

**Entry Fee:** \$15 before Dec. 8th and \$20 after, fee includes T-shirt for the first 100 entrants.

**Registration:** Begins Dec. 11th at 8 a.m. in parking lot adjacent to Super Quik, beside the old Russell Central Elementary School (the future site of LifeSong Church).

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (Day): \_\_\_\_\_

(Evening): \_\_\_\_\_

Age on Oct. 7th, 2010: \_\_\_\_\_

Sex: M or F

T-shirt size: Small Medium Large X-Large

Make checks payable to [Stephen Salyers Charities Foundation, Inc.](#)

Mail check and entry form or bring to:

Ashland Area Convention and Visitors Bureau

1509 Winchester Ave.

Ashland, KY 41101

800-377-6249

606-329-1007

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Waiver: I understand running a road race is potentially hazardous. I should not enter this 5K run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the race. I assume all risks associated with participating in the race, all such risks being known and appreciated by me. Having read and understood the above information, I, for myself and anyone entitled to act on my behalf, waive and release OLBH; Bellefonte Foot Care; Ashland Area Convention and Visitors Bureau; Stephen Salyers Charities Foundation, Inc.; race officials; volunteers; sponsors; their representatives; and successors from any and all claim to liabilities arising from my participation in this event.

Signature: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_

(If under 18)

Date: \_\_\_\_\_

Official Use, Race # \_\_\_\_\_



OUR LADY OF BELLEFONTE HOSPITAL  
Bon Secours Kentucky Health System

**BELLEFONTE  
Foot Care**

Phillip R. Dowdy, Jr., DPM  
606-833-6260

### Awards:

Special Christmas ornaments will be awarded to the top three male and female participants, as well as the top finisher in each age division. No duplicate awards.

### Age Divisions:

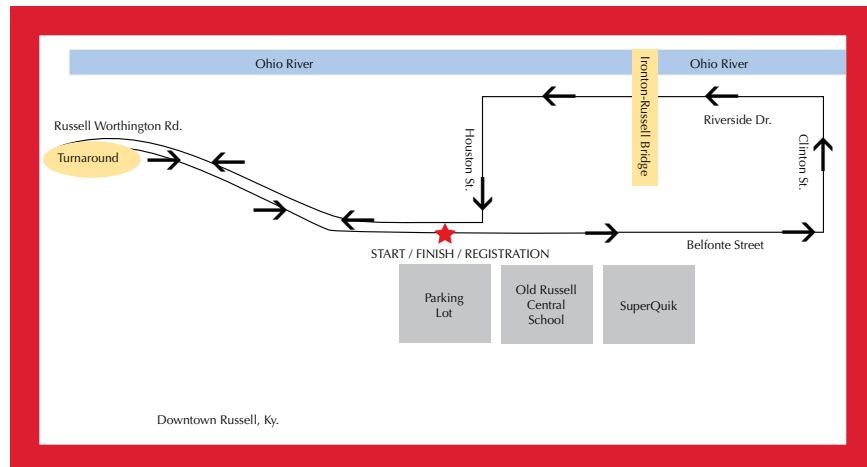
Male and Female

- 11 and under
- 12 to 17
- 18-29
- 30-39
- 40-49
- 50-59
- 60-69
- 70 and older



### The Course:

The course is flat with long straight-aways through downtown Russell, Ky. Runners start and finish at the parking lot adjacent to Super Quik. The course is well marked and will have volunteers giving times at the one and two mile markers as well as accurate computerized results.



# SOUNDS OF CHRISTMAS

## Charity 5K Run for Kids

Benefiting the

Stephen Salyers Charities Foundation, Inc.  
501C3 Tax Exempt Organization  
P.O. Box 222  
Flatwoods, KY 41139

Proceeds will benefit  
Tri-State Children's Charities for Christmas

**Dec. 11th @ 9 a.m.**  
in Downtown Russell, Ky.

