



The C-K Ministerial Association seeks to spread the gospel of Jesus Christ by connecting local evangelical churches to each other through prayer and service. One program is the backpack food program.

3<sup>rd</sup> Annual  
Feed  
The Need  
5 Miler

**5 Mile Run/Walk**  
**2 Mile Walk**

**November 30, 2019**  
**Saturday 9am**

**First Baptist Church**  
**of Kenova**  
**1120 Poplar Street**  
**Kenova, WV**

**Proceeds will be used to fill backpacks with food for children in need to take home over the weekend. The program is the "Weekend Snack" Backpack Program.**

<p><b>• 8:00am On-Site Registration</b></p> <ul style="list-style-type: none"> <li>• \$20 if pre-registered before Nov. 29th</li> <li>• \$25 Day of Race</li> </ul> <p><b>• \$18 for pre-registered groups of 8 or more. Must be postmarked by Nov. 21st</b></p>	<p><b>• Full breakfast immediately after the race!</b></p> <ul style="list-style-type: none"> <li>• Chip timing</li> <li>• Race shirts guaranteed to first 150 registered</li> <li>• Door prizes, refreshments</li> <li>• Run or walk with friends</li> </ul>	<p><b>5 Miler Course:</b> Starts at the church and is a loop. It runs thru the city streets of Kenova and Ceredo. *****</p> <p><b>2 Mile Walk:</b> An out and back course. Awards to first 5 finishers. <i>No running or jogging.</i></p> <p>5 Miler Race Course records: <b>Male: Dustin Moritz 29:26 2017</b> <b>Female: Missy Moore 32:02 2017</b></p>
<p>Trophies to first two overall male and female finishers. Awards to first three finishers in each male and female age group. <i>No duplication of awards</i> 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+</p>	 <p><b>RACE PLANNERS</b></p> <p>Race Director: Alan Osuch <a href="mailto:OsuchRacePlanner@aol.com">OsuchRacePlanner@aol.com</a> or 606-369-4403</p>	<p>Please mail registration and check payable to: <b><u>O Such Race Planners</u></b> Memo: <i>Feed The Need</i> to: Save Feed The Need c/o Alan Osuch 5024 Williams Avenue Ashland, KY 41101</p>

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**Feed The Need 5 Miler**

Name: \_\_\_\_\_ Address: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Phone: \_\_\_\_\_ Gender: M F Age on race day: \_\_\_\_\_  
 Shirt Size \_\_\_\_\_ (2X, 3X and 4X add \$2.00) Donation \$ \_\_\_\_\_ Amount Enclosed\$ \_\_\_\_\_  
 Which Event: 5 Miler \_\_\_\_ 2 Mile Walk \_\_\_\_

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 Kenova, City of Ceredo, First Baptist Church of Kenova, 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): \_\_\_\_\_