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

**July 13, 2024
Saturday
9am**

5KRun/Walk

**Crabbe School
520 17th Street
Ashland, KY**

Proceeds go to support art programs at Safe Harbor!

8am On-Site Registration

$25 Thru June 30th

$30 July 1st Thru July 12th

$35 Day of Race

Race shirts guaranteed to all registered

Door prizes

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 first three overall male and female finishers.
Awards to first three finishers in each male and female age group.
Award for the first stroller.
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 <u>check payable to</u>
<u>O Such Race Planners</u>
Memo: *Happy Feet 5K* to:
Happy Feet 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): _____