

A Heart Like Ava 5K

To benefit the A Heart Like Ava non-profit charity

(www.AHeartLikeAva.org)

November 12, 2022



\$25 Registration

Register by Nov. 4th to
receive a race t-shirt.



Where:

Holzer Sycamore
Branch parking lot
4th Ave & Sycamore St
Gallipolis, Ohio

Register online or print
mailable registration
form at
www.tristateracer.com

9:00 AM: Race Day registration begins

9:00 AM: Pre-registration packet pick-up

10:00 AM: The 5K begins



We will be hosting a "SUPPLY DRIVE" to benefit the Ronald McDonald House at the 5K in honor of Ava's 9th birthday! Please bring supplies (individually wrapped snack items, non-perishable food items, cleaning supplies, trash bags, toiletries, batteries, stamps, etc) for the RMH and be entered to win a basket of "Our Favorite Things."

For more information or questions please contact Brandon or Bre Lasseter:

Phone (740) 339-3213 or Email: AHeartLikeAva@yahoo.com

Professionally timed by TSR Timing Group