

Choices And Changes event Hope 4  
 The Harvest 5K exists to empower communities in rural Costa Rica by providing access to education, nutrition, and meeting the immediate need of impoverished families. Also, the race will help fund Vacation Bible Schools, backyard Bible lessons, and events where families will hear the gospel message, receive meals, and be connected to local pastors and missionaries.



## 5K Run/Walk

**Saturday  
 September 20, 2025  
 9am**

**Boyd County Senior Center  
 (New Catlettsburg City Building)  
 3015 Louisa Street  
 Catlettsburg, KY**

**Proceeds from the 5K run will directly support Hope for the Harvest's efforts in rural Costa Rica. Funds will provide school uniforms, clothing, and school supplies for children, as well as support our weekend feeding programs to nourish families.**

<p><b>8am On-Site Registration</b>  <b>\$25 before September 8th</b>  <b>\$30 Sept. 8th thru Sept. 18th</b>  <b>\$35 Day of Race</b></p>	<p><b>Support a great cause!</b>  <i>Race shirts guaranteed to all registrants</i></p>	<p><b>Course: Starts and ends at the Senior Center. Course will be an out and back section followed by a loop out thru the historic city district.</b></p>
<p><b>Trophies to first three overall male and female finishers.</b>  <b>Awards to first three finishers in each male and female age group.</b>  <i>No duplication of awards</i>  <b>Age Groups: 9 and under</b>  <b>10-14 15-19 20-24 25-29 30-34</b>  <b>35-39 40-44 45-49 50-54 55-59</b>  <b>60-64 65-69 70-74 75-79 80+</b></p>	 <p><b>Race Director: Alan Osuch</b>  <b><u>OsuchRacePlanner@aol.com</u></b>  <b>or 606-369-4403</b></p>	<p><b>Please mail registration and <u>check payable to:</u></b>  <b>O Such Race Planners</b>  <b>Memo: Hope 4 The Harvest 5K</b>  <b>to:</b>  <b>Hope 4 The Harvest 5K</b>  <b>c/o Alan Osuch</b>  <b>5024 Williams Avenue</b>  <b>Ashland, KY 41101</b></p>

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## Hope 4 The Harvest 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, Choices and changes, 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):** \_\_\_\_\_