

**2019**  
**CAVEMAN CRAWL**  
**5K TRAIL RUN**  
**& 1-Mile Fun Walk**



**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 • Chip timing by Greater Cleveland XC for 1.5 hours • Course map on Bulletin Board at [geaugaparkdistrict.org](http://geaugaparkdistrict.org)

**THE 5K ROAD RACE WITHOUT THE ROAD**

**GEAUGA PARK DISTRICT'S CAVEMAN CRAWL 5K TRAIL RUN**  
**Sunday, June 9, 2019**

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

**Walk either 5K or 1-Mile**

**Caveman garb encouraged** • Youth & adult costume prizes at 8:30 AM  
 Overflow parking & free shuttles from ASM International & Wiegand's Lake Park, both on Rt. 87 • Please carpool if possible

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

*After the race, join us for free food and an awards reception in the nature center*

**Free T-shirt for the first 250 people to register!**

**Registration**

\$20 if online by June 6, postmarked by June 4, in person or during Packet Pickup  
 \$25 on Race Day

Register online: Bulletin Board at [geaugaparkdistrict.org](http://geaugaparkdistrict.org)

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

Register 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**



All funds benefit summer camps & youth programs



**Packet Pickup**

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

Saturday, June 8, 11 AM - 4 PM  
 Sunday, June 9, 7 AM - 8:30 AM

**Details & Information**

Teresa at Geauga Park District, [trunion@geaugaparkdistrict.org](mailto: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: \_\_\_\_\_

