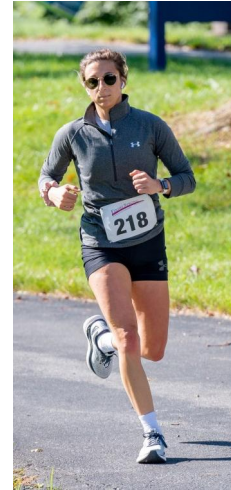


How does your contribution help NCC students?

All proceeds from this event will go toward **Spartan Aid**. This is a fund created to assist NCC students who have financial difficulties that are not able to be solved through other means. Some examples include bus passes, textbook assistance, and supermarket gift cards. Since the start of the Spartan Sprint 5K Run/Walk in 2014, hundreds of students have received assistance. Our ultimate goal is to help students meet these needs in order for them to complete what they start here at NCC. **Direct donations to this fund are also accepted.**



**8th Annual
Spartan Sprint 5K
Run/Walk**



**Saturday, September 24, 2022
10:00 AM**

Registration opens at: 8:30 AM

**NCC Bethlehem Campus
3835 Green Pond Road
Bethlehem, PA 18020**

For more information, contact:

Beatriz S. Messina
Phone: (610) 861-4145
Email: bmessina@northampton.edu

All proceeds support Spartan Aid

Schedule of Events

Location: NCC Main Campus: Quad area in front of College Center

8:30 AM - 9:45 AM —Registration/Packet Pick-up
10:00 AM —Run & Walk Start
Awards following

Registration

First 75 participants guaranteed a T-shirt. Deadline for pre-registration is **Wednesday September 21st, 6:00 p.m.** No refunds. Race day registration available (cash, check, credit card accepted).

Online Registration:

<https://runsignup.com/Race/PA/Bethlehem/SpartanSprint5KRunWalk>



Paper registration may also be mailed with check payable to: Northampton Community College, c/o Beatriz S. Messina Suite 341, 3835 Green Pond Road, Bethlehem, PA 18020.

About the Race

The course starts and finishes on NCC's Bethlehem campus. Point to point course is mostly flat and fast, on paved roads between Northampton Community College and through the lovely campus of Moravian Academy. Post-race raffle, music, and refreshments. **Strollers and pets welcome behind the runners. Pets must be leashed.** **This race is not related to Spartan style obstacle races.**

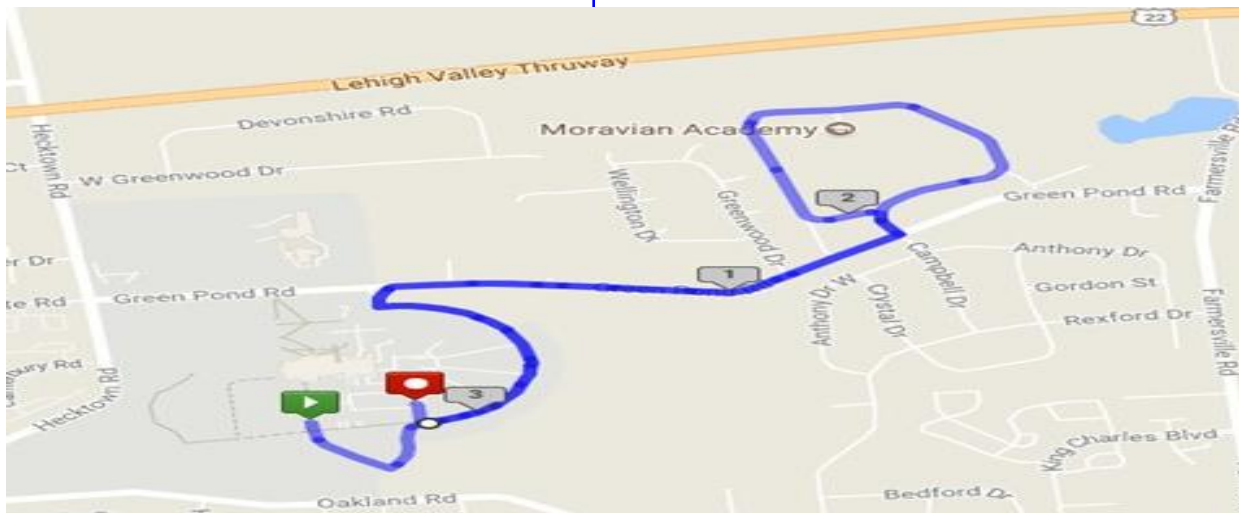
Awards

Awards for overall male and overall female; awards to top male and female finisher in each age bracket: (No duplication of awards)

- 14 and under
- 15-19
- 20-29
- 30-39
- 40-49
- 50-59
- 60-69
- 70 +

7-

Course



Registration Form

(Please print clearly)

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

Email _____

Age (on 9/24/22) _____

Early bird rate through 8/24/22 at 11:59 p.m. is \$25.

Female Runner— \$30 (\$40.25 for guaranteed t-shirt)

Male Walker — \$30 (\$40.25 for guaranteed shirt)

Student Runner \$10 (\$20.25 for guaranteed shirt)

Student Walker-\$10 (\$20.25 for guaranteed shirt)

(Student may be from NCC, K-12, or other college)

T-shirt Size:

S M L XL XXL XXXL No T-shirt

The first 75 registrants will receive a race t-shirt, if you Would like a guaranteed t-shirt, add \$10.00 for s, m, l, xl, and \$12.00 for XXI or larger

I verify that I am physically fit and sufficiently trained to participate in this event. In consideration of the acceptance of this entry, I, for myself, my heirs, my executors, and administrators, hereby waive any and all rights and claims for damages, injuries, or losses that I may have against Northampton Community College any and all race officials, as well as any other person, company, or organization connected with the Spartan Sprint 5K Run/Walk, their heirs, executors, administrators, successors and assigns for any and all damages, injuries or losses which I may suffer while taking part in this event or as a result of. I hereby release photographer from all claims and liability relating to said photographs.

Signature of participant:

Signature of parent/guardian if under age 18:

Date: _____