



Maintaining a food pantry and providing a shelter for the homeless.



5K Run/Walk 9am

Saturday April 10, 2021

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

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

All proceeds go to the Ashland Community Kitchen and the Ironton City Mission Pantry!

- Early Packet pickup TBD
- 8am to 9am On-Site Registration
- \$25.00 if pre-registered on or before April 1st - Shirt and bib at packet pickup
- \$30.00 if pre-registered by April 2nd thru 7am April 9th - Bib at pickup, shirt mailed
- \$35 Day of Race - Bib at registration, shirt mailed

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

- On packet pickup or race day registration runners will pick up their race packet and choose a corral time. Each runner will have a specific starting time.
- They will line up in corrals. Runners will go off at 10 runners every minute.
- 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.

- This is flat and fast. Poppy's Pizza down Ohio River Road to the Dam and back.
Age Groups: 1-9 10-19 20-29 30-39 40-49 50-59 60-69 70-79 80+
- Trophies to the first three overall male and female finishers
 - Awards to the first three finishers in the male and female age groups
 - No duplication of awards
- Race shirt guaranteed to all registrants



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

***** 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) **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 Helping Hands Of Greenup, City of Greenup, 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): _____