



## THE MOST ANTICIPATED 5K IN BUCKS COUNTY IS SET TO RUN APRIL 13 TO SUPPORT THE BUCKS COUNTY CANCER COMMUNITY

*The Second Annual Be Kind 5k and 1-Mile Fun Run Will Benefit Kin Wellness and Support Center*

Kin Wellness and Support Center 501(c)(3), which provides free care to the cancer community of Bucks County, is thrilled to announce the Be Kind 5k and 1-Mile Fun Run in association with the Bucks 5k Series. This year's race will take place at Holicong Park and will feature a new route that will begin in the park, head down Quarry Road to Upper Mountain Road, turn around, and end back in the park. The event organizers are encouraging people of all levels and abilities to participate and to run or walk to honor, celebrate, and inspire those who have battled or are battling cancer.

The Be Kind 5k has proven to be an amazing event, catering to both serious runners and those who prefer to walk the course. The day will begin at 9:30 a.m. with a family friendly 1-mile fun run; then at 10:00 a.m., the 5k will begin with runners and joggers positioned toward the front and walkers in the back. This year's Title Sponsor is LBK Design Build. Lorraine Jasper, a local world-class runner and cancer survivor will serve as the Race Ambassador.

Those interested in participating can easily sign up at: [www.welcometokin.org/be-kind-5k](http://www.welcometokin.org/be-kind-5k)  
\*Early registrants are guaranteed a race shirt.

The beautiful new course has been reimagined and will feature amazing landscapes, with a start in the park and then a turn down Quarry Road over a creek and along farms and expansive open spaces. The participants will make a turn on Upper Mountain Road which has a gradual incline in parts. The turn-around will be located just before Holicong Road that takes runners back to the park for the finish.

This event is more than just a 5k. You can expect local vendors, food, music, and awards. The amazing DJ Fit will be on hand to

get the crowd moving. There will be free bagels, water, smoothies, and bananas as well as food for purchase with a percentage benefitting Kin from Thyme and Plate Catering, Ardana Pizza Co., and Spuddy Buddy Fry Factory.

The event is made possible by the kindness and generosity of the following sponsors: Title Sponsor, LBK Design Build – (Gold Medal Sponsors) The Louvered Roof Company, Penn Color, Thompson Detail Center, Jarrett Vaughan Builders, Alliance Cancer Specialists (Silver Medal Sponsors), Archetype Advisors, UPS Buckingham, TFW Doylestown (Bronze Medal Sponsors), LaPlaca Insurance Inc., McCaffrey's Food Markets, Laboratory Testing Inc., Ardana Pizza Co., Portalis Insurance Services, Thyme & Plate Catering, Spuddy Buddy Fry Factory, and LFB Landscaping Services, Inc.

Please visit the website to learn about arrival times, parking, registration, early packet pick-up, shirts, preregistration, and more: [www.welcometokin.org/be-kind-5k](http://www.welcometokin.org/be-kind-5k)

"The Kin 5k was an amazing event last year, and I'm hoping it's even bigger this year," says Jess Hilton, local Bucks County resident and Kin guest. "So many of my friends and community members came out to support Kin. Kin is such an incredible place. It helps so many people in our local community who are battling cancer as well as their caregivers. Kin holds a special place in my heart. I had breast cancer, and Kin helped me emotionally and physically heal from my surgery and treatment. Join us this year!"

The core Be Kind Race Team is comprised of local volunteers who dedicated their time and resources to ensure event success. We are thankful for: Chris Millili, Joanne Hopkins, Joanne Petrun, Mike Sobczak, and Brian Vaughan. The Be Kind 5k and 1-Mile Fun Run

is just one race in the Bucks 5k Series. The series is celebrating 28 seasons of bringing amazing races to Bucks County. To see a full list of races for the 2024 season, you can visit [www.bucks5kseries.com](http://www.bucks5kseries.com)

Kin Wellness and Support Center is a nonprofit that cares for over 400 local cancer patients, their caregivers, and healthcare oncology workers. Kin has over 40 practitioners and instructors who provide free integrative services, counseling, support, yoga, fitness, and workshops made possible through donations from the community support. Kin joined the 5k Series to promote wellness

and community camaraderie while helping the local Bucks County cancer community. 100% of the registration fee for the event will benefit Kin Wellness and Support Center.

### SAVE-THE-DATE

Look for more ways to support Kin in 2024: Friends Giving Back Beer & Bands (May 4), The 3rd Annual Kin Golf Classic (June 28), Spa & Salon Self-care Month (May 6 - June 6), Eat, Drink & Be Merry Month (August 15 - September 15), Women in Business Summit (October 10), and the 3rd Annual Kin Casino Night (November 16). [www.welcometokin.org](http://www.welcometokin.org)

**2ND ANNUAL** *be kind* **5K**

All proceeds benefit our local Bucks County cancer community through

**KIN WELLNESS AND SUPPORT CENTER**

**5K & 1 MILE FUN RUN**

**RUN, JOG, WALK OR SKIP WITH US ON**  
**SATURDAY APRIL 13**

**Finish Line Party featuring food, music and awards!**

**Ardana Pizza Co, Spuddy Buddy Fry Truck and Tyme & Plate Catering w/ candy from Evolution Candy**

Thanks to our Title Sponsor: **LBK DESIGN BUILD**

**HOLICONG PARK**  
5143 YORK RD., DOYLESTOWN, PA 18902

**BUCKS 5K SERIES**

SCAN To Register