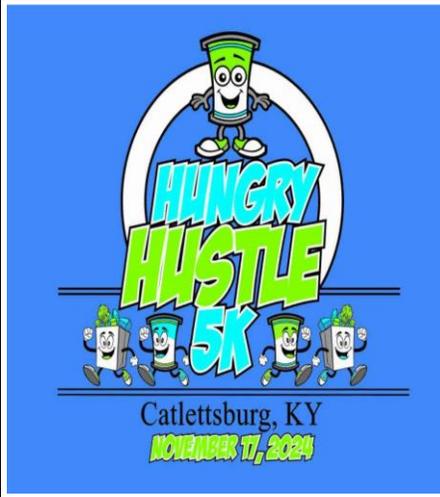




**Ashland  
Community Kitchen**

*Where No One Goes Hungry*



## 5K Run/Walk

**Sunday  
November 17, 2024  
2pm**

**Boyd County Senior Center  
(New Catlettsburg City Building)  
3015 Louisa Street  
Catlettsburg, KY**

### ***Proceeds go to the Ashland Community Kitchen***

**1pm On-Site Registration**

**\$15.00!!!**

**Thru Race Day**

*Race shirt optional for \$15*

*Will be mailed one  
week after race*

**Support a great cause!**

**Door prizes**

**Refreshments**

***Money and food  
donations will be  
collected at the race!***

**Course: Flat and fast.  
Starts and ends at the  
Senior Center. Course will be  
an out and back section  
followed by a loop out thru the  
historic city district.**

**Trophies to first three overall  
male and female finishers.  
Awards to first three finishers in  
each male and female age group.**

*No duplication of awards*

**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 70-74 75-79 80+**



**RACE PLANNERS**

**Race Director: Alan Osuch**

**OsuchRacePlanner@aol.com**

**or 606-369-4403**

**Please mail registration  
and check payable to:  
O Such Race Planners  
Memo: *Hungry Hustle 5K* to:  
**Hungry Hustle 5K  
c/o Alan Osuch  
5024 Williams Avenue  
Ashland, KY 41101****

\*\*\*\*\*Cut here\*\*\*\*\*

## ***Hungry Hustle 5K***

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

**Gender:** M F

**Age on race day:** \_\_\_\_

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

**Email:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Shirt Size** \_\_\_\_\_ **Optional \$15**

**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 City of Catlettsburg, 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):** \_\_\_\_\_