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### **CELEBRATE MOM AT THE MOTHER'S DAY 5K**

***Summit Metro Parks is proud to host the Mother's Day 5K as a limited-waste event***

Run, jog or walk to celebrate mom at the Summit Metro Parks 12th annual Mother's Day 5K, presented by Buckingham. This chip-timed race circles Munroe Falls Lake and is fun for the whole family. The course is wheelchair and jogging stroller friendly. Proceeds benefit the [Summit Metro Parks Foundation](#).

Registration is \$30 through April 14. Ages 14 and under receive a \$10 discount. Registration prices increase on April 15. A choice of a free race t-shirt or native tree sapling is included with each paid registration, while supplies last. Register by April 14 to guarantee t-shirt size availability: [bit.ly/MD5K2023](https://bit.ly/MD5K2023) (case sensitive).

Summit Metro Parks is proud to host the 2023 Mother's Day 5K as a limited-waste event. All park district provided items will be compostable, including water cups, packaging, food, food-safe gloves and greenery. Composting is made possible by an exclusive community composting partnership with the Akron Zoo. Recyclable race bibs and chip timers will be collected by SMP to be distributed to the appropriate recycling locations. Even race t-shirts, made of 100% cotton, are fully recyclable! Participants are encouraged to help by carpooling and bringing a reusable water bottle to the event.

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In 2023, Summit Metro Parks is celebrating the benefits of native plants through Wild Back Yards. The park district manages more than 15,000 acres throughout 16 parks, three nature centers and over 150 miles of trails, including 22 miles of the Ohio & Erie Canal Towpath Trail. Annual attendance is approximately 5.5 million visits. Find us online at [summitmetroparks.org](https://summitmetroparks.org).



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