

26th ANNUAL

**SUMMER
MOTION™**



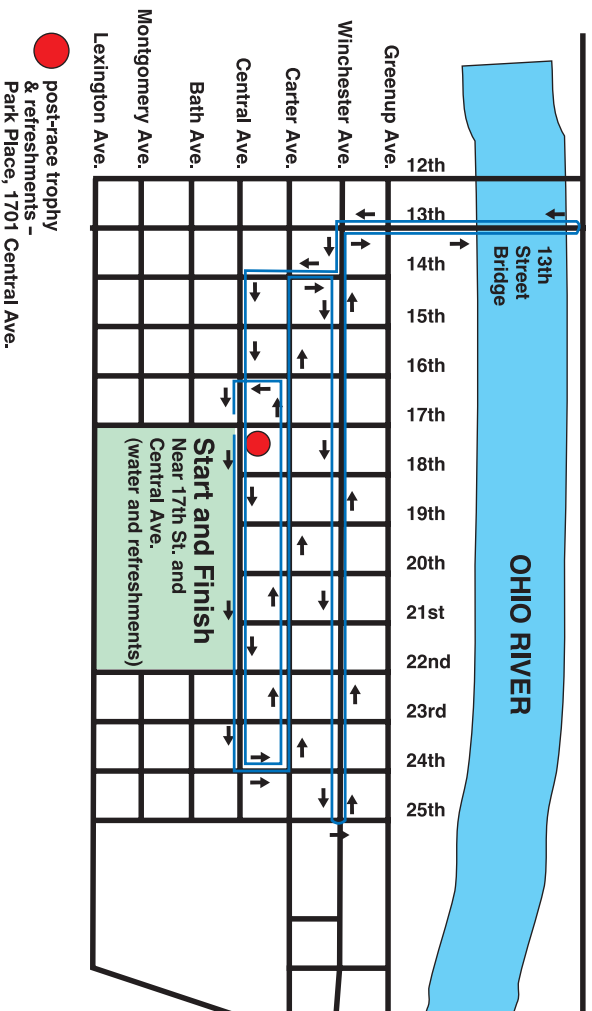
**Saturday, July 1 | 8 a.m.
Ashland, Ky.**



Full list of events at
www.summertime.com



Holly Gully
3232 Old 13th Street
Ashland, KY 41102



COURSE OUTLINE

- Start at Central Ave & 17th Street
- Central to 24th St.
- 24th to Carter Ave.
- Carter Ave. to 14th St.
- 14th St. to Winchester
- Winchester to 25th & turn around back to 13th St.
- Over 13th St. Bridge and back to Winchester
- 14th St. to Central Ave.
- Central to 24th St.
- 24th St. to Carter Ave.
- Carter Ave. to 16th St.
- Left on Central to finish at starting point.

THE RACE

The Summer Motion 10K is a 10K (6.2 mile) race starting and ending between 17th and 18th streets on Central Avenue in front of Park Place. The course is mostly flat and includes the streets of downtown Ashland and a bridge across the Ohio River. Walkers are welcome to participate. The course will be opened to traffic at 9:45 a.m.

COURSE RECORDS

Men: Chris Fox of Hagerstown, MD

30.31 July, 1987

Women: Julie Ispording of Cincinnati, OH

35.04 July, 1988

FACILITIES

Restrooms are available at the start/finish area. Water stops are provided along the race route by local organizations. Medical care is also available.

RACE COORDINATORS

Holy Gully | (606) 571-5759

hgully@ashlandareaymca.org

Co-director: Jessica Slone | (606) 571-9418

slone.j17@gmail.com

REGISTRATION

ONLINE: Register at tristateracer.com

completed by June 29 = \$20

Online registration and payment may be made at TriStateRacer.com

IN PERSON: Register at the Ashland Area YMCA from 6 to 8 p.m., Friday, June 30 = \$30

DAY OF RACE: On site July 1 = \$30

RACE DAY REGISTRATION / PACKET PICK-UP

Saturday, July 1 from 6:45-7:30 a.m.

Park Place, 1701 Central Ave, Ashland, Ky.

KY CANNED FOOD COLLECTION

Organizers of this year's race are also asking participants to bring canned food to the registration Saturday, July 1. The proceeds will be distributed by River Cities Harvest to recipients including: the Community Kitchen, the Ironton City Mission, Ramey-Estep, Hillcrest-Bruce, Safe Harbor, The Salvation Army, Boyd County Senior Center, Unity Square, Scope Towers, Ironton Central Christian Church, and the Huntington City Mission.

FREEBIES AND AWARDS

All entrants will receive a T-shirt. Please indicate size on the registration form at right or on the online application.

Awards will be presented to the top five overall male and female runners at the post-race party immediately following the race. The top three in each age group also will receive awards. There will be no duplication of awards. You must complete the course to be eligible to receive a trophy. The William E. Irwin trophy will be given to the oldest male and female to finish the race. Awards will be presented at the post-race party in the Park Place building.

FUN RUN

There also will be a Fun Run for children ages 10 and younger. There is no fee and all participants will receive an award.



summermotion.com



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2017 SUMMER MOTION REGISTRATION FORM

Please print clearly

First Name _____ Middle Initial _____

Last Name _____

Age/Race Day _____ Gender _____ T-shirt size _____

Address _____

City _____ State _____ Zip _____

Preferred Phone Number _____

Email address _____

WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision race officials relative to my ability to safely complete the race. 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 and humidity), traffic and the condition of the road such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of the acceptance of my entry, I for myself, and anyone entitled to act on my behalf, waive and release Summer Motion, Inc., race officials, volunteers and sponsors, their representatives and successors from all claims or liabilities of any kind and out of my participating in this event.

Signature _____ Date _____

Parent/Legal Guardian's Signature (if under age 18) _____ Date _____

AGE CATEGORY

____14 or younger	____15-19	____20-24
____25-29	____30-34	____35-39
____40-44	____45-49	____50-54
____55-59	____60-64	____65-69
____70 and older		

FAMILY CATEGORY (pre-registration only)

Combination of any two immediate family members, both entries must be mailed together.

Family Teammate's Name _____ Relationship _____

OFFICIAL USE ONLY BIB# _____