
    - \$30 with Tee Shirt
    - \$33 with Tank Top
- Add \$15 to get one of each shirt**

• Race Shirts guaranteed  
To all registrants

**• Hamburger and hot dog  
cookout after the race catered  
by Ghostly Gourmet!**

*Celebrate the holiday with  
family and friends!*

**Course: Starts and ends in  
the Greenup City Park.**  
Two long scenic sections of the  
course run right along the river.  
**Fun and safe for all ages.**

**Race Course records:**  
Male: **Jacob Nichols 18:07 2018**  
Female: **Riley Brown 20:37 2018**

Trophies to first three overall  
male and female finishers.  
Awards to first three finishers in  
each male and female age group.  
Award for the first stroller.  
*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 PLANNERS**  
Race Director: Alan Osuch  
[OsuchRacePlanner@aol.com](mailto:OsuchRacePlanner@aol.com)  
or 606-369-4403

Please make check payable to:  
*O Such Race Planners*  
Memo: *Firecracker 5K*

Please mail registration to:  
**Firecracker 5K  
c/o Alan Osuch  
5024 Williams Avenue  
Ashland, KY 41101**

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## Firecracker 5K

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

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

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

Choose: Tee Shirt Size \_\_\_\_ (\$25 pre/\$30 Race day) Tank Top Size \_\_\_\_ (\$28 pre/\$33 Race day)  
Both Shirts Size \_\_\_\_ (\$40 pre/\$43 Race day) Amount Enclosed \_\_\_\_\_

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 the City of Greenup, O Such Tri-State Race Planners, TriStateRacer.com, Graphic Solutions, 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): \_\_\_\_\_