



MIAMI VALLEY HOSPITAL

Saturday, April 18, 2026

Eastwood Metro Park, 1385 Harshman Rd, Dayton

9 a.m. – Yoga/Zumba/Massage Therapist/Face Painting

10 a.m. – 5K and 10K Race Start

FEE:

Early registration April 1 – March 27: \$32 Includes shirt, post-run snacks and beverages.

Late registration March 28 – April 17: \$35 Includes post-run snacks/beverages.
Shirt not guaranteed.

PACKET PICK UP:

Friday, April 17 (3 to 6 p.m.)

Up and Running

6123 Far Hills Ave., Dayton, OH 45459

Saturday, April 18 (8:30 to 9:30 a.m.)

Eastwood Metro Park

Mad River Shelter House, 1385 Harshman Rd., Dayton, OH 45414

Registration day of event 8:30 to 9:30 a.m.

\$35 Cash and credit card accepted.

PREMIER HEALTHY LIVING:

25 participation points

Proceeds of the event will go to the Miami Valley Hospital Practitioner Wellness Fund

Leashed pets are welcome.

REGISTER TODAY

Register for the race/walk by scanning the QR code.



or go to [Miami Valley Hospital Practitioner Wellness 5k/10k](#)

Registration closes at 11:59 p.m. on April 17

For more information, contact:
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