



For Immediate Release

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Kentwood to Host Valentine's Dash 5K on Feb. 9
Second Annual Event to Include Candy Stations, Awards and After-Party

Kentwood, Michigan, Jan. 9, 2019 – The City of Kentwood is hosting its second annual Valentine's Dash 5K at 11 a.m. on Saturday, Feb. 9.

The 5K run/walk will start and end at the Kent District Library – Kentwood (Richard L. Root) Branch, located at 4950 Breton Rd. SE. The [route](#) will include a combination of trails and roads, mile markers and Valentine's Day candy stations.

“The route for this race is great for first-time and experienced racers alike,” said Val Romeo, Kentwood Parks and Recreation director. “Whether you plan to run with your sweetie, family, friends or new acquaintances, our Valentine's Dash is a great way to celebrate the holiday and your love of running.”

Valentine's Day-themed costumes are encouraged. Fellow participants will vote to determine who is the "best dressed" and awards will also be presented to the fastest runners. While the 5K is intended to be a fun run, it will be chip-timed.

Following the race will be an after-party in the library's community room, which will include music, Valentine's themed snacks, a photo booth, an award ceremony and more.

[Online registration](#) costs \$30 until Feb. 8, after which the price will increase. Runners who sign up as a couple will save \$5 each.

Check-in, on-site registration and packet pick-up will all take place at the library at 9:30 a.m. Participant packets include a long sleeve shirt and other goodies.

Proceeds from the race will support Kentwood's Little Free Pantry, which provides food and hygiene products to community members in need, no questions asked. Individuals are encouraged to bring \$5 or a non-perishable item to donate to be entered to win a special door prize.

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