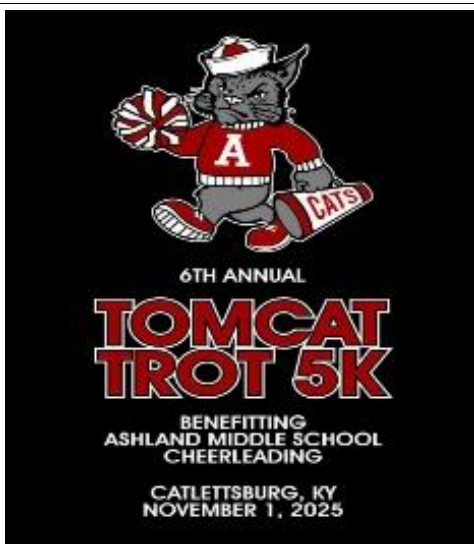




The Ashland Middle School Cheerleaders are an enthusiastic team providing enthusiasm and energy for all school sports and activities.



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
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): _____