

What is the Wheel Run Together 5k?

The Wheel Run Together 5K is an opportunity for all GVSU DPT students to touch many lives in the West Michigan area. This event is organized by a handful of second year DPT students, but all PT students regardless of year in the program are encouraged to volunteer or participate in the run/walk. We as students reach out to local businesses throughout Grand Rapids hoping to gain sponsors for the event or donors who would like to give merchandise or gift cards for raffle prizes at the conclusion of the race. All of the proceeds raised during this event go toward Alternatives in Motion, which is a local non-profit organization right here in Grand Rapids. Alternatives in Motion has a wonderful mission that intertwines with our values and goals as future clinicians in the profession. They work to provide individuals and families in the West Michigan area with refurbished wheelchairs and other mobility devices that they are not able to afford themselves. They do this solely to promote independence and improve quality of life among community members, which intertwines with our vision as physical therapists to help get people moving, increase activity and gain independence.

When in the program is this opportunity available?

This event is hosted in April each year. The GVSU PT program has hosted this event for 22 years now and it is always organized by a few second-year DPT students.

Who can participate?

Everyone in the DPT program is encouraged to either volunteer or partake in the run/walk itself. The 5K is also open to the community as anyone who would like to attend or register for the race would be welcomed.

Where does this opportunity take place?

The race is normally held on the GVSU Allendale Campus with the starting point and finish line located right outside the Kirkhof center.

What is the average time commitment for this opportunity?

If you would like to be a leader of this event the time commitment is rather intensive. However, it was extremely worthwhile and rewarding to raise money and host an entire event knowing that you are touching so many lives throughout the community. Being a lead organizer for the Wheel Run Together 5K was typically 3-4 hours a day, two – three days a week from December – April. Being a member of the Wheel Run Committee was a bit less of a commitment, although these individuals were still required work over a span of several months. If you would like to volunteer for this event, it is just mandatory to show up to work on race day!

Who is the best person to contact to obtain more information on this opportunity?

The best people to contact to learn more about this opportunity are the DPT students who coordinated the previous year's event. The class of 2019's coordinator's were:

- Kristen Kuhlman kuhlmakr@mail.gvsu.edu
- Sarah Haller hallersa@mail.gvsu.edu

Coleen Davis is the Executive Director at Alternatives in Motion if you would like more information about their mission statement and vision. You can email Coleen Davis at coleen@aimgr.org

Does this opportunity cost anything to the student(s)?

This opportunity does not cost anything to the students. However, if you would like to participate in the event by running/walking then it is \$25 to register. This includes a race bag, a few raffle tickets to win prizes and a t-shirt. If you would like to help out in a volunteer position then it would be \$5 for a volunteer t-shirt.

To learn more, click on the links below.

- Facebook Page: <https://www.facebook.com/GVSUwheelrun>
- Alternatives in Motion: <http://alternativesinmotion.org>