

# Nurses 5K Challenge

Run + Walk + Roll

New for 2017:  
Online Registration!



Saturday (rain or shine)

**May 20, 2017**

Registration

7 a.m.

Race starts

8 a.m.

**Registration:** \$25  
(before 5/1/17)

**Day of  
Registration:** \$30

**Children:** \$15  
(under age 15)

Register now at [Racemine.com/BDCH-Foundation-Inc/events/2017/Nurses-Run-Walk-Roll](http://Racemine.com/BDCH-Foundation-Inc/events/2017/Nurses-Run-Walk-Roll), [bdch.com](http://bdch.com) or call 920-887-4869

In honor of National Nurses Week, the BDCH Nurses are giving back to the community with the 9<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 2017 race t-shirt

All proceeds will be directed to the Beaver Dam Community Hospitals Foundation, Inc. Blue Zones Fund.

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

