HOUSE OF GRACE
RIGHT PLACE RIGHT TIME

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.

2nd Annual
HOG Trot 5K
Presented by House of Grace

August 20 2023
Catlettsburg KY

5K Run/Walk
Sunday   2pm
August 20th, 2023
Boyd County Courthouse
Catlettsburg, KY

Virtual option available online at TriStateRacer.com

All proceeds go to FILL THE PANTRY!!

- **1pm On-Site Registration**
- **$25 pre-registered before August 19th**
- **$30 Day of Race**

- **Support a great cause!**
- **Door prizes**
- **Refreshments**

Race shirts guaranteed to all registrants

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.

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+

O SUCH TRI-STATE RACE PLANNERS
Race Director: Alan Osuch
OsuchRacePlanner@aol.com

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

HOG Trot 5K
c/o Alan Osuch
5024 Williams Avenue
Ashland, KY 41101

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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): _____