



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



July 24, 2021
Saturday 9am
Run/Walk

Central Park
Center of Park
Ashland, KY

Virtual option available online at TriStateRacer.com

Proceeds go to support art programs at Safe Harbor!

- Early Packet pickup July 23rd TBD
- 8am to 9am On-Site Registration in the Park
- \$25.00 if pre-registered on or before July 24th - Shirt and bib at packet pickup
- \$30 Day of Race - Bib at registration, shirt mailed

Please mail registration and check payable to **O Such Race Planners**

Memo: *Happy Feet 5K 5K* to:
Happy Feet 5K 5K
c/o Alan Osuch
5024 Williams Avenue
Ashland, KY 41101

- On packet pickup or race day registration runners will pick up their race packet and choose a corral time. Each runner will have a specific starting time.
 - They will line up in corrals. Runners will go off at 10 runners every minute.
 - The water station will have bottles of water to grab and go. No cups. Multiple trash containers will be provided along the route.
 - All runners, especially slower runners, are to stay far right. Any runner passing a runner must pass on the left.
 - At the Finish Line grab and go water will be available. Once you have your water please cool down by walking back to your car. No congregating.
 - Virtual option is available.
- For this option you register must online at TriStateRacer.com

- This is a mostly flat course starting and ending in the center of the Park.
Age Groups: 1-9 10-19 20-29 30-39 40-49 50-59 60-69 70-79 80+
- Trophies to the first three overall male and female finishers
 - Awards to the first three finishers in the male and female age groups
 - Awards will be mailed
 - No duplication of awards
- Extra soft race shirt guaranteed to all registrants



RACE DIRECTOR: Alan Osuch
OsuchRacePlanner@aol.com
or 606-369-4403

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

Happy Feet 5K

Name: _____ **Address:** _____

Email: _____

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

Shirt Size _____ (2X, 3X and 4X add \$2.00) **Finisher Medal (\$6)** _____

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, 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): _____