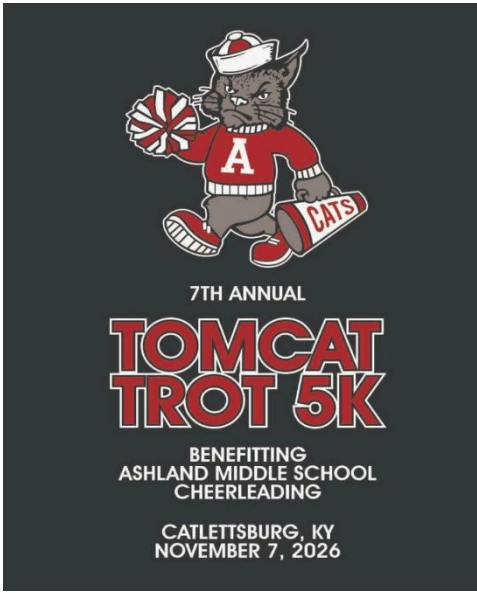


 The Ashland Middle School Cheerleaders are an enthusiastic team providing enthusiasm and energy for all school sports and activities.		<u>5K Run/Walk</u> Saturday November 7, 2026 9am Boyd County Extension Office 2420 Center Street Catlettsburg, KY
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8am On-Site Registration \$25 before October 26th \$30 Oct. 26th thru Nov. 5th \$35 Day of Race <i>Race shirts to all registered!</i>	• Support a great cause! • Door prizes • Refreshments <i>Come share their energy and enthusiasm!</i>	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. <i>No duplication of awards</i> 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 <u>OsuchRacePlanner@aol.com</u> or 606-369-4403	Please mail registration and <u>check payable to:</u> O Such Race Planners Memo: <i>Tomcat Trot 5K</i> 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): _____