



The purpose of Ashland Build-A-Bed project is to provide beds to low income children in the FIVCO area of eastern Kentucky who are sleeping in their household on something other than their own bed.



5K Run/Walk

October 20, 2022
Thursday 6pm

Russell Senior Center
520 Bellefonte Street
Russell, KY

Virtual option available online
at TriStateRacer.com

- 6pm On-Site Registration
- \$25.00 if pre-registered before October 20th
 - \$30 Day of Race
- Shirts to all registered

A unique Thursday evening run in Russell

- Door prizes, refreshments,
 - Fun for all
- Support a great cause!

Course: Starts at the depot down Ferry Street. Out past the Super Quik then toward the river. Along the river and back past the firehouse. Then there is an out and back toward Worthington. Ends at the Senior Center

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 PLANNERS
Race Director: Alan Osuch
OsuchRacePlanner@aol.com
or 606-369-4403

Please mail registration and check payable to:
O Such Race Planners
Memo: *Sweet Dreams* to:

Sweet Dreams 5K
c/o Alan Osuch
5024 Williams Avenue
Ashland, KY 41101

Sweet Dreams 5K

Name: _____ Address: _____

Email: _____

Phone: _____ Gender: M F Age on race day: _____

Shirt Size _____ (2X, 3X and 4X add \$2.00) Extra donation \$ _____ 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 the City of Russell, Ashland Build-A-Bed, 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): _____