



**For Immediate Release**

**Contact:** Laura Barbrick  
City of Kentwood Parks and Recreation, 616.656.5272  
or  
Lisa Taylor  
City of Kentwood Communications, 616.401.5137

## **Valentine's Dash 5K to Benefit Kentwood's Little Free Pantry**

**Kentwood, Michigan, Jan. 20, 2020** – The City of Kentwood will host its third annual Valentine's Dash 5K on Saturday, Feb. 8 to benefit Kentwood's Little Free Pantry, which provides food and personal care items to community members in need, no questions asked.

The 5K run/walk will start and end at the Kent District Library – Kentwood (Richard L. Root) Branch, located at 4950 Breton Ave. SE. Check-in, on-site registration and packet pick-up will all take place at 9:30 a.m. The race will begin at 11 a.m.

The 5K [route](#) will include a combination of trails and roads with mile markers and Valentine's Day candy stations. Valentine's-themed costumes are encouraged for the occasion. 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, participants will be invited into the library's community room for a party that will include music, snacks, a photo booth, the award ceremony and more.

"We've found this race route to be enjoyable for everyone from avid race participants to casual walkers," said Spencer McKellar, race organizer. "Whether this is your first race or one of many you've completed, we think you'll find our Valentine's Dash 5K offers enough of a challenge and a lot of fun for a brisk Saturday morning.

"Invite your sweetie, family and friends to dress up and take on the course with you, then stick around for more activities at the after-party."

[Online registration](#) costs \$30 until Feb. 7, after which the price will increase to \$35 for day-of registration. Participant packets include a long-sleeve shirt and other goodies. Runners who sign up as a couple will save \$5 each. If participants bring a non-perishable item or additional monetary donation for the pantry, they will be entered to win a special door prize.

The Kentwood Parks and Recreation Department is seeking volunteers to assist with the event. Those interested can sign up [online](#).

More information about Kentwood's Little Free Pantry can be found at: [www.kentwood.us/littlefreepantry](http://www.kentwood.us/littlefreepantry).

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