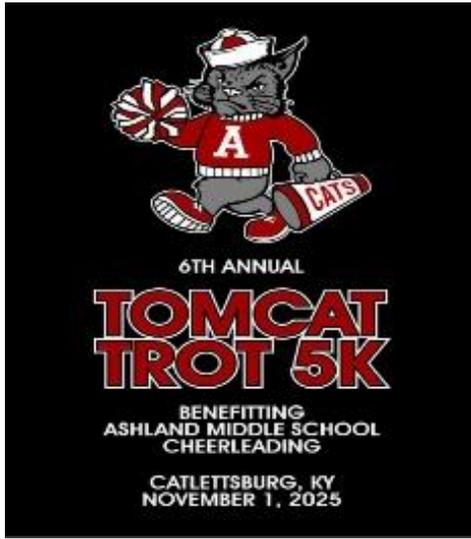




The Ashland Middle School Cheerleaders are an enthusiastic team providing enthusiasm and energy for all school sports and activities.



## 5K Run/Walk

Saturday  
November 1, 2025  
9am

Boyd County  
Extension Office  
2420 Center Street  
Catlettsburg, KY

8am On-Site Registration

\$25 before October 20th

\$30 Oct. 20th Thru Oct. 30th

\$35 Day of Race

•Race shirts guaranteed  
to all registrants

Refreshments

*Come share their energy and  
enthusiasm!*

Course: Flat and fast.  
Starts and ends at the  
Extension Office. Course  
will be a loop followed an  
out and back section 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 75-79 80+



Race Director: Alan Osuch  
[OsuchRacePlanner@aol.com](mailto:OsuchRacePlanner@aol.com)  
or 606-369-4403

Please mail registration  
and check payable to:  
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): \_\_\_\_\_