



# KINGWOOD 5K

Presented by  
 OhioHealth



## 14TH ANNUAL 5K RUN & WALK JUNE 8, 2024

### ABOUT THE RACE

- The 5K supports the mission of Kingwood Center Gardens, a 501(c)(3) non-profit organization
- 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
- No dogs or pets please, certified service dogs only

**Registration is \$25 and you must register by May 28th to guarantee an official race t-shirt.**

**Walk-up registration on race day is \$30.  
Cash, check, or credit accepted.**

Register by mail or online at [ohioraceday.com](http://ohioraceday.com)

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

### REGISTER BY MAIL

Last Name: \_\_\_\_\_

First Name: \_\_\_\_\_

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

City, State, ZIP: \_\_\_\_\_

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

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

Gender: \_\_\_\_\_ Age: \_\_\_\_\_

T-shirt size, please circle one:

Adult Male - S M L XL XXL

Adult 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**