



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 9, 2023
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.

- **8am On-Site Registration**
- **\$25 pre-registered before September 8th**
- **\$30 Day of Race**
- ***Race shirts guaranteed to all registrants***

Fit Fest 2023 will consist the Fit Fest 5K, free community bike rides, kids events and a bike rodeo
Sandwiches catered by Ghostly Gourmet after the race!

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!

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 PLANNERS
Race Director: Alan Osuch
OsuchRacePlanner@aol.com
or 606-369-4403

Please mail registration and check payable to:
O Such Race Planners
Memo: *Fit Fest 5K* to:
Fit Fest 5K
c/o Alan Osuch
5024 Williams Avenue
Ashland, KY 41101

*****Cut here*****

Fit Fest 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 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): _____