

	<p><i>Texas Roadhouse Presents 12th Annual <b>Sounds Of Christmas</b> <u>5K</u></i></p>	<p><b><u>5K Run/Walk</u></b> <b>December 3, 2022 Saturday 9am</b> <b>Russell Senior Center 520 Bellefonte Street Russell, KY</b></p>
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***Proceeds go to Giving Tree and Greenup Helping Hands!***

<ul style="list-style-type: none"> <li>• 8am On-Site Registration</li> <li>• \$30.00 if pre-registered before December 2nd</li> <li>• \$35 Day of Race</li> </ul> <p><b>Long sleeve soft race shirt to all entered!</b></p>	<ul style="list-style-type: none"> <li>• Door prizes</li> <li>• Awards to 3 best costumes!</li> </ul> <p><b>On site meal after the race catered by the Texas Roadhouse!</b></p>	<p>Course: Starts and ends at the Russell Senior Center. Heads out past the Super Quik then toward the river. Along the river and back past the Senior Center. Then there is an out and back toward Worthington.</p>
<p>Trophies to first two overall male and female finishers. Awards to first three finishers in each male and female age group. <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 75-79 80+</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> <u>O Such Race Planners</u> Memo: <i>Sounds Of Christmas</i> to: Sounds Of Christmas 5K c/o Alan Osuch 5024 Williams Avenue Ashland, KY 41101</p>

## **Sounds Of Christmas 5K**

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

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

Phone: \_\_\_\_\_

Shirt Size \_\_\_\_\_ (2X, 3X and 4X add \$2.00) 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, Russell Senior Center, Texas Roadhouse, 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): \_\_\_\_\_