

2020 CAVEMAN CRAWL 5K TRAIL RUN

& 1-Mile Fun Walk



NEW!
10th Anniversary
Finisher Medal
awarded to all
who finish!

Plus, free T-shirts for the
1st 250 people to register

THE 5K ROAD RACE WITHOUT THE ROAD

**GEAUGA PARK DISTRICT'S
CAVEMAN CRAWL 5K TRAIL RUN**

Sunday, June 14, 2020

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

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

Then please join us for free food & an awards reception in 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 & Wiegand's Lake Park, both on Rt. 87



*Walk either the
5K or the 1-mile!*

GCXC
RACE TIMING & MANAGEMENT



★ JUNCTION AUTO FAMILY ★

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/gpdcaveman>) • Chip timing for 1.5 hours
by GCXC

Registration

\$20 if online by June 11, postmarked by June 9,
in person or during Packet Pickup
\$25 on Race Day

Online: <http://bit.ly/gpdcaveman>

By mail: send completed form with check to
Geauga Park District, c/o Teresa Runion,
9160 Robinson Road, Chardon, OH 44024

In person: The West Woods Nature Center (9465 Kinsman
Road/Rt. 87, Russell); Big Creek Park's Meyer Center
(9160 Robinson Road, Chardon); or at Packet Pickup

**All checks payable to Geauga Park District
Fees are non-refundable**

Packet Pickup

The West Woods Nature Center
9465 Kinsman Road (Rt. 87)
Russell Township, Ohio 44072
440-279-0880

Saturday, June 13, NOON - 4 PM
Sunday, June 14, 7 - 8:30 AM

Details & Information

Teresa at Geauga Park District,
trunion@geaugaparkdistrict.org
or 440-279-0882

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

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 from any and all liability which may arise from their and/or their family's participation in Geauga Park District's Caveman Crawl 5K Trail Run. 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: _____