



# Nurses 5K Challenge

Run + Walk + Roll

Saturday (rain or shine)

**May 19, 2018**

Registration

7 a.m.

Race starts

8 a.m.

Registration:

- Before May 1 \$25
- After May 1 and Day of Event \$30
- Children \$15 (14 and under)

Register now at [bdch.com/event/nurses-run](http://bdch.com/event/nurses-run) or call 920-887-4869

In honor of National Nurses Week, the BDCH Nurses are giving back to the community with the 10<sup>th</sup> annual Nurses Run-Walk-Roll fund raising event.

### The BDCH Nurses 5K challenge:

- A fun run/walk/roll for participants of all ages, sizes and athletic abilities
- Encourages exercise in support of a healthy lifestyle
- Generates support of our local community

### Awards:

- First nurse to finish
- Top three male and female finishers
- Youngest participant (riding doesn't count!)
- Oldest participant

\*All registrations include a 2018 race t-shirt

All proceeds will be directed to the Beaver Dam Community Hospitals Foundation, Inc. and its sponsorship of the Blue Zones Project.

Strollers will be allowed but no bikes, rollerblades, heelies, skateboards or pets.

