

## Jeff McGowan Memorial 5K

Sunday, 15 July 2018 13:00 - Last Updated Sunday, 15 July 2018 21:07

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Join RUNOHIO and Columbus Running Company on August 12th and run through Scioto Audubon Metro Park and along the Scioto River in this fifth annual event in memory of Jeff McGowan.

Jeff was a 1983 graduate of Circleville High School and a 1990 graduate of Ohio University. Jeff set school records at Circleville High School in the 2.5 mile and 5km (15:28) cross country events as well as in the 800 meters (1:53.4), 1600 meters (4:15.1), 3200 meters (9:32).

His senior year Jeff placed 3rd (15:28) in the Ohio High School Athletic Association Cross Country Championships and was second in the 800 meters (1:55.16) and 1600 meters (4:16.17) at the OHSAA State Track & Field Championships. Jeff was co-founder of RUNOHIO.

Read more about Jeff McGowan - <http://runohio.com/index.php/easyblog/entry/jeff-mcgowan>

Run or walk the race which is held on the Scioto Audubon Metro Parks and Scioto River Bike Trails.

Proceeds from the race benefit the Jeff McGowan Memorial Scholarship

Register online – <https://runsignup.com/jeffmcgowan5k>

Printable entry - <https://d368g9lw5ileu7.cloudfront.net/races/race10706-customSectionAttachment5a4e4ed273eb67.85116477.pdf>