



*The Paul Ambrose Trail For Health (PATH) is currently an estimated 18.6 miles of a bicycle and pedestrian trail system providing free, healthy recreational and alternative transportation opportunities for the city of Huntington and surrounding areas.*



## 5K Run/Walk

**Saturday  
September 10, 2022  
9am**

**Ritter Park  
Huntington  
West Virginia**

***Proceeds go to attain the vision for the PATH: A safe, connected trail system consisting of a continuous loop around the city with connections to community assets and other bike and pedestrian trails.***

<ul style="list-style-type: none"> <li>• 8am On-Site Registration</li> <li>• \$25 pre-registered before September 9th</li> <li>• \$30 Day of Race</li> <li>• Race shirts guaranteed to all registrants</li> </ul>	<ul style="list-style-type: none"> <li>• Door prizes</li> <li>• Refreshments</li> </ul> <p><i>Fit Fest 2022 will consist the Fit Fest 5K, free community bike rides, kids events and a bike rodeo</i></p>	<p><b>Course: Flat and fast. Starts at the center shelter and runs thru and around the park. The park is the pride of Huntington! Chip timed!</b></p>
<p>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></p> <p>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+</p>	 <p><b>RACE PLANNERS</b> Race Director: Alan Osuch <a href="mailto:OsuchRacePlanner@aol.com">OsuchRacePlanner@aol.com</a> or 606-369-4403</p>	<p>Please mail registration and <u>check payable to:</u> <b>O Such Race Planners</b> Memo: <i>Fit Fest 5K</i> to: <b>Fit Fest 5K</b> c/o Alan Osuch 5024 Williams Avenue Ashland, KY 41101</p>

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## Fit Fest 5K

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

Email: \_\_\_\_\_

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

Gender: M F

Age on race day: \_\_\_\_\_

Shirt Size \_\_\_\_\_ (2X, 3X, 4X add \$2.00) Donation \_\_\_\_\_ Amount Enclosed \$ \_\_\_\_\_

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 Huntington, 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): \_\_\_\_\_