

Thank you for your interest in
the 5th annual
Rochester 5K
Run / Walk for Health in Ge-
nesee Valley Park

Spring is coming! Time for the
annual 5K Run for Health and
1K Fun Run for kids, all for a
great cause!

All proceeds from this event will
go directly to UR Well Student
Outreach at St. Joseph's
Neighborhood Center and at
Asbury Methodist Church.

UR Well Student Outreach
provides primary health care to
Rochester's uninsured and
underinsured.

Run for your own health and to
ensure health care for all
members of our community!

Join Us!

Your support is greatly needed, and
your contributions are truly
appreciated.

Register: By Mail, at Active.com (search
"rochester run for health"), or at **Fleet Feet
Sports, 2210 Monroe Ave.**, Rochester,
NY

Groups of 10 or more, please email:
Mark_Marinescu@urmc.rochester.edu for
discount information

UR Well Student
Outreach
c/o Mark Marinescu
URMC Box 416
601 Elmwood Ave.
Rochester, NY, 14642



Rochester 5K Run for Health Saturday April 18th, 2009



Please
Apply
Proper
Postage

Rochester 5K Run/Walk for Health

Race Day Information:

10 a.m. Saturday
April 18th, 2009

Location:

Genesee Junction Shelter
Genesee Valley Park
Moore Road, Rochester, NY
Race map available at
www.urwellstudentoutreach.org

Three Ways to Pre-Register:

1. Mail your name and registration fee using the form on this flyer.
2. Go to www.urwell.org
Print out & mail in on-line registration form.



Search for event:
"Run for Health"
\$2 surcharge

Or register in person on race day from
8-9:30 a.m.

\$15 pre-registration
\$20 race-day registration

Waiver: In consideration of being permitted to participate in the 5-kilometer UR Well Run/Walk or the 1-kilometer Kids' Fun Run, I hereby for myself, my 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 UR Well Student Outreach, St. Joseph's Neighborhood Center, the University of Rochester or its affiliates, employees, sponsors, organizers, volunteers, or other representatives, or their successors and assigns, for any and all injuries or damages of any kind whatsoever suffered as a result of taking part in the event and related activities. I also agree to the use of any photo, film or videotape of the event for UR Well business purposes.

Name(s) _____ Phone _____ Age _____ Gender _____ T-Shirt (s,m,l,xl) _____ Registration Fee: \$15.00

Address _____ City _____ State _____ Zip _____ Optional Donation: _____ Total: _____

Signature _____ **Please make checks payable to:** UR Well Student Outreach
Please Mail to: UR Well Student Outreach c/o
 Marc Marinescu, URM Box 416
 601 Elmwood Ave., Rochester, NY 14642.

*I am interested in signing my children up for the 1K Fun Run (\$8, race day registration only) _____

Did you know...

1. An estimated 59,000 Monroe County residents have no health insurance!*
2. Almost 70% of these individuals are employed either part-time or full-time!*
3. St. Joseph's Neighborhood Center provides care only to people without health insurance and has over 10,000 patient-visits annually!
4. UR Well is a small branch of St. Joseph's that is run by medical students from the University of Rochester School of Medicine.
5. UR Well recently opened up an acute care clinic at Asbury Methodist Church to assist the homeless population in Rochester, NY.

*Survey of Health Coverage and Access in Monroe County, Harris Interactive Inc. 14 Feb 2001.

Proud to be Supported by:



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www.fleetfeet.com