



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

- 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
- Awards will be mailed
- No duplication of awards

Special long sleeve race shirt guaranteed to all registrants



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

Please mail registration and check payable to **O Such Race Planners**
 Memo: *Russell Turkey Trot to: Russell Turkey Trot 5K*
 c/o Alan Osuch
 5024 Williams Avenue
 Ashland, KY 41101

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

Russell Turkey Trot 5K

Name: _____ **Address:** _____

Email: _____

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

Check one: ___ In Person ___ Virtual **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 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): _____