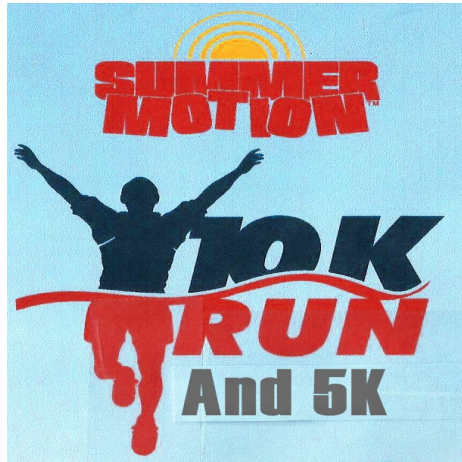




28<sup>th</sup> Annual



June 29, 2019
Run/Walk
8am – Both races
Central Avenue
& 17<sup>th</sup> Street
Ashland, KY

Summer Motion free concerts, children's activities, food vendors, arts & crafts, inflatables, car & motorcycle show, and Fireworks all on river front in Ashland. The event will take place at 2 locations. Central Park & Ashland River Port. Local entertainment at Central Park.



Race Director Alan Osuch
OsuchRacePlanner@aol.com

Be part of this classic!

- 7am On-Site Registration
• \$20 pre-registered before June 28th
• \$25 Day of Race
• \$18 for pre-registered groups of 8 or more. Must be postmarked by June 21st
• CHIP TIMED
• Timing by TriStateRacer.com
• Race shirts guaranteed to the first 300 registered
• Door prizes & refreshments
• Enjoy a great classic run!
• Stay and enjoy the Summer Motion Festivities after the race!
• 5K Course is the Ashland Central/Carter Ave. course.
• 10K course is the Ashland Central/Carter Avenues course but branches off to Winchester Avenue. Run 14<sup>th</sup> Street to 25<sup>th</sup> Street and back then over to Ohio and back on the Ashland Blue Bridge. Then returns to Central Avenue

5K 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+
Please mail registration and check to:
Summer Motion 10K/5K
c/o Alan Osuch
5024 Williams Avenue
Ashland, KY 41101
Please make check payable to:
O Such Race Planners
Memo: Summer Motion
10K 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+

\*\*\*\*\*Cut here\*\*\*\*\*

Summer Motion 10K/5K

Name: \_\_\_\_\_ Address: \_\_\_\_\_
Email: \_\_\_\_\_
Phone: \_\_\_\_\_ Gender: M F Age on race day: \_\_\_\_
Shirt Size \_\_\_\_\_ (2X, 3X and 4X add \$2.00)
Check one: 10K \_\_\_\_\_ 5K \_\_\_\_\_ Donation \_\_\_\_\_ 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 City of Ashland, Summer Motion, Inc, O Such Tri-State Race Planners, Park Place Building, 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): \_\_\_\_\_