



Safe Harbor of Northeast KY is dedicated to eliminating domestic violence through prevention, education and intervention.



**July 15, 2023
Saturday 9am**

**5KRun/Walk
Crabbe School
520 17th Street
Ashland, KY**

Proceeds go to support art programs at Safe Harbor!

- 8am On-Site Registration in the Crabbe School Gym
- \$25.00 if pre-registered on or before July 14
- \$30 Day of Race

- Race shirts guaranteed to all registered
 - Door prizes
 - Refreshments
- Sandwiches after the race catered by Ghostly Gourmet!*

Course: Uses the City of Ashland Central Park course. Runners start in the center of park and finish at the Crabbe Elementary School.

Race Course records:
Male: Seth Hamm 17:54 2022
Female: Laura Hamm 22:04 2017

- Trophies to the first three overall male and female finishers
- Awards to the first three finishers in the male and female age groups
- 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 PLANNERS
 Race Director: Alan Osuch
OSuchRacePlanner@aol.com
 Or 606-369-4403

Please mail registration and check payable to O Such Race Planners

**Memo: Happy Feet 5K to:
 Happy Feet 5K 5K
 c/o Alan Osuch
 5024 Williams Avenue
 Ashland, KY 41101**

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

Happy Feet 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 Safe Harbor, City of Ashland, Crabbe School, 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): _____