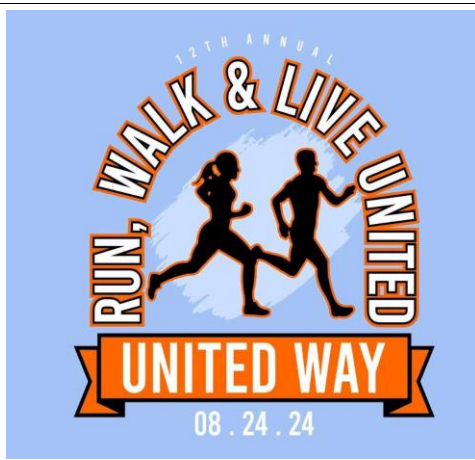




United Way of Northeast Kentucky

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 24, 2024**

**Library Commons at  
Central Avenue and  
17th Street  
Ashland, KY**

#### 8am On-Site Registration

**\$25 before by August 5th  
\$30 Aug. 5th thru Aug. 22nd  
\$35 Race Day**

*Race shirts guaranteed  
to all registered*

#### Door prizes

Sandwiches after the race  
catered by Ghostly Gourmet!

*Come out and support  
a great cause!*

**Course: Flat with long  
straight-a-ways through  
downtown Ashland on city  
streets. Runners start and  
finish at the Boyd County  
Public Library. This is the  
City of Ashland 5K course**

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

Please mail registration  
and check payable  
to O Such Race Planners

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 Ashland, 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): \_\_\_\_\_