



University of Rochester Medical Center  
Strong Memorial Hospital  
Center for Nursing Professional Development  
601 Elmwood Avenue, Box 619-21  
Rochester, New York 14642



NATIONAL NURSES WEEK 2015

**\*\*Stewart Lodge\*\***  
Please note change in location!



We ask that you please drive carefully and be mindful of the plentiful wildlife which abounds in Mendon Ponds Park.

Make sure you take time to enjoy the park



*Tenth Annual  
National Nurses' Week  
5K Run/Walk*

*Sunday, May 3, 2015*

*9:30 AM*

*Mendon Ponds Park,  
Stewart Lodge*

Our event is Sanctioned  
by the USATF

Co-sponsored by:  
**FLEET FEET**  
*Sports*



In honor of National Nurses' Week, the  
**Department of Nursing Practice**  
 at **Strong Memorial Hospital**  
 invites you to participate in the tenth annual  
**Scrubs and Stethoscopes**  
 5K Run / Walk.



**National Nurses' Week** is held every year from May 6-12 in honor of the birthday of Florence Nightingale, the pioneer of modern nursing. The purpose of **National Nurses' Week** is to raise public awareness of the value of nursing and to help educate the public about the vital role nurses play in enhancing our community's health.

A portion of the proceeds from the 5K run/walk will support nursing education and conference attendance.

Come join us! Run (or walk!) the beautiful course at Mendon Ponds Park, and join us afterwards for a post race food.

## EVENT INFORMATION

8:15 AM: Registration  
 9:30 AM: Run/Walk begins

Open to everyone!

Entry fee includes:

- Registration
- Use of electronic timing chip
- T-shirt (first 150 registrants guaranteed a shirt)
- Post race food (bagels, fruit)

Awards will be given to the top male and female finishers in each age group.

Packet pickup can occur at Fleet Feet Sports at the Armory, located at 155 Culver Rd, Suite 110 on May 2nd from 10 AM—5 PM OR on race day at the park starting at 8:15 AM.

## REGISTRATION

### Pre-Registration (by April 17, 2015)

- **Credit Card:** online at [www.runsignup.com](http://www.runsignup.com)  
**Check:** Tear off registration form and mail with check payable to *University of Rochester Nursing Practice* (see address below)  
 ⇒ Age 5 and under are free but must be in a stroller or wagon for insurance purposes  
 ⇒ Age 6-12 \$10.00  
 ⇒ Age 13 + \$25.00

### After April 17, 2015 \$30.00 adult entry fee:

- Online: [www.runsignup.com](http://www.runsignup.com)
- In person at Fleet Feet Sports
- On race day at Mendon Ponds Park by 9:15 am

*Rain or shine. Fee non-refundable.*

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Questions?  
 Phone: (585) 275-1485  
 E-mail: [ann\\_zimmerman@urmc.rochester.edu](mailto:ann_zimmerman@urmc.rochester.edu)



Sunday May 3, 2015

## 5K Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

E-mail Address \_\_\_\_\_

Person to contact in case of an emergency \_\_\_\_\_

Emergency contact phone number \_\_\_\_\_

☐ Male ☐ Female

Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_  
 (to determine age group)

**T-Shirt Size:**

☐ Small ☐ Medium ☐ Large ☐ x-Large ☐ xx-Large  
☐ xxx-Large\* (\*Additional Charge \$2.00)

I will be: ☐ Walking ☐ Running

**Waiver:** In consideration of being permitted to participate in the 5K walk/run, I hereby for myself and/or my minor child, our heirs, and personal representatives assume any and all risks which might be associated with the event. I further waive, release, discharge, and covenant not to sue the University of Rochester, Strong Memorial Hospital, their officers, employees, sponsors, organizers, volunteers, or other representatives, or their successors and assigns, for any and all injuries or damages of any kind whatsoever suffered by me or my child as a result of taking part in the event and related activities. On behalf of myself and/or my child, I also agree to the use of any photo, film, or videotape of the event for Strong Hospital business purposes.

Age 18 or over: ☐ Yes ☐ No

SIGNATURE / (Parent must sign for participants under age 18)

**Method of Payment:**

☐ Check (Payable to: University of Rochester Nursing Practice)

☐ Cash