

*The Ashland Breakfast Club is dedicated to serving the local community through various service and fundraising projects. Their many programs focus on the needs of children in our greater Ashland area, as well as worldwide.*

*Kiwanis Club of Ashland Breakfast was chartered on November 12, 1974. We meet every Tuesday at 8:00 am in the Ashland Area YMCA.*



**5K Run/Walk**

**Thursday  
August 29, 2024  
7pm**

**Boyd County  
Extension Office  
2420 Center Street  
Catlettsburg, KY**

- 6pm On-Site Registration  
\$25 before August 12<sup>th</sup>  
\$30 Aug. 12 thru Aug 28th  
\$35 Day of Race
- Race shirts guaranteed to all registrants

- Support a great cause!
- Door prizes
- Refreshments

*Start your holiday weekend off with this great family friendly event!*

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

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](mailto:OsuchRacePlanner@aol.com)  
or 606-369-4403

Please mail registration and check payable to:  
O Such Race Planners  
Memo: Gate City 5K to:  
Gate City 5K  
c/o Alan Osuch  
5024 Williams Avenue  
Ashland, KY 41101

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**Gate City Labor Day 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 Catlettsburg, Ashland Breakfast Kiwanis, 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): \_\_\_\_\_