




The mission is to build real relationships by serving Christ and our community. Twice a week food is passed out to up to 100 families. It has gotten harder to get food donated and so they have to buy it.



5K Run/Walk
Sunday 2pm
October 9th, 2022
Boyd County
Courthouse
Catlettsburg, KY
Virtual option available online at TriStateRacer.com

All proceeds go to FILL THE PANTRY!!

<ul style="list-style-type: none"> • 1pm On-Site Registration • \$25 pre-registered before October 9th • \$30 Day of Race 	<ul style="list-style-type: none"> • Support a great cause! • Door prizes • Refreshments <p><i>Race shirts guaranteed to all registrants</i></p>	<p>Course: Flat and fast. Run thru downtown Catlettsburg. Starts and ends at the courthouse. Course will be an out and back section with then loop out thru the historic city district.</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 75-79 80+</p>	 <p>RACE PLANNERS Race Director: Alan Osuch OsuchRacePlanner@aol.com</p>	<p>Please mail registration and <u>check payable to:</u> <u>O Such Race Planners</u> <u>Memo: HOG Trot 5K to:</u></p> <p>HOG Trot 5K c/o Alan Osuch 5024 Williams Avenue Ashland, KY 41101</p>

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HOG Trot 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, Boyd County Courthouse, the House Of Grace, 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): _____