

All proceeds will go to our local **Suicide Prevention Lifeline. The** Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.



## 5K Run/Walk

\*\*\*\*\*\*

Sunday October 22, 2023 2pm

\*\*\*\*\*\*

**Community Park** Barboursville, WV

1pm On-Site Registration \$25.00 if pre-registered before October 22nd •\$30 Day of Race

•Race Shirts guaranteed to all registered

Door prizes

After race food provided by The Mixing Bowl

Course: Start at the lake > out to the soccer field road > over the bridge > .5 mile to the right > turn around > return to the lake to finish.

**Race Course records:** 

**Carsen Blower** 17:54 2019 Male Female Abigale Sloan 23:49 2019

**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 75-79 80+



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

Please mail registration and check payable to: O Such Race Planners Memo: You Are Loved to:

You Are Loved 5K c/o Alan Osuch **5024 Williams Avenue** Ashland, KY 41101

******	**************************************	***********
	You Are Loved 5K	
Name:	Gender: M F	Age on race day:
Address:	Email:	
	Phone:	
Shirt Size (2X,	3X and 4X add \$2.00) Donation \$	_ Amount Enclosed \$
able and properly train I assume all risks associ	unning a road race is a potentially hazardous activity and led. I agree to abide by any decisions of a race official reliated with running in this event, including but not limited	ative to my ability to safely complete the run. d to. falls, contact with other participants. the
	iated with running in this event, including but not limited cluding high heat or humidity), traffic and the conditions	

appreciated by me. Having read this waiver, I release the Village of Barboursville, Oasis Behavioral Health Services, 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):