



KINGWOOD CENTER GARDENS
13TH ANNUAL
5K RUN & WALK
JUNE 10, 2023



Presented by

FACEBOOK.COM/KINGWOOD5K
 KINGWOODCENTER.ORG
 (419) 522-0211

ABOUT THE RACE

- The 5K benefits horticultural and educational programming at Kingwood Center Gardens
- The race begins at 9:00 AM and is chip timed
- The course winds through the Gardens and the Richland B & O Trail
- The award ceremony will be held in the Courtyard after the race
- Participants can enjoy shopping in the Garden & Gift Shop, dining in the Gateway Café, and free admission to the gardens
- Please park in Kingwood's Trimble Road parking lot and enter through the Garden Gateway visitor center

Registration is \$25 and you must register by May 30th to guarantee an official race t-shirt. Walk-up registration on race day is \$30.

Register by mail or online at ohioraceday.com

For more information, please contact Doug at: (567) 560-5880 or heest97@hotmail.com

REGISTER BY MAIL

Last Name: _____

First Name: _____

Address: _____

City, State, ZIP: _____

Phone: _____

Email: _____

Gender: _____ Age: _____

T-shirt size, please circle one:

Male- S M L XL XXL

Female- S M L XL XXL

Youth- S M L

Waiver & Release: In consideration of the acceptance of entry, I waive for myself and my heirs any and all claims for damages against Kingwood, the sponsors of the Kingwood 5K, Ohio Race Day Timing, their representatives and all race officials and volunteers for injuries received during and as a result of this event. If I should suffer injury or illness, I authorize race officials to use their discretion to provide treatment or to transport to a medical facility and I take full responsibility for this action. I certify that I am physically fit and have sufficiently prepared myself for this event.

Participant Signature (or parent/guardian if under 18): _____

MAKE CHECKS PAYABLE TO:
 KINGWOOD CENTER GARDENS
 MAIL TO: DOUG HEESTAND
 431 EDGEWOOD ROAD
 MANSFIELD, OHIO 44907