

# Information

• Pricing:

Individual: by August 17- \$20  
after August 17-\$25

School Team: <10 members-\$50,  
10-20 members-\$75,  
>20 members- \$100

• Please make checks payable to: United  
Way 3K

• Send checks and entry forms to:  
UWNEK, P.O. Box 2285, Ashland, KY  
41105-2285

• T-shirts will be distributed to first 200  
registered individual participants

• Awards will be given to the first place  
male and female in each age group  
Individual: <19, 20-24, 25-29, 30-34, 35-  
39, 40-44, 45-49, 50-54, 55-59, 60-64,  
65+

Team: Elementary, Middle and HS  
• Early packet pickup will be at Next Mile,  
8140 US 60, Ashland, KY on Aug. 22/23  
or day of race at Central Park

## Contact Info:

Katherine O'Nan-(606)571-5789

Or (606)327-8903

runwalkandliveunh-  
ed3k@gmail.com

Twitter: @runwalklive3k

Facebook: [https://  
www.facebook.com/1stAnnualRun](https://www.facebook.com/1stAnnualRun)

# Individual Entry Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Age: \_\_\_\_\_ Gender: \_\_\_\_\_ T-shirt size: \_\_\_\_\_

E-mail: \_\_\_\_\_

Phone Number: \_\_\_\_\_

**WAIVER:** I know that running is a potentially hazardous activity. I should not enter or run this event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release all sponsors, their representative and successors from all claims of liabilities of any kind, including any claims arising out of negligence of the aforementioned parties, arising out of my participation in this event. I grant permission to all of the foregoing to us any photographs, motion pictures, recording or any other record of this event for any legitimate purpose.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

# School Team Entry Form

School: \_\_\_\_\_

Number of Members: \_\_\_\_\_

E-mail: \_\_\_\_\_

Phone Number: \_\_\_\_\_

**WAIVER:** I know that running is a potentially hazardous activity. I should not enter or run this event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release all sponsors, their representative and successors from all claims of liabilities of any kind, including any claims arising out of negligence of the aforementioned parties, arising out of my participation in this event. I grant permission to all of the foregoing to us any photographs, motion pictures, recording or any other record of this event for any legitimate purpose.

Coach's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**\*ROSTER OF ALL TEAM MEMBER'S  
NAMES AND GRADES MUST BE PROVIDED  
BY AUG. 17\***

**What: United Way's 1st  
Annual Run, Walk and Live  
United 3K**

**When: August 24, 2013**

**8:30 am-Team race  
9 am-Individual race**

**Where: Central Park,  
Ashland, KY**

**Why: New to running? A 3K  
is a perfect shorter race to  
boost your confidence! An  
expert runner? A 3K is the  
perfect fast run for personal  
bests! Plus a fast, flat, scenic  
route!**

**Bonus: A team race for area  
cross country teams will be  
held at 8:30 am, prior to the  
individual open race.**

PLACE  
STAMP  
HERE

UWNEK  
P.O. Box 2285  
Ashland, KY 41105-2285

**United  
Way**



1ST ANNUAL 3K | AUGUST 24TH 2013

**RUN / WALK &  
LIVE UNITED**