Jefferson College hosts Annual Run/Walk event

Jefferson College of Health Sciences is hosting the 3rd Annual “Jefferson College 5K Riverside Run & Wellness Walk” on Saturday, Nov. 8, presented by Medical Facilities of America, an exclusive provider of LifeWorks Rehab. This year’s run benefits the Jefferson College of Health Sciences Education Foundation Extra Mile Fund which is designed to assist students with the costs of co-curricular activities to build upon their experiences in the classroom and clinical settings. The 5K run portion of the event begins at 9:00 a.m. and the wellness walk begins at 9:05 a.m. The event course begins near the Jefferson College campus at Carilion Roanoke Community Hospital at the intersection of Jefferson and Elm Streets in downtown Roanoke. Participants will then proceed down Jefferson Street to Walnut Avenue where the course will detour onto the Roanoke Valley Greenway. On the Greenway, runners/ walkers will come to a turnaround point along Wiley Road where they will retrace their path back to the starting point.

We invite you to bring your favorite 4-legged friend to join in as dogs are welcome to participate. Participants will have the opportunity to confirm registration and pick-up race packets with more information on Friday, Nov. 7, from 11:00 a.m.–7:00 p.m., and Saturday, Nov. 8, from 7:00-8:00 a.m., in the third floor lobby area of Carilion Roanoke Community Hospital.

For information on online registration and fees; volunteer opportunities; and directions, please call (540) 985-8483. Jefferson College of Health Sciences is a private higher education institution that “prepares, within a scholarly environment, ethical, knowledgeable, competent and caring healthcare professionals.” The College focuses on providing healthcare education and is an affiliate of Carilion Clinic. Founded in 1914 as the Jefferson Hospital School of Nursing, Jefferson College now provides more than 1,100 students with opportunities to become part of the healthcare profession, serving communities from SW Virginia to the Shenandoah Valley and beyond.