Please sponsor me to support Strong Memorial Hospital patients who are awaiting or recovering from organ transplant surgery. With your donation, you're helping cover expenses associated with lifelong care, such as life-saving medications and travel expenses.

Name	Donation
	\$
	\$
	\$
	\$
	\$
	\$
	\$
	\$
	\$
	\$

Donations are accepted via cash or check. Please make checks payable to Friends of Strong, or make a gift online at fos.urmc. edu. Please include the name of the runner/walker you're supporting in the notes or comments.

Join these generous donors who've previously pledged their support:

Action Telephone Advantage Federal Credit Union Finger Lakes Donor Recovery Network Hannah Metzler Memorial Fund ITNS National Kidney Foundation TAO Wegmans UR Medicine:
Department of Anesthesiology
Department of Medicine
Department of Surgery
Division of Cardiology
Division of Gastroenterology &
Hepatology
Division of Nephrology
Division of Transplant Surgery

The River Run/Walk 5K is an annual event sponsored by the Friends of Strong Memorial Hospital and the hospital's transplant units. All proceeds directly benefit transplant patients.

Transplant recipients who come to Strong for heart, liver, pancreas, and kidney transplants often need financial assistance while they await surgery and afterwards. In addition to costly medical treatment, the need to travel – for some a great distance – adds financial strain on patients and their families.

Your support will help the hundreds of patients currently awaiting transplants, as well as those who continue to receive follow-up care from Strong.

# Thank you!

Learn more about our transplantation services at www.urmc.rochester.edu/transplant



FINGER LAKES

DONOR RECOVERY

N E T W O R K

## Pass Life On!

April is National Donate Life Month. Please consider joining the thousands of New Yorkers who have added their names to the organ donor registry. You have the power to give life. PassLifeOn.org

Friends of Strong Memorial Hospital is a dynamic volunteer organization that advances the mission of Strong Memorial Hospital. We invite everyone to become involved and help provide services to our patients, families, and visitors. You can also help promote the hospital in our community and assist in raising money to support patient care.

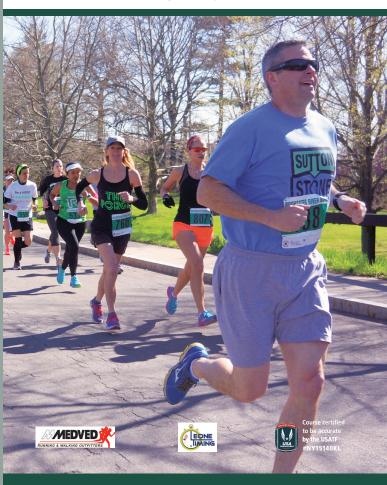
friendsofstrong.urmc.edu

# Sunday 4-15-18

17th Annual

# **Rochester River Run/Walk 5K**

Presented by Strong Memorial Hospital's Friends of Strong and Transplant Units to benefit Organ Transplant Patients





Roundhouse Shelter Genesee Valley Park 99 Elmwood Avenue Rochester, NY 14620



## **17th Annual River Run/Walk 5K** Sunday, April 15, 2018 Genesee Valley Park

Run or walk the scenic 5K route along the Genesee River—certified by USATF #NY15140KL—to support transplant patients at Strong Memorial Hospital.

#### **Event Schedule**

7:30 a.m. On-site registration through 9:00 9:00 a.m. Ceremony for donors and recipients

10:00 a.m. Start for Runners10:05 a.m. Start for Walkers11:00 a.m. Awards Ceremony

**Basket Winners Announced** 

Refreshments included!

#### **Awards**

We'll proudly recognize:

- Top male and top female overall 5K run finishers
- Top male and female runners in each age group (18 and under, 19-29, 30-39, 40-49, 50-59, and 60+)
- Top two pledge collectors across individual and group/teams

## **Collect Pledges**

In addition to your entry fee, we ask for your help to raise funds for Strong Memorial Hospital's transplant unit patients. A pledge form is included in this pamphlet—invite your friends, family, and co-workers to sponsor you with a donation of any amount. Prizes will be awarded to the two top pledge collectors.

Submit pledges online, at packet pick-up or on race day by 10 a.m. to Registration Tent.

Additional donations may be made when you register for the event online. You may also donate via credit card by visiting friendsofstrong.urmc.edu, following the "Make a Gift" button in the right-hand column, and selecting "Transplant Fund" when prompted to choose a designation for your gift.

#### Sign Up!

### Register by March 26 for a free tech shirt

to wear on race day. Save on the entry fee by pre-registering by noon on April 13. Or sign up on race day to join in. Children are welcome—under 10 are free. See the registration form for deadlines and fees. Online registration ends midnight on April 10.

To pay by credit card, register online at **riverrun.urmc.edu**.

To pay by check (payable to Friends of Strong), complete the registration form and mail to:
Friends of Strong—River Run/Walk
601 Elmwood Avenue, Box 660
Rochester, NY 14642

### **Race Packet Pickup**

Friday, April 13 – 11 a.m. to 2 p.m. Friends of Strong Office (1-1230) 601 Elmwood Avenue, Rochester NY 14642 (585) 275-2420

Saturday, April 14 – 10 a.m. to 12:30 p.m. Medved Running and Walking Outfitters 3400 Monroe Avenue, Rochester, NY 14618 (585) 248-3420

Sunday, April 15 - 7:30 a.m. to 9:00 a.m. Genesee Valley Park Roundhouse Shelter

### **Race Day**

Registration, packet pickup, and events will be held at the Roundhouse Shelter in Genesee Valley Park.

### **Parking**

Parking is available in the University of Rochester's Park Lot—attendants will be on hand to direct you to the parking area.

# REGISTRATION

Please complete one form per participant.

riverrun.urmc.edu  \$30 Pre-registration — by March 26 to receive shirt  \$30 Pre-registration — March 27 — noon on April 13 (no shirt)  \$35 On-site — April 15 (no shirt)  Free Kids 10 and under (no shirt)
Name ☐ Female ☐ Runner ☐ Male ☐ Walker
Age on race day
Address
City, State, and Zip Code
E-mail address
() Phone Number
Emergency Contact Name
() Phone Number
Shirt Size: Unisex S M L XL XXL Women's S M L XL
Total Amount Enclosed: \$ Please make checks payable to: Friends of Strong

**Waiver:** In consideration of being permitted to participate in the Rochester River Run/Walk 5K, I hereby for myself, my heirs, and personal representatives assume any and all risks that might be associated with the event. I further waive, release, discharge, and covenant not to sue Strong Memorial Hospital, Friends of Strong, its officers, employees, sponsors, organizers, volunteers, or other representatives, or their successors, and assigns, for any and all injuries and damages of any kind whatsoever suffered as a result of taking part of the event and related activities. I also agree to the use of any photo, film, or videotape of the event for Friends of Strong business purpose. I understand that no refunds will be given.