




The C-K Ministerial Association seeks to spread the gospel of Jesus Christ by connecting local evangelical churches to each other through prayer and service. One program is the backpack food program.



November 26, 2022
Saturday 9am
First Baptist Church
of Kenova
1120 Poplar Street
Kenova, WV
Virtual Option available
on tristateracer.com

Proceeds will be used to fill backpacks with food for children in need to take home over the weekend. The program is the "Weekend Snack" Backpack Program.

<p>• 8:00am On-Site Registration</p> <ul style="list-style-type: none"> • \$30 if pre-registered before November 25th • \$35 Day of Race • Long sleeve Extra soft race shirts guaranteed to all registered 	<ul style="list-style-type: none"> • Full breakfast immediately after the race! • Chip timing • Door prizes, refreshments • Run or walk with friends 	<p>5 Miler Course: Starts at the church and is a loop. It runs thru the city streets of Kenova and Ceredo. ***** 2 Mile Walk: An out and back course. Awards to first 5 finishers. <i>No running or jogging.</i> 5 Miler Race Course records: Male: Dustin Moritz 29:26 2017 Female: Missy Moore 32:02 2017</p>
<p>Trophies to first three overall male and female finishers. Awards to first three finishers in each male and female age group. <i>No duplication of awards</i> 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 Director: Alan Osuch <u>OsuchRacePlanner@aol.com</u> or 606-369-4403</p>	<p>Please mail registration and <u>check payable to:</u> <u><i>O Such Race Planners</i></u> Memo: Feed The Need to: Save Feed The Need c/o Alan Osuch 5024 Williams Avenue Ashland, KY 41101</p>

*****Cuthere*****

Feed The Need 5 Miler

Name: _____ **Gender:** M F **Age on race day:** ____

Address: _____ **Email:** _____

Phone: _____

Shirt Size _____ (2X, 3X and 4X add \$2.00) **Amount paid \$** _____

Which Event: 5 Miler ____ 2 Mile Walk ____

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 Kenova, City of Ceredo, First Baptist Church of Kenova, O Such Tri-State Race Planners, TriStateRacer.com timing, 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): _____