



Until the fall of 2021 Sydney Kinnel, a 17 year old BCHS student, suffered from undiagnosed chronic pain. After years of searching, she was diagnosed with Juvenile Idiopathic Arthritis. With her diagnosis, she found the right medication and is now pain free. There are more than 300,000 kids with the disease and less than 500 pediatric rheumatologists to treat them. Today Sydney wants to bring awareness to JIA.



Juvenile idiopathic arthritis is an autoimmune disease that causes joint pain and inflammation in the hands, knees, ankles, elbows, and/or wrists.

5K Run/Walk


Sunday 2pm
November 20, 2022

Boyd County
Courthouse
Catlettsburg, KY

*Virtual option
available online at
TriStateRacer.com*

All proceeds go to the



<ul style="list-style-type: none"> • 1pm On-Site Registration • \$25 pre-registered before November 19th • \$30 Day of Race 	<ul style="list-style-type: none"> • Support a great cause! • Door prizes • Refreshments <p><i>Race shirts guaranteed to all registrants</i></p>	<p>Course: Runthru downtown Catlettsburg. Starts and ends at the courthouse. Course will be an out and back section with then loop out thru the historic city district.</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> 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>RACE PLANNERS Race Director: Alan Osuch OsuchRacePlanner@aol.com</p>	<p>Please mail registration and <u>check payable to:</u> <u>O Such Race Planners</u> <u>Memo: Kids Get Arthritis 5K to:</u></p> <p>Kids Get Arthritis 5K c/o Alan Osuch 5024 Williams Avenue Ashland, KY 41101</p>

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Kids Get Arthritis, Too 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, Boyd County Courthouse, the Arthritis Foundation, 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): _____