


2023

CAVEMAN CRAWL
5K TRAIL RUN

& 1-Mile Fun Walk

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

RUN WALK CRAWL

FOUNDATION FOR GEAGA 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 awards reception outside the nature center after the race.

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



Foundation for Geauga Parks

Benefiting the mission of FGP

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

Please carpool if possible. Overflow parking & free shuttles from ASM International on Rt. 87.

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: _____

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)

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: _____