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*Commissioner of Health*



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## **DEPARTMENT OF HEALTH**

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### **FOR IMMEDIATE RELEASE**

**Date: May 22, 2014**

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### **Putnam County DOH Announces First Annual “Run 4 Your Life” Event**

Brewster, NY—The Putnam County Department of Health (PCDOH) has announced its first ever “Run 4 Your Life” event set for Sunday, September 7. Run 4 Your Life is actually three events of various distances, starting at 10 a.m. with a 5 kilometer (3.1 miles) race, followed by a one-mile walk and a Kids’ Half-Mile Fun Run. All events will start and finish on the grounds by the PCDOH at One Geneva Road in Brewster. Online registration is now open.

“We wanted to host an event that every member of the family could participate in,” explains Allen Beals, MD, Commissioner of Health for Putnam County. “Running and walking are ideal ways to enhance fitness and of course they are more fun when shared with family and friends. It will truly be an enjoyable morning, rain or shine, with post-race refreshments for all.”

The first 125 runners or walkers to register will receive a performance t-shirt, a commemorative 16-ounce race glass and a one-month membership at New York Sports Club. Race awards will be given to the first overall male and female winners and the top three in each age category. All walkers and Kids’ Fun Run finishers will receive commemorative medals. Mile markers and water stops will be set up and automatic “chip” timing will be used for the 5km race.

To register online or to download an entry blank, visit the health department’s webpage at [www.putnamcountyny.gov/health](http://www.putnamcountyny.gov/health)

Organizations that would like to sponsor, or volunteers who would like to help out on race day, can call the Health Department at 808-1390.

The Health Department's mission is to improve and protect the health of the Putnam County community, composed of nearly 100,000 residents. Core services include community health assessment, disease surveillance and control, environmental health protection, family health promotion and health education. For more information, please visit our website at [www.putnamcountyny.com/health](http://www.putnamcountyny.com/health); or visit our social media sites on Facebook at [www.facebook.com/putnamhealth](https://www.facebook.com/putnamhealth) and Twitter @PutnamHealthNY.

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