



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

3<sup>rd</sup> Annual  
Happy  
Feet  
5K

**July 20, 2019**  
**Saturday 9am**  
**Run/Walk**  
  
**Crabbe School**  
**520 17<sup>th</sup> Street**  
**Ashland, KY**

***Proceeds go to support art programs at Safe Harbor!***

- 8am On-Site Registration
- \$ 20.00 if pre-registered before July 19th
- \$25 Day of Race
- Pre-registered groups of 8 or more can register for \$17 each.

- Race shirts guaranteed to first 150 registered
- Door prizes
- Refreshments
- A fun time while supporting a great cause!

**Course:** Uses the City of Ashland Central Park course. Runners start and finish at the Crabbe Elementary School.

**Race Course records:**  
**Male: Scott Hamm 18:41 2017**  
**Female: Laura Hamm 22:04 2017**

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+



Please mail registration and check payable to:  
O Such Race Planners  
Memo: *Happy Feet 5K* to:

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

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*Happy Feet 5K*

Name: \_\_\_\_\_ Address: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Phone: \_\_\_\_\_ Gender: M F Age on race day: \_\_\_\_\_  
 Shirt Size \_\_\_\_\_ (2X, 3X, and 4X add \$2.00) 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 Ashland, Safe Harbor, 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): \_\_\_\_\_