



5K Run/Walk
June 18, 2022 9am
Greenup Christian Church
Walnut Street
Greenup, KY



Greenup Meals On Wheels started 16 years ago. In 2010 a grant was received to build their own professional kitchen. MOW serves 73 meals per day, 5 days a week. They also have a waiting list. There is a team of 28 volunteers and no government funding. As our clientele has grown we recognize the need to raise additional capital thru community fundraisers.

Proceeds go to procurement of food, packaging supplies and maintenance of the facilities.

<ul style="list-style-type: none"> • 8:00am On-Site Registration • \$25 if registered before June 17th • \$30 Day of Race • No dogs 	<ul style="list-style-type: none"> • Race Shirts guaranteed to all registered • Door prizes, refreshments, ***** • Run or walk with friends • Fun for all ages • Support a great cause 	<p>Course: Flat and fast. Starts and ends at Greenup Christian Church. Two long scenic sections of the course run right along the river.</p>
<p>Trophies to first three overall male and female finishers. Awards to first three finishers in each male and female age group. <i>No duplication of awards</i> 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+</p>	<p>Race Director: Alan Osuch <u>OsuchRacePlanner@aol.com</u> or 606-369-4403</p> 	<p>Please mail registration and <u>check payable to:</u> <u>O Such Race Planners</u> Memo: Meals On Wheels to:</p> <p>Meals On Wheels 5K c/o Alan Osuch 5024 Williams Avenue Ashland, KY 41101</p>

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Meals On Wheels 5K

Name: _____ **Address:** _____

Email: _____

Phone: _____ **Gender:** M F **Age on race day:** _____

Shirt Size _____ **Extra donation\$** _____ **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 Greenup, Greenup Meals On Wheels, Greenup Christian Church, 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): _____