



Helping Hands of Greenup County
Helping Hands is a non-profit 501(c)3 faith based, human service agency providing emergency assistance by direct distribution of food, medications, clothing, utility assistance, referral service and education to low-income elderly, children and families at risk in Greenup County.



5K Run/Walk
9am

Saturday
April 15, 2023

Poppy's Pizza
765 Ohio River Road
Lloyd, KY

All net proceeds and food donations go to Helping Hands to aid in their mission to assist those in need!

- 8am On-Site Registration
- \$25.00 if pre-registered before April 15th
- \$30 Day of Race
- Soft race shirts guaranteed to all registered

- *Any and all food donations are gratefully appreciated!*
- Door prizes
- **Poppy's Pizza after the race**
- Run or walk with friends

Course: This is flat and fast. Poppy's Pizza down Ohio River Road to the Dam and back.

Race Course records:
Male John Sloan 18:42 2022
Female Darah Appleton 21:21 2022

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 Director: Alan Osuch
OsuchRacePlanner@aol.com
or 606-369-4403

Please mail registration and check payable to:
O Such Race Planners
Memo: *That Dam 5K* to:

That Dam 5K
c/o Alan Osuch
5024 Williams Avenue
Ashland, KY 41101

*****Cut here*****

That Dam 5K

Name: _____ **Address:** _____

Email: _____

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

Shirt Size _____ **(2X, 3X and 4X add \$2.00)** **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 Helping Hands Of Greenup, Greenup County, 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): _____