



Meals On Wheels 5K

Greenup Meals On Wheels started 13 years ago. In 2010 a grant was received to build their own professional kitchen. MOW serves 73 meals per day, 5 days a week. They also have a waiting list. There is a team of 28 volunteers and no government funding. As our clientele has grown we recognize the need to raise additional capital thru community fundraisers.

5K Run/Walk
June 15, 2019 9am
Greenup Christian Church
Walnut Street
Greenup, KY

Proceeds go to procurement of food, packaging supplies and maintenance of the facilities.

- 8:00am On-Site Registration
- \$20 if registered before June 14th
 - \$25 Day of Race
- \$18 for pre-registered groups of 8 or more. Must be postmarked by June 7th

- Race Shirts guaranteed to first 150 registered
- Door prizes, refreshments, *****
- Run or walk with friends
- Fun for all ages
- Support a great cause

Course: Flat and fast.
Starts and ends at Greenup Christian Church.
Two long scenic sections of the course run right along the river.

Trophies to first two 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+

Race Director: Alan Osuch
OsuchRacePlanner@aol.com
or 606-369-4403



Please mail registration and check payable to:
O Such Race Planners
Memo: Meals On Wheels to:

Meals On Wheels 5K
c/o Alan Osuch
5024 Williams Avenue
Ashland, KY 41101

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

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Name: _____ **Address:** _____

Email: _____

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

Shirt Size _____ **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 the City of Greenup, Greenup Meals On Wheels, 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): _____