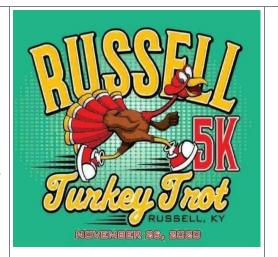


Helping Hands of Greenup County
Helping Hands is a non-profit 501(c)3
faith based, human service agency
providing emergency assistance by
direct distribution of food, medications,
clothing, utility assistance, referral
service and education to low-income
elderly, children and families at risk in
Greenup County.



5K Run/Walk

November 26, 2020 Thursday 8am

Russell Senior Center 520 Bellefonte Street Russell, *KY*

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

- Early Packet pickup November 25th 4pm to 7pm at the Russell Senior Center
- •6:45am to 7:45am On-Site Registration
- •\$25.00 if pre-registered before November 19th - Shirt and bib at packet pickup
- •\$30.00 if pre-registered November 20th thru 7am November 25th - Bib at pickup, shirt mailed
- •\$35 Day of Race Bib at registration, shirt mailed

Please mail registration and <u>check payable to O Such Race</u> Planners

Memo: Russell Turkey Trot to: Russell Turkey Trot 5K c/o Alan Osuch 5024 Williams Avenue Ashland, KY 41101

- Packet pickup Pickup will be held the day before the race in the Russell Senior Center at 520
 Bellefonte Street from 4pm to 7pm. Race day pickup will be from 6:45am to 7:45 am. Runners will enter thru the front door and exit thru the side door. While inside they will pick up their race packet, choose a corral time and exit immediately. No congregating. Each runner will have a specific starting time.
- They will line up in corrals.

 Runners will go off at 10 runners every minute.
 Runners will be asked to stay in or near their cars until 15 minutes before their starting time.
- The water station at the turn-a-round will have bottles of water to grab and go. No cups. Multiple trash containers will be provided along the route
- While running the runners will be told to stay in the right lane. 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
 Special note: From 7:45am till race end no one is allowed on Bellefonte Street from Houston Street to Ferry Street, the chip timed starting area.
 - Thank you for your help on these races.

Course Starts and ends at the Senior Center. Heads out past the Super Quik then toward the river. Along the river and back past the Senior Center. Then there is an out and back toward Worthington.

Age Groups: 1-9 10-19 20-29 30-39 40-49 50-59 60-69 70-79 80+

- •Trophies to the first two overall male and female finishers
- Awards to the first three finishers in the male and female age groups
 <u>Awards will be mailed</u>
 - •No duplication of awards

Special long sleeve race shirt guaranteed to all registrants



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

Russell Turkey Trot 5K							
Name:		Address:					
Fmail:		<u></u>					
Phone:		_ Gender:	M	\mathbf{F}	Age	e on race day:	
				Shirt S	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 Greenup Helping Hands, City of Russell, Russell Senior Center, 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):	