



For Immediate Release

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City of Kentwood's Valentine's Dash 5K set for Feb. 11

Annual Event to Benefit Kentwood's Little Free Pantry

Kentwood, Michigan, Jan. 24, 2023 – The City of Kentwood will host its sixth annual Valentine's Dash 5K at 11 a.m. Saturday, Feb. 11 to benefit Kentwood's Little Free Pantry, which provides food and personal care items to community members in need.

The 5K [route](#) will include a combination of trails and paved pathways starting and ending at Kent District Library – Kentwood (Richard L. Root) Branch, 4950 Breton Ave. SE.

Participants are encouraged to wear Valentine's Day-themed costumes. While intended to be a fun run, the race will be chip timed and awards will be given for the fastest runner overall and in each age group.

An awards ceremony will follow in the library's community room around noon, including Valentine-themed snacks, music and a photo booth.

"It can be difficult to find opportunities to run in the winter, especially races," said Spencer McKellar, lead recreation program coordinator. "Our Valentine's Dash provides a fun, festive opportunity to participate in a winter race, whether you're an avid walker, first-time runner or a seasoned racer. All are welcome to come out and join us."

[Online registration](#) is available until Feb. 10 and includes a long-sleeved shirt and other participant-packet goodies while supplies last. Racers should register by Jan. 26 to guarantee a shirt. Registration is \$30 until Jan. 29, \$35 from Jan. 30 to Feb. 10 and \$40 on the day of the event. Runners who sign up as a couple save \$5 each. Participants who bring a nonperishable item or monetary donation for Kentwood's Little Free Pantry will be entered to win a special door prize.

Kentwood's first Little Free Pantry opened to the community in 2017 at the Kentwood Activities Center, where it remains available year-round during business hours. The City launched a second pantry at the Kent District Library – Kentwood (Richard L. Root) Branch in 2021. More information, including a list of suggested donations, is available at kentwood.us/LittleFreePantry.

There are also [volunteer opportunities](#) available for this event. Volunteers will help with racer check-in and registration, keep traffic off the race route and hand out water to runners during the race.

For more event information, visit kentwood.us/ValentinesDash.

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