



United Way of Northeast Kentucky

Proceeds will go to the Ashland Independent School District and Boyd County High School. Help build leadership skills for students at Paul Blazer High School – students plan and host this race as a volunteer project through UWNEK. .



5K Run/Walk

Saturday 9am  
August 26, 2023

Old Boyd County  
Courthouse  
Catlettsburg, KY

- 8am On-Site Registration
- \$25.00 if pre-registered on or before August 25th
- \$30 Day of race

•Race shirts guaranteed to all registered

- Door prizes
- Refreshments

*Come out and support a great cause!*

Course: Flat and fast. Starts and ends at the courthouse. Course will be an out and back section followed by a loop out thru the historic city district.

Trophies to first three overall male and female finishers. Awards to first three finishers in each female age group. No duplication of awards



Please mail registration and check payable to O Such Race Planners

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](mailto:OsuchRacePlanner@aol.com)  
 or 606-369-4403

Memo: *LIVE UNITED 5K* to:

LIVE UNITED 5K  
 c/o Alan Osuch  
 5024 Williams Avenue  
 Ashland, KY 41101

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**Run, Walk, and LIVE UNITED 5K**

Name: \_\_\_\_\_ Address: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Phone: \_\_\_\_\_ Gender: M F Age on race day: \_\_\_\_\_  
 Shirt Size \_\_\_\_\_ (2X, 3X, 4X and 5X 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 Catlettsburg, the United Way of Northeast Kentucky, 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): \_\_\_\_\_