

Hands and feet for Christ Mission Statement: We are small and cannot do everything, but we still can do something! And because we can't do everything, we will not refuse to do something! We support a youth VBS program; a local backpack for children program; we collect food for the local food bank; we collect coats, gloves, socks and blankets for the homeless and take them to the parks and tent city. We collect womens purses and fill them with personal items and take them to the women's shelter.



October 2, 2022
Sunday 2pm
Community Of Christ
1392 Thomas
Hollow Road
Lucasville, OH
Virtual option available at
tristateracer.com

Any and all donations greatly appreciated!

<ul style="list-style-type: none"> • \$ 25 if pre-registered before September 30th • \$30 Day of Race • Race Shirts guaranteed to first 150 registered 	<ul style="list-style-type: none"> • 8am On-Site Registration • Door prizes • Run or walk with friends • Fun for all ages <p><i>Hamburger/Hot Dog cookout after the race!</i></p>	<p>Course: Starts and ends at the church. Run on roads thru the residential areas of Lucasville. All paved.</p> <p>Race Course records: Male: Craig Lands 21:31 2019 Female: Tammy Black 24:41 2019</p>
<p>Trophies to first three overall male and female finishers. Awards to first three finishers in each male and female age group.</p> <p><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: <i>Nailed It to:</i></p> <p>Nailed It 5K c/o Alan Osuch 5024 Williams Avenue Ashland, KY 41101</p>

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Nailed It 5K

Name: _____ Gender: M F Age on race day: _____
Address: _____ Email: _____
Phone: _____

Shirt Size _____ (2X, 3X and 4X add \$2.00) Amount paid \$ _____

Shirt Size _____ (2X, 3X and 4X 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 Lucasville, Community Of Christ, 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): _____