

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 12, 2025 2pm

Community Park Barboursville, WV

1pm On-Site Registration \$25 before Sept. 29th \$30 Sept. 29th Thru Oct. 10th \$35 Day of Race Race Shirts guaranteed to all registered

Door prizes

Refreshments after the race!

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:
Male Carsen Blower 17:54 2019
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 PLANNERS
Race Director: Alan Osucl

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

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	You Are Loved 5K	
Name:	Gender: M F	Age on race day:
Address:	Email:	
Phone:		
Shirt Size (2X, 3X and 4X add 5	\$2.00) Donation \$	_ Amount Enclosed \$
WAIVER: I know that running a road race is a pable and properly trained. I agree to abide by		
I assume all risks associated with running in the		
effects of weather (including high heat or hur appreciated by me. Having read this waive		
O Such Tri-State Race Planners, TriStateRa	cer.com timing, race officials, vol	unteers and all sponsors from all claims to
liabilities a	rising out of my participation in	this event.
Signature:		Date:

Parent/Guardian (For minor): _____