



12th annual 5K run/walk  
benefiting Dayton's Good Neighbor House and  
Kettering College's Physician Assistant Program

# Sunday, April 5, 2 p.m.

Kettering College | 3737 Southern Blvd.  
Register by March 10 to be guaranteed a shirt!

## SILENT AUCTION IS BACK!

**WHO:** The Kettering College Physician Assistant Program presents its twelfth annual Spring Into Health 5K run/walk, benefiting Dayton's Good Neighbor House (60%) and the College's Physician Assistant Student Professional Development Fund (40%).

### SCHEDULE:

Friday, April 3, 4-6 p.m. - Early packet pickup and race weekend entry at Up & Running (6123 Far Hills Ave.)

Saturday, April 4, 2-4 p.m. - Early packet pickup and race weekend entry at Up & Running (6123 Far Hills Ave.)

Sunday, April 5, 12:30 p.m. - Race day packet pickup & race weekend entry at Kettering College (3737 Southern Ave.)

Sunday, April 5, 12:30 p.m. - Wellness & Fun Fair!

Sunday, April 5, 2 p.m. - RACE TIME!

**WHERE:** Kettering College, 3737 Southern Blvd., Kettering, OH, 45429. Please park in the large lot on east side of Southern Blvd.

**PRIZES:** Overall male & female; male/female 1st, 2nd, 3rd by age group = under-13, 14-19, 20-29, 30-39, 40-49, 50-59, 60+. Two Team awards to be given. **ALL FINISHERS WILL BE ENTERED INTO A DRAWING.**

**HOW TO REGISTER:** Online registration is available at [www.speedy-feet.com](http://www.speedy-feet.com) or mail the signed registration form on back, with check made payable to Kettering Medical Center Foundation, to:

Vanessa Rogers, PA Faculty  
Physician Assistant Department  
Kettering College  
3737 Southern Blvd.  
Kettering, OH 45429

Corporate/organization teams (10 or more) should call (937) 395-8601 x55606 to register.

All paper registration forms must be postmarked by Friday, March 27. Online registration will close on Monday, March 30. Race weekend entry will be held during packet pickup on April 3 - 4 and on race day, April 5.

More information, course map, and past race results and photos available at

# [www.KC.edu/5k](http://www.KC.edu/5k)

REGISTRATION QUESTIONS? Contact Vanessa Rogers (937) 395-8601 x55606

### COST:

Early registration (through March 10)..... \$25  
Includes race shirt

Late registration (March 10 - March 30)..... \$30  
Shirt not guaranteed

Race weekend entry (April 3 - 5)..... \$40  
Shirt not guaranteed

Children 12 and under ..... \$20  
No youth sizes available.

Kettering College students only ..... \$20  
Shirts not guaranteed for those registering after March 10. Call (937) 395-8601 x55606 to obtain student discount code or email [Vanessa.Rogers@kc.edu](mailto:Vanessa.Rogers@kc.edu). Students who register by March 10 will receive 2 entries toward a drawing.

Corporate/organization teams ..... \$20/person  
Teams of 10 or more. Shirts not guaranteed for those registering after March 10. Corporations or organizations registering a team before March 10 will receive complimentary logo placement on the race shirt.

A team award will be given to two of the corporate and organization teams. To obtain group discount code, call (937) 395-8601 x55606.

**Note:** After March 10 race fees for every group listed above (children, students, and corporate) will increase to \$30. During the race weekend fees will increase to \$40.



Good Neighbor House is a nonprofit, faith-based, human development organization that provides health, nutrition, and education services to the under-served through relationships with relevant collaborative service partners.  
[www.goodneighborhouse.org](http://www.goodneighborhouse.org)

Many thanks to Dayton Magazine, Up and Running, and Kettering Sports Medicine for partnering with us on this event!





# Sunday, April 5, 2 p.m.

Kettering College | 3737 Southern Blvd.

**Register by March 10 to be guaranteed a shirt and to receive the early registration discount!**

Visit [www.speedy-feet.com](http://www.speedy-feet.com) to register online or mail the signed registration form, with check made payable to Kettering Medical Center Foundation, to: Attn: Vanessa Rogers, PA Faculty, Physician Assistant Department, Kettering College, 3737 Southern Blvd., Kettering, OH 45429. All paper registration forms must be postmarked by Friday, March 27. Online registration will close on Monday, March 30. Race weekend entry will be held during packet pickup on April 3 - 4 and on race day. Due to the charitable nature of this race, all registration payments are non-refundable, even in the event of race delay or cancellation due to weather or other unforeseeable factors.

Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip Code \_\_\_\_\_

Email Address \_\_\_\_\_

Your Phone # ( \_\_\_\_\_ ) \_\_\_\_\_

Emergency Contact \_\_\_\_\_

Contact Phone # ( \_\_\_\_\_ ) \_\_\_\_\_

Sex:    M        F        (circle one)

Birthdate \_\_\_\_\_

Age (on 4/7/19) \_\_\_\_\_

T-Shirt Size:

Adult (unisex S - XXL) \_\_\_\_\_

Race shirt NOT guaranteed for those registering after March 10.

### Registration Fees (mark applicable)

- December 1 - March 10..... \$25  
Early registration - includes race shirt
- March 11 - March 30..... \$30  
Late registration - shirt not guaranteed
- Children 12 and under..... \$20  
Shirt not guaranteed for those registering after March 10.
- Kettering College students only..... \$20  
Shirts not guaranteed for those registering after March 10. Call (937) 395-8601 x55606 to obtain student discount code.
- April 3 or 4 (early packet pickup days)..... \$40  
race weekend entry - Shirt not guaranteed
- April 5 (race day) ..... \$40  
race weekend entry - Shirt not guaranteed

Corporate/organization teams (10 or more) should call (937) 395-8601 x55606 to register.

**Note: After March 10 race fees for every group (children, students, and corporate) will increase to \$30. During the race weekend fees will increase to \$40. Venmo will be available race weekend.**

**RELEASE OF LIABILITY -- READ BEFORE SIGNING:** In consideration of being allowed to participate in the Kettering College Spring Into Health 5K, I the undersigned, acknowledge, appreciate, and agree that: (1.) The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular skills, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and (2.) I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of the releasees or others, and assume full responsibility for my participation; and (3.) I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the Company immediately; and (4.) I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, hereby release, indemnify, and hold harmless Kettering College, Kettering Medical Center, Kettering Health Network, Good Neighbor House, the City of Kettering, their officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used for the activity ("Releasees"), with respect to any and all injury, disability, death, or loss or damage to person or property associated with my presence or participation, whether arising from the negligence of the releasees or others, to the fullest extent permitted by law. I have read this release of liability and assumption of risk agreement, fully understand its terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement.

**FOR PARENTS/GUARDIANS OF PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT TIME OF REGISTRATION)**

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and, for myself, my child and our heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, even if arising from the negligence of the releasees, to the fullest extent permitted by law.

Signature \_\_\_\_\_ Date: \_\_\_\_\_

ALL PARTICIPANTS MUST SIGN THIS FORM. Parent/guardian signature required for participants under 18 years of age.

Refunds will NOT be given (even for inclement weather)