

For Immediate Release



Mary Free Bed[®]
Orthotics & Prosthetics + Bionics

Contact: Laura Barbrick

City of Kentwood Parks and Recreation, 616.656.5272

or

Cayla Smith

City of Kentwood, 616.284.1530

City of Kentwood and Mary Free Bed Partner to Host Limb Loss Awareness 5K on April 27

Kentwood, Michigan, March 13, 2024 – The City of Kentwood and Mary Free Bed Orthotics & Prosthetics + Bionics are teaming up to recognize Limb Loss and Limb Difference Awareness Month with the Mary Free Bed Prosthetics Limb Loss Awareness 5K on Saturday, April 27.

The all-ages, all-abilities event will kick off with packet pickup at 9 a.m. at Veterans Memorial Park, 355 48th St. SE, followed by a “Show Your Mettle” photo at 9:45 a.m. This annual photo is a play on words and provides participants who use prosthetics an opportunity to show off their mettle – ability to cope well with difficulties and face a demanding situation in a spirited and resilient way, as well as their prosthetics and mobility aides which may be made of metal. The race will begin at 10 a.m. and feature a route that will take participants through Veterans Memorial Park and part of the East West Trail. A 1-mile fun run for ages 12 and younger will follow at 11 a.m.

Through this race, the City and Mary Free Bed are seeking to increase awareness of limb loss and limb differences, build community and raise funds for [Kentwood’s adaptive recreation programs](#). These programs are designed to provide recreation and enrichment programs for people of all abilities and offer adapted athletic opportunities for people with disabilities to create a safe, fun experience for all.

“This race has quickly become one of our most popular events, bringing in participants from around the state,” said Shelby Henshaw, Kentwood’s recreation program coordinator. “We’re honored to have Mary Free Bed as our title sponsor for the event as we focus on community, recreation and inclusion for people of all abilities.”

Registration is available [online](#) and costs \$30 through March 29. The cost increases to \$35 from March 30 to April 26 and is \$40 on race day. Participants will receive a T-shirt, finisher medal and swag bag as part of their registration. To guarantee a shirt, register by April 5. The kids race costs \$10 per child and includes a T-shirt and finisher medal.

Packet pickup will be available at the event and in advance at the Kentwood Activities Center, 355 48th St. SE, on Thursday, April 25 from noon-5 p.m. and Friday, April 26 from 8 a.m.-3 p.m.

A brief award ceremony will take place following the race around 11:30 a.m. First place prizes will be awarded to the first adult men and women amputees and nonamputees who cross the finish line, as well as top finishers in each age group. The event will wrap up at 1 p.m.

“Our team at Mary Free Bed is dedicated to helping individuals with limb loss and limb differences achieve their full potential,” said Scott Riddle, vice president, of Orthotics & Prosthetics + Bionics at Mary Free Bed. “We are excited to support the Limb Loss Awareness 5K alongside the City of Kentwood. This event is a powerful platform to raise awareness and celebrate the freedom and possibilities of individuals living with limb loss or a limb difference.”

The event also will include educational activities designed to help race participants learn more about limb loss and limb differences, connect with resources and build community. Several informational booths from various sponsors will also be on-site.

The event’s diamond sponsor is [Mary Free Bed Orthotics & Prosthetics + Bionics](#). Additional sponsorship opportunities are available for businesses or organizations looking to get involved in the race.

For more information about the race, sponsorships and race registration, visit kentwood.us/LimbLoss5K.

All profits from the event will go toward improving and expanding the City of Kentwood’s adaptive recreation programs to encourage health and wellness, socialization and excellent quality of life for all. The programs – offered in collaboration with community partners like Mary Free Bed Orthotics & Prosthetics + Bionics – allow participants to enjoy the benefits that come with any athletic or recreational activity, such as a sense of community, improved confidence and new skills. For more on the City of Kentwood’s adaptive recreation programs, visit kentwood.us/adaptive.

###