



& 1-Mile Fun Walk

FOUNDATION FOR GEUGA PARKS presents

CAVEMAN CRAWL 5K TRAIL RUN & 1-MILE FUN WALK

Sunday, June 11, 2023

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

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

Please join us for free food and 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.



Foundation for Geauga Parks

Benefitting the mission of FGP

Walkers Welcome!

Walk either the 5K or the 1-mile

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 https://bit.ly/FGPcavemancrawl - Chip timing for 1.5 hours by GCXC

Registration

\$25 if online by June 9, postmarked by June 1, in person or during Packet Pickup

\$30 on Race Day

Online: https://bit.ly/FGPcavemancrawl

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

Forms will be available to pick up from The West Woods Nature Center. (Payments by check may be left with The West Woods staff.)

In person: The West Woods Nature Center 9465 Kinsman Road/Rt. 87, Russell Twp. during Packet Pickup.

All checks payable to Foundation for Geauga Parks.

Fees are non-refundable.



Free T-shirts for the first 200 people to register

Packet Pickup

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

Saturday, June 10, 10:00 AM - 1 PM Sunday, June 11, 7 - 8:30 AM

Details & Information

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

No Dogs, Please

The Foundation for Geauga Parks (FGP) is an independent, non-profit organization created to raise money to fund community engagement with nature through education, preservation, conservation and appreciation of the unique natural character of Geauga County.

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

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

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

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

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.

Gender: Male Female

Age on Race Day: \_\_\_\_\_

Adult Shirt Size (circle one)

XS S M L XL XXL

Check if participating in the

5-K Trail Run: \_\_\_\_\_ (timed)

1-Mile Fun Walk: \_\_\_\_\_ (not timed)

Signature: \_\_\_\_\_ Date: \_\_\_\_\_