

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, gas and supermarket gift cards, uniforms, help with rent, utilities and internet access. 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.**



For more information, contact:

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



**11th Annual  
Spartan Sprint 5K  
Run/Walk &  
Family Day**



***Awards for top 3  
runners in each age  
category!***

Saturday, September 27, 2025 10:00 AM  
Family Day activities will be from 9:00 to 2:00

5K packet pickup & same day registration  
opens at: 8:30 AM

NCC Bethlehem Campus  
3835 Green Pond Road

**All proceeds support Spartan Aid \***

## Schedule of Events

Location: NCC Bethlehem Campus: Tribute garden behind Penn hall.

8:30 AM - 9:45 AM —Registration/Packet Pick-up  
10:00 AM ————— Run & Walk Start  
Awards following  
9:00 AM-2:00 PM ———Family Day

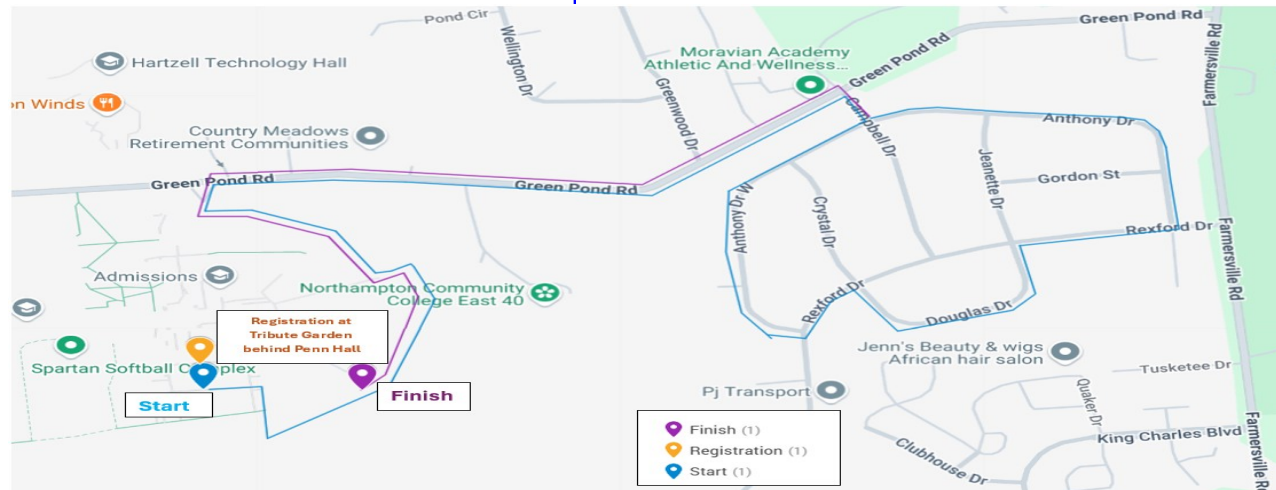
## Registration

First 75 participants guaranteed a T-shirt.  
Deadline for pre-registration is **Wednesday September 24, 2025 at 6:00 p.m.** No refunds.  
Race day registration available (credit card only).

## Online Registration:



Paper registrations may also be mailed to:  
Northampton Community College  
C/O Beatriz S. Messina  
Sute 341



## 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 a beautiful local neighborhood. Post-race raffle, music, and refreshments. Strollers and pets welcome behind the runners. Pets must be leashed. **Please note this race is rain or shine. Extreme wind or thunderstorms may delay or cancel the race. No refunds will be given.**

**This race is not related to Spartan style obstacle races.**

## Awards

Awards for overall male and overall female; awards to 1st, 2nd, & 3rd male and female finishers in each age bracket: (No duplication of awards)

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

## Course Map

## Registration Form

*(Please print clearly)*

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

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

Phone \_\_\_\_\_

Email \_\_\_\_\_

Date of birth \_\_\_\_\_

Age (on 9/27/25) \_\_\_\_\_

**Early bird rate through 8/27/25 at 11:59 p.m. is \$25.**

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

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

☐ Virtual ☐ 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 XXL 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: