



For Immediate Release

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Kentwood Gets Holiday Season Underway with Fall Disc Golf Tournament and Ugly Sweater 5K

Kentwood, Michigan, Oct. 16, 2018 – The City of Kentwood is hosting two events in November to say farewell to fall and kick off the holidays: Fall Fling at Old Farm Park, a disc golf tournament, on Nov. 10, and an Ugly Sweater Cross County 5K on Nov. 17.

Community disc golfers of all levels are invited to join in the Fall Fling at Old Farm Park (2350 Embro Dr. SE), a doubles disc golf tournament and food drive, on Saturday, Nov. 10.

On-site registration begins at 9 a.m. The first round of the tournament starts at 10 a.m. The cost to pre-register [online](#) is \$40, along with one canned food donation per team.

Proceeds raised will go towards the Kentwood Parks and Recreation Youth Scholarship Fund, which allows recipients to receive up to 50 percent off of one program per season. Food donations will go to Kentwood's Little Free Pantry, where area residents are encouraged to take or donate food and household supplies for community members in need.

“We had a great turnout for the first disc golf tournament we held last February, called, Freeze Fest. Participants from that event expressed an interest in doing another, and we were happy to oblige,” said Val Romeo, Kentwood Parks and Recreation director. “In addition to being a fun way to soak up fall weather before winter comes, the Fall Fling is for a good cause.”

The Freeze Fest disc golf event held last February included over 120 participants. In addition to restocking Little Free Pantry with canned goods, the event raised nearly \$2,300 for the Youth Scholarship Fund and an additional \$235 for the pantry.

The Ugly Sweater 5K run, slated for Saturday, Nov. 17, will feature a [route](#) that showcases two Kentwood parks and a portion of the Paul Henry Thornapple Trail. Check-in, on-site registration and packet pick-up will all take place at 10:30 a.m. the morning of the race at East Paris Nature Park, located at 5995 East Paris Ave. SE. The race will begin at noon.

“We’re looking forward to seeing people flaunt their best ugly sweaters on the cross-country course” said Romeo. “The race route will allow runners to enjoy the beautiful fall scenery and weather. Most of the course will be on a paved path that weaves through two of our 14 parks.”

While the 5K is intended to be a fun run, volunteers will be timing participants. Results will be online after the event is complete. Water stations and medical aid services along the course.

Registration costs \$25 until Oct. 31, after which the price will increase to \$30. Proceeds from the race will also support the Youth Scholarship Fund. Individuals interested in racing can register [online](#).

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