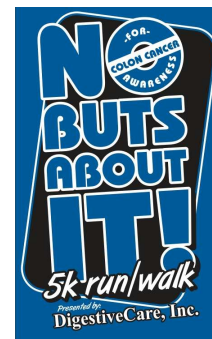


*Dayton's 3rd Annual
5 K Run/Walk
for Colon Cancer Awareness!*

Saturday, March 27, 2010
9:00 AM
Beavercreek, Ohio



- **Mail-In registration:** \$20.00 - **postmarked by March 12, 2010**
- **On-line Registration:** \$20.00 - www.digestivecare.net or www.speedy-feet.com **'till 10:00 PM, March 26, 2010**
- **On-site Registration:** \$25.00, **begins at 7:30a.m on March 27, 2010**
- **Race Location:** DigestiveCare, Inc., 75 Sylvania Drive, Beavercreek, OH 45440
- **Checks payable to:** **NBAI 5K.**
- **Mail to:** NBAI 5K Run/Walk, 75 Sylvania Drive, Beavercreek, OH 45440.

- **Course Map:** <http://www.usatf.org/routes/view.asp?rID=192570> - **5K scenic course** in Beavercreek (exit 10 off I-675) through a quiet neighborhood, with a few hills, plus 1 water stop.
- **Individual Awards:** overall male/female, masters (40+) male/female, 5-year age groups for male/female
- **Team Awards:** (3 members per team, best total time) to all male, all female, co-ed
- **Company Award:** 1 award to the company with the largest group participating in 5K
- **Free T-shirts:** Guaranteed to first 300 entries received. No-shows will not receive a t-shirt; extra t-shirt packets will be disassembled and redistributed to registrants following race (first come-first served).
- **Health Fair:** Visit the health fair vendors before and after the race for free screenings, health tips, massages, goodies, etc.
- **Post-Race Party:** Please join us immediately following the race for free refreshments, door prizes, health fair and the awards ceremony!
- **Net Proceeds:** "No Buts About It" 5K Run/Walk net proceeds will be used to fund screening colonoscopies for uninsured persons in economic hardship who meet the medical criteria for a screening colonoscopy.
- **Rules:** Walkers and strollers welcome. Pets prohibited. Obey all instructions from race and public safety officials.
- **Parking:** Free parking is available at DigestiveCare, Stahl Vision Center and Faith Baptist Church.
- **Volunteers:** Meet new friends and volunteer to help a worthwhile cause. Call Heather at (937) 320-5088, ext. 3021.
- **Questions:** For further information, or to download more registration forms go to: www.digestivecare.net or www.speedy-feet.com, or call Ruth at (937) 299-6723.



(PLEASE PRINT)

Last, First Name: _____ Age: _____ Birth Date: _____ M ___ F ___

Address _____ City _____ State _____ Zipcode _____

E-Mail Address _____

Phone: _____ Emergency Name/Number: _____ / _____

Shirt Size: YS _____ S _____ M _____ L _____ XL _____ (first 300 entries received guaranteed)

TEAMNAME/category (if applicable) _____ / _____

Release of Liability – PLEASE READ BEFORE SIGNING: *In consideration of the acceptance of my entry, I hereby waive, for myself, any executors, administrators and assignees, all claims of any nature arising from my participation in the "No Buts about It" 5K Run/Walk event, and do thereby release DigestiveCare, Inc., the City of Beavercreek, all sponsors, workers, officials and volunteers from any claim whatsoever arising from any participation in the event.*

Signature: _____ Date: _____

Parent/Guardian Signature if under age 18: _____