

<p><b>Coal Grove Ohio Family Fun Days</b></p>  <p><b>July 1/2/3, 2024</b></p>		<p><b><u>5K Run/Walk</u></b></p> <p><b>Monday July 1, 2024 7pm</b></p> <p><b>Paul Porter Park 221 Lane Street Coal Grove, OH</b></p>
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***Proceeds go to the Coal Grove Betterment Club to provide free community activities and village beautification!***

<p><b>6pm On-Site Registration</b></p> <p><b>\$25 before June 17th</b></p> <p><b>\$30 June 17th thru June 30th</b></p> <p><b>\$35 Day of Race</b></p>	<p><b>Shirts to all registrants</b></p> <p><b>Make it a family affair!</b></p> <p><b>Door prizes .. Refreshments</b></p> <p><b>Enjoy the many Fun Days activities</b></p>	<p><b>Course: Mostly flat. Starts and ends in the Park. An out and back to a quarter mile from the Memorial Cemetary in Ironton. Good PR course!</b></p>
<p><b>Trophies to first three overall male and female finishers.</b></p> <p><b>Awards to first three finishers in each male and female age group.</b></p> <p><b>Award for the first stroller.</b></p> <p><i>No duplication of awards</i></p> <p><b>Age Groups: 9 and under</b></p> <p><b>10-14 15-19 20-24 25-29 30-34</b></p> <p><b>35-39 40-44 45-49 50-54 55-59</b></p> <p><b>60-64 65-69 70-74 75-79 80+</b></p>	 <p><b>RACE PLANNERS</b></p> <p><b>Race Director: Alan Osuch</b></p> <p><b><u>OsuchRacePlanner@aol.com</u></b></p> <p><b>or 606-369-4403</b></p>	<p><b>Please make <u>check payable to:</u></b></p> <p><b><i>O Such Race Planners</i></b></p> <p><b>Memo: <i>Freedom 5K</i></b></p> <p><b>Please mail registration to:</b></p> <p><b>Freedom 5K</b></p> <p><b>c/o Alan Osuch</b></p> <p><b>5024 Williams Avenue</b></p> <p><b>Ashland, KY 41101</b></p>

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## Freedom 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 the Village Of Coal Grove, Coal Grove Betterment Club, City of Ironton, 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):** \_\_\_\_\_