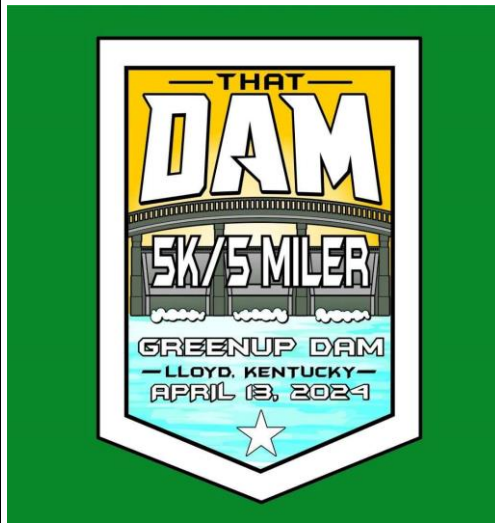




Helping Hands of Greenup County
Helping Hands is a non-profit 501(c)3 faith based, human service agency providing emergency assistance by direct distribution of food, medications, clothing, utility assistance, referral service and education to low-income elderly, children and families at risk in Greenup County.



5K/5 Miler Run/Walk

9am

**Saturday
 April 13, 2024**

**Poppy's Pizza
 132 Ohio River Road
 Lloyd, KY**

All net proceeds go to Greenup Helping Hands to aid in their mission to assist those in need!

<p>8am On-Site Registration</p> <p>\$25 Thru March 31st</p> <p>\$30 April 1 Thru April 12th</p> <p>\$35 Day of Race</p>	<p><i>Race shirts to all registered</i></p> <p>Door prizes</p> <p>Poppy's Pizza after the race</p> <p>Run or walk with friends</p>	<p>Course: This is flat and fast. Poppy's Pizza down Ohio River Road to the Dam and back. 5K has a turnaround on Ohio River Road.</p> <p>5K Race Course records:</p> <p>Male John Sloan 18:42 2022</p> <p>Female Darah Appleton 21:21 2022</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><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 35-39</p> <p>40-44 45-49 50-54 55-59 60-64</p> <p>65-69 70-74 75-79 80+</p>	<p></p> <p>Race Director: Alan Osuch <u>OsuchRacePlanner@aol.com</u> or 606-369-4403</p>	<p>Please mail registration and check payable to: <u>O Such Race Planners</u> Memo: <i>That Dam 5K</i> to:</p> <p>That Dam 5K c/o Alan Osuch 5024 Williams Avenue Ashland, KY 41101</p>

***** Cut here *****

That Dam 5K

Name: _____ **Address:** _____

Email: _____

Phone: _____ **Gender:** M F **Age on race day:** _____

Shirt Size ____ (2X, 3X and 4X add \$2.00) **Choose:** 5K ____ 5 Miler ____ **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 Helping Hands Of Greenup, Greenup County, 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): _____