

The Ashland Breakfast Club is dedicated to serving the local community through various service and fundraising projects. Their many programs focus on the needs of children in our greater Ashland area, as well as worldwide.
Kiwanis Club of Ashland Breakfast was chartered on November 12, 1974. We meet every Tuesday at 8:00 am in the Ashland Area YMCA.



5K Run/Walk

**Thursday
 August 31, 2023
 7pm**

**Boyd County
 Extension Office
 2420 Center Street
 Catlettsburg, KY**

- 6pm On-Site Registration
- \$25 pre-registered before August 31st
- \$30 Day of Race
- Race shirts guaranteed to all registrants

- Support a great cause!
- Door prizes
- Refreshments

Start your holiday weekend off with this great family friendly event!

Course: Flat and fast. Starts and ends at the Extension Office. Course will be a loop followed an out and back section 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+



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

Please mail registration and check payable to:
 O Such Race Planners
 Memo: Gate City 5K to:
 Gate City 5K
 c/o Alan Osuch
 5024 Williams Avenue
 Ashland, KY 41101

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Gate City Labor Day 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, Ashland Breakfast Kiwanis, O Such Tri-State Race Planners, TriStateRacer.com timing, 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): _____