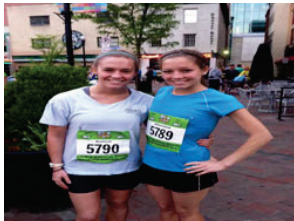


July 2013 e-Newsletter

What should I get my college student for their birthday?" That's a question most parents ask, and for many the answer is usually money or gift cards. But not for freshman nursing student, Salina Smialek. Salina asked her parents to enter her in the Pittsburgh Marathon.



Salina & Jeanna

A resident of Valencia, Pennsylvania, Salina began her journey to the Marathon the day after Christmas. Although she had run cross-country and track in high school, Salina stopped running when she entered college. She wanted to start running again as a way to stay fit, and decided to follow in the footsteps of her sister Jeanna, who completed her first marathon just a year earlier.

All through spring semester Salina woke up to go running at 5:30 a.m., a time when most of her classmates were still sound asleep. Running for up to 2 hours each day, six days a week, was not easy, but remembering this was her birthday gift from her parents and a way to stay healthy kept Salina motivated. So, she kept running.

And run she did! On Sunday, May 5, 2013, Salina's training paid off when she completed the hilly 26.2-mile course to finish fourth in the Women's 19 and under age group; an amazing feat for this first-time marathon participant.

Salina doesn't plan to slow down. Her goal now is to qualify for the Boston Marathon. To do so, she needs to drop about 30 minutes off her marathon time of four hours and one minute. And she has her older sister to catch up with. Jeanna finished this year's Pittsburgh Marathon with a qualifying time for the Boston Marathon.

Call for Applications: Ruth Perkins Kuehn Research Award

The purpose of the Ruth Perkins Kuehn Research Award is to encourage the research career development of University of Pittsburgh School of Nursing alumni and faculty. For fiscal year 2014, a research grant for a maximum of \$20,000 will be given to fund clinical research. A clear application providing support for the practice of nursing must be evident.

Deadline for submission is 4:00 pm EST,
Monday, July 8, 2013

For more information visit [School of Nursing CRE Research Funding](#)