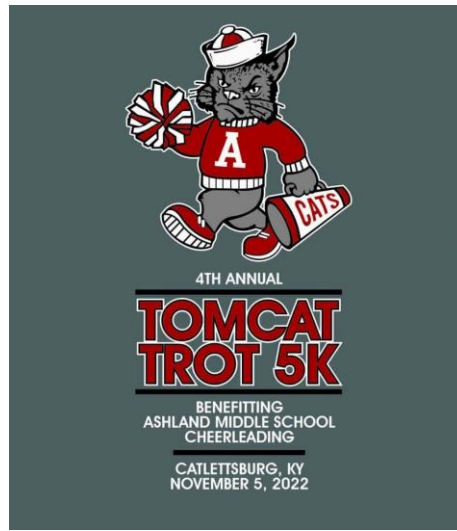The Ashland Middle School Cheerleaders are an enthusiastic team providing enthusiasm and energy for all school sports and activities.

4TH ANNUAL

TOMCAT TROT 5K

BENEFITING
ASHLAND MIDDLE SCHOOL
CHEERLEADING

CATLETTSBURG, KY
NOVEMBER 5, 2022

5K Run/Walk
**Saturday
November 5, 2022
9am
Old Boyd County
Courthouse
Catlettsburg, KY**
Virtual option available at tristateracer.com

- **8am On-Site Registration**
- **$25 pre-registered before November 3rd**
- **$30 Day of Race**
- *Race shirts guaranteed to all registrants*

- **Support a great cause!**
- **Door prizes**
- **Refreshments**

Come share their energy and enthusiasm!

Course: Flat and fast. Starts and ends at the courthouse. Course will be an out and back section followed by a loop out thru the historic city district.

Trophies to first three 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 70-74 75+

O SUCH
TRI-STATE
RACE PLANNERS

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

**Please mail registration and <u>check payable to:</u>
O Such Race Planners
Memo: *Tomcat Trot 5K* to:
Tomcat Trot 5K
c/o Alan Osuch
5024 Williams Avenue
Ashland, KY 41101**

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

Tomcat Trot 5K

Name: _____   Gender: M F   Age on race day: ___

Address: _____   Email: _____

_____   Phone: _____

Shirt Size _____   (2X, 3X and 4X add $2.00)   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 the City of Catlettsburg, Ashland Middle School Cheerleaders, 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): _____