



THE 5K ROAD RACE WITHOUT THE ROAD



GEAUGA PARK DISTRICT & FOUNDATION FOR GEAUGA PARKS present
CAVEMAN CRAWL 5K TRAIL RUN
Sunday, June 12, 2022

Walkers Welcome!
Walk either the 5K or the 1-mile

& 1-Mile Fun Walk

Free T-shirts for the first 250 people to register

The West Woods • 9465 Kinsman Road (Rt. 87), Russell Twp.

Only 400 registrants accepted this year

Registration: 7-8:30 AM • Race Start: 9 AM

Please join us for free food & an awards reception outside the nature center after the race.

Caveman garb encouraged! Youth & adult costume prizes at 8:30 AM

- Please carpool if possible. Overflow parking & free shuttles from ASM International on Rt. 87.
- Caveman Crawl counts as a Geauga Gems Trekking Series-qualifying self-guided hike!



Race Categories

Ages: 6 & under, 7-10, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Prizes: 1st, 2nd & 3rd place overall (male and female) & each age division by gender

About the Course

- 5K (3.1 miles) hilly aggregate surface on portions of Ansel's Cave Trail and entire Pioneer Bridle Trail - Map at <http://bit.ly/2022cavemancrawl>
- Chip timing for 1.5 hours by GCXC

Virtual Option

You pick your date and location and run or walk the 5K (3.1 miles) on your own; time will not be recorded and not eligible for awards

Registration

- \$20** if online by June 10, postmarked by June 1, in person or during Packet Pickup
- \$25** on Race Day
- \$25** for Virtual Option, payment due in person or postmarked by June 1 (fee covers shipping of T-shirt)

Online: <http://bit.ly/2022cavemancrawl>

By mail: send completed form with check to Foundation for Geauga Parks Attn: Caveman, 12375 Kinsman Road #H-10, Newbury, OH 44065

In person: The West Woods Nature Center (9465 Kinsman Road/Rt. 87, Russell) or at Packet Pickup

All checks payable to Foundation for Geauga Parks. Fees are non-refundable.

Packet Pickup

The West Woods Nature Center
9465 Kinsman Road (Rt. 87)
Russell Township, Ohio 44072

Saturday, June 11, NOON - 4 PM
Sunday, June 12, 7 - 8:30 AM

Details & Information

Foundation for Geauga Parks
admin@foundationforgeaugaparks.org
or 440-564-1048

No Dogs, Please

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Emergency Contact: _____ Phone: _____

Gender: Male Female

Age on Race Day: _____

Adult Shirt Size (circle one)
S M L XL XXL

Check if participating in the
1-Mile Fun Walk: _____
(not timed)

Virtual Run/Walk: _____
(not timed)

WAIVER: I certify that I am physically fit and capable of participation in this event. I understand that trail running is a potentially dangerous activity, and I assume full responsibility for any injury or accident that may occur during my participation. The undersigned individual does hereby release, discharge, hold harmless and acquit Geauga Park District, its Board, employees and agents and Foundation for Geauga Parks, its board, employees and agents from any and all liability which may arise from their and/or their family's participation in the Caveman Crawl 5K Trail Run and 1-Mile Fun Walk. It is understood that the undersigned exercises the waiver knowing fully the circumstances of the activity and knowingly accepts any risks involved therein. I understand that photographs will be taken during the event and may be used for marketing purposes in print and electronic formats.

Signature: _____ Date: _____