



The Carys Rainn Foundation is working to offer comfort and hope to grieving families facing pregnancy and infant loss while promoting healthy pregnancies and marriage and family relationships through a faith-based approach.

4th Annual
Carys Rainn Memorial

Ready...
Set...
Glo 5K

5K Run/Walk
& 1 Mile Walk

June 23, 2017
Friday 10pm
Walk at 9pm
KYOVA Mall
U.S. Route 60
(Exit 185 off I-64)
Ashland, KY

To promote hope and healing through awareness, support, and research.

•8:30pm On-Site Registration in the Mall food court
• \$18 if pre-registered before June 23rd
• \$25 Day of Event
•Pre-registered groups of 8 or more can register for \$15 each

• Race Shirts guaranteed to first 150 registered
•Door prizes, refreshments and goodie bags
•Support a worthy cause!

5K Course: All flat and fast. Run three laps around the KYOVA Mall parking area.
At 9pm there will be a 1 mile walk (one lap around the mall lot). All walkers receive shirts and awards to the first 5 finishers
No running or jogging

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+



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

Please mail registration and check payable to:
Huntington Road Runners Club
Memo: *Ready... Set... Glo to:*
Ready... Set... Glo 5K
c/o Alan Osuch
5024 Williams Avenue
Ashland, KY 41101

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

Ready... Set... Glo 5K

Name: _____ Address: _____
Email: _____
Phone: _____ Gender: M F Age on race day: _____
Shirt Size _____ (2X, 3X, 4X and 5X add \$2.00) Donation _____
Which run: 5K _____ 1 Mile _____ Amount Enclosed\$ _____

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 KYOVA Mall, O Such Tri-State Race Planners, TriStateRacer.com timing, the Carys Rainn Foundation, 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): _____