



United Way of Northeast Kentucky

Funds go to UWNEK Bridge Builders and RAPP Programs. Students from Paul Blazer, Boyd County and Fairview High Schools 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 12th
\$30 Aug. 12th 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): _____