



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



**July 11, 2026
Saturday
9am**

5KRun/Walk

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

Proceeds go to support art programs at Safe Harbor!

<p>8am On-Site Registration</p> <p>\$25 before June 29th</p> <p>\$30 June 29th Thru July 9th</p> <p>\$35 Day of Race</p>	<p>Race shirts guaranteed to all registered</p> <p>Door prizes</p> <p><i>Support a Great Cause In our community!</i></p>	<p>Course: Uses the City of Ashland Central Park course. Runners start in the center of park and finish at the Crabbe Elementary School.</p> <p>Race Course records:</p> <p>Male: Seth Hamm 17:54 2022</p> <p>Female: Laura Hamm 22:04 2017</p>
<p>Trophies to first three overall male and female finishers.</p> <p>Awards to first three finishers in each male and female age group.</p> <p>Award for the first stroller.</p> <p><i>No duplication of awards</i></p> <p>Age Groups: 9 and under</p> <p>10-14 15-19 20-24 25-29 30-34</p> <p>35-39 40-44 45-49 50-54 55-59</p> <p>60-64 65-69 70-74 75-79 80+</p>	 <p>RACE PLANNERS</p> <p>Race Director: Alan Osuch</p> <p><u>OSuchRacePlanner@aol.com</u></p> <p>Or 606-369-4403</p>	<p>Please mail registration and <u>check payable to</u></p> <p><u>O Such Race Planners</u></p> <p>Memo: <i>Happy Feet 5K</i> to:</p> <p>Happy Feet 5K</p> <p>c/o Alan Osuch</p> <p>5024 Williams Avenue</p> <p>Ashland, KY 41101</p>

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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): _____