



October 22, 2022  
9am

Library Common Park  
1740 Central Avenue  
Ashland, KY

Virtual option available online  
at [TriStateRacer.com](http://TriStateRacer.com)

*The Great Bowls Of Fire Chile Cookoff is the Ashland Community Kitchen's major fundraiser.  
Providing meals and a newly established food pantry is vital to our community!*

<p><b>Race Day registration at Library Commons Park</b> *****</p> <ul style="list-style-type: none"> <li>• 8am On-Site Registration</li> <li>• \$25.00 if pre-registered before October 21st</li> <li>• \$30 Day of Race</li> <li>• Shirts to all registered</li> </ul>	<p><i>Awards Ceremony held at the Broadway stage (16<sup>th</sup> Street &amp; Winchester Avenue)</i></p> <p><i>3 free Chile Cookoff tasting tickets with each registration</i></p> <ul style="list-style-type: none"> <li>• Door prizes</li> <li>• Shirts to all registered</li> <li>• Support a great cause!</li> </ul>	<p><b>Course: Flat with long straight-a-ways through downtown Ashland on city streets. Central &amp; Carter Avenues. Runners start and finish at the Common</b></p> <p><i>This is the City of Ashland 5K course</i></p>
<p><b>Trophies to first three overall male and female finishers. Awards to first three finishers in each male and female age group.</b></p> <p><i>No duplication of awards</i></p> <p>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+</p>	 <p>RACE PLANNERS Race Director: Alan Osuch <a href="mailto:OsuchRacePlanner@aol.com">OsuchRacePlanner@aol.com</a> or 606-369-4403</p>	<p>Please mail registration and <u>check payable to:</u> <b>O Such Race Planners</b> Memo: <i>Bowls Of Fire</i> to:</p> <p><b>Great Bowls Of Fire 5K</b> c/o Alan Osuch 5024 Williams Avenue Ashland, KY 41101</p>

**Great Bowls Of Fire 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 Ashland, Ashland Community Kitchen, 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): \_\_\_\_\_