



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 Run/Walk 9am

**Saturday
 April 9, 2022**

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

**Virtual option available
 online at TriStateRacer.com**

All net proceeds and food donations go to Helping Hands to aid in their mission to assist those in need!

- 8am On-Site Registration
- \$25.00 if pre-registered before April 8th
- \$30 Day of Race
- Soft race shirts guaranteed to all registered

- **Any and all food donations are gratefully appreciated!**
- Door prizes
- **Poppy's Pizza after the race**
- Run or walk with friends
- *Support a great cause*

Course: This is flat and fast. Poppy's Pizza down Ohio River Road to the Dam and back.
Race Course records:
Male John Sloan 19:00 2021
Female Stevie McSorley 24:27 2021

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+**



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

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

**That Dam 5K
 c/o Alan Osuch
 5024 Williams Avenue
 Ashland, KY 41101**

***** 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) 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 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): _____