



5th Annual "No Buts About It" 5K Run/Walk for Colon Cancer Awareness

Saturday, March 31, 2012 at 9:00am
The Mall at Fairfield Commons, Beavercreek, Ohio

"No Buts About It" 5K Run/Walk net proceeds will be used to fund screening colonoscopies for uninsured persons in economic hardship.

Race Day Events

- 7:30am** Registration tables open Inside at the Mall at Food Court
- 8:00am** Wellness Fair opens at Food Court
- 9:00am** 5K Race/Walk begins outside Food Court doors
- 10:00am** Awards Ceremony and Wellness Fair
Free refreshments, door prizes, and vendors offering free screenings, health tips, massages and more!

Join
Pam Elliot
from WDTN-TV
at the Mall's
Food Court!

Race Packet Pick-up

Mar. 29-30 Pre-registered participants may pick up their race packet, number and t-shirt at Dayton Gastroenterology, Inc., 75 Sylvania Drive, Beavercreek, OH 45440 on Thursday and Friday, March 29 & 30 and from 11:30am until 6pm.

Race Day Race packets, numbers and t-shirts may be picked up on race day at the registration tables inside the Mall at the Food Court beginning at 7:30am

Race Information

- Location** The Mall at Fairfield Commons, 2727 Fairfield Commons in Beavercreek outside the Food Court doors near Dick's Sporting Goods
- Course** 5K scenic course around the mall through a quiet neighborhood, with one water stop. Visit www.usatf.org/routes/view.asp?rID=457060 to view a course map.
- Rules** Walkers and strollers welcome. Pets prohibited. Obey all instructions from race and public safety officials. Families with small children or senior citizens, may walk (non-timed) inside the Mall. It is .5 miles to walk around each level of the Mall, including the entrances (6 full laps on one level).
- Volunteers** Meet new friends and volunteer to help a worthwhile cause. Call Heather, Race Coordinator, at (937) 320-5050, ext. 1021.

Award Categories

- Individual** 9 and under (non-competitive), 5-yr age groups for Male/Female, Overall Male/Female, Masters (40+) Male/Female. Recipients of overall awards are not eligible for male/female age group awards.
- Team** 3 members per team, best total time to All Male, All Female, Co-ed
- Company** 1 award to the company with the largest group participating



Use your smart phone to scan this code for race information.

Register Online

With a credit card until midnight, March 28, at daytongastro.com or speedy-feet.com

- Age 17 and under** \$20
- Age 18 and older** \$25

Registration fees are non-refundable.

Register by Mail

Send form and check by March 23

- Age 17 and under** \$20
- Age 18 and older** \$25

Registration fees are non-refundable.

Race Day Registration

Begins at 7:30am on March 31

- All ages** \$30

T-shirts

T-shirts guaranteed to everyone registering by 5pm March 16.

No-shows will not receive t-shirt. Extra t-shirts will be distributed to race day registrants following the race, on a first come-first served basis.

REGISTRATION FORM - One form per participant - Must be received by March 23, 2012.

Name (Last, First) _____ Age _____ Birth Date _____ M or F _____

Address _____ City _____ State _____ Zip Code _____

Email Address _____ Daytime Phone _____

Emergency Name & Number _____

Shirt Size – YS _____ YM _____ YL _____ S _____ M _____ L _____ XL _____ XXL _____ (Register by Mar. 16 to be guaranteed a t-shirt)

Team Name/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 hereby release Dayton Gastroenterology, Inc., the City of Beavercreek, The Mall at Fairfield Commons, all sponsors, workers, officials and volunteers from any claim whatsoever arising from any participation in the event.

Signature _____ Date _____

Parent/Guardian Signature if participant is under age 18: _____

registration form continued on reverse >

**Our goal is to save lives.
You can help.
Don't wait. Get screened.
Talk to your doctor about it or call us at (937)320-5050.**

Did You Know...

Anyone can get colorectal cancer (CRC).
CRC develops in the colon or the rectum.
CRC is the third most commonly diagnosed cancer and the third leading cause of cancer death in both men and women in the U.S., with about 148,800 new cases and 50,000 deaths expected annually*
20-25% of CRC cases occur among individuals with a family history of colorectal cancer or a predisposing illness*
75% of CRC cases occur in people without these risk factors*
91% of new cases and 94% of deaths occur in individuals 50+.*
African Americans and people of Eastern European Jewish descent are more frequently diagnosed with CRC and may need to be screened prior to age 50.

*According to the American Cancer Society "Colorectal Cancer Facts & Figures 2008-2010"

Special thanks to our media and printing sponsors:



Early screening may save your life or the life of your loved one.

Join us March 31 to help stomp out colon cancer!



NBAI 5K Run/Walk
for Colon Cancer Awareness
75 Sylvania Drive
Beavercreek, OH 45440

REGISTRATION FORM - One form per participant - Must be received by March 23, 2012.

Registration Fees

Age 17 and under \$20
Age 18 and older..... \$25

Registration fees are non-refundable.

Make checks payable to NBAI 5K

Mail this form with your check by March 23 to:

NBAI 5K Run/Walk
75 Sylvania Drive
Beavercreek, OH 45440

Register online until midnight March 28 with a credit card at www.daytongastro.com or www.speedy-feet.com

Please Check All That Apply

- I will participate in the No Buts About It 5K Run/Walk for Colon Cancer Awareness
- I will run I will walk
- I cannot participate, however, please accept this donation \$ _____ in support/memory of _____

Your donation is tax-deductible to the extent the law allows and is credited to the NBAI 5K at 75 Sylvania Drive Beavercreek, OH 45440. Please make a copy of this receipt for your records.

Check # _____ Amount _____ Date _____

- I would like to volunteer to help with this 5K.
- I would like more information about colon cancer prevention/screening.

How did you hear about this 5K? _____

For further information, or to download more registration forms go to www.daytongastro.com or www.speedy-feet.com, or call Heather, Race Coordinator, at (937) 320-5050, ext. 1021.