

The primary mission of the Lions Club is the prevention of blindness through providing eye health care for the financially disadvantaged and to assist impaired individuals through activities such as pilot dogs, large print materials, Ohio Lions Eye Research Foundation, Ohio Sight And Hearing and so much more. Youth and community activities are also promoted.



## 5K Run/Walk

Thursday 7pm  
May 25, 2023

Coal Grove  
High School Field  
One Hornet Lane  
Coal Grove, OH

**• 6pm On-Site Registration**

- \$25 pre-registered before May 25th
- \$30 Day of Race

Race shirts guaranteed to all registrants

**• Chip time**

**Door Prizes:**  
**Fifteen \$75 Cash Gift Cards**

**Also many more prizes**

**Giovanni Pizza After the race!**

**Course:** Race starts and ends on the Coal Grove High School track. Runners and walkers will be running thru the streets of Coal Grove.

**Race Course records:**

Male: Seth Miller 17:04 2019  
Female: Missy Moore 19:51 2018

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+



Please mail registration and check payable to:  
O Such Race Planners  
Memo: *Run Like A Lion* to:  
Save Run Like A Lion 5K  
c/o Alan Osuch  
5024 Williams Avenue  
Ashland, KY 41101

\*\*\*\*\*Cut here\*\*\*\*\*

## Run Like A Lion 5K

Name: \_\_\_\_\_ Address: \_\_\_\_\_  
Email: \_\_\_\_\_  
Phone: \_\_\_\_\_ Gender: M F Age on race day: \_\_\_\_\_  
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 Village of Coal Grove, Coal Grove Lions Club, 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): \_\_\_\_\_