



United Way of Northeast Kentucky

Proceeds will go to the Ashland Independent School District and Boyd County High School. Help build leadership skills for students at Paul Blazer High School – students plan and host this race as a volunteer project through UWNEK. .



5K Run/Walk

Saturday 9am
August 26, 2023

Old Boyd County
Courthouse
Catlettsburg, KY

- 8am On-Site Registration
- \$25.00 if pre-registered on or before August 25th
- \$30 Day of race
- No dogs allowed

- Race shirts guaranteed to all registered
 - Door prizes
 - Refreshments
- Come out and support a great cause!*

Course: Flat and fast. Starts and ends at the courthouse. Course will be an out and back section followed by a loop out thru the historic city district.

Trophies to first three overall male and female finishers. Awards to first three finishers in each female age group. No duplication of awards



Please mail registration and check payable to O Such Race Planners

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+

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

Memo: *LIVE UNITED 5K* to:

LIVE UNITED 5K
c/o Alan Osuch
5024 Williams Avenue
Ashland, KY 41101

*****Cut here*****

Run, Walk, and LIVE UNITED 5K

Name: _____ Address: _____
 Email: _____
 Phone: _____ Gender: M F Age on race day: _____
 Shirt Size _____ (2X, 3X, 4X and 5X add \$2.00) Donation _____ 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 Catlettsburg, the United Way of Northeast Kentucky, 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): _____