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FOR IMMEDIATE RELEASE

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Registration Is Open for Second Annual “Run 4 Your Life” Event

Brewster, NY—The Putnam County Department of Health (PCDOH) announced that online registration for the Second Annual “Run 4 Your Life” event is now open. Building on last year’s success with over 300 participants, this year’s event will take place on Sunday, September 27. The first 175 adult runners or walkers to register online are guaranteed to receive a free performance race t-shirt, a one-month membership to NY Sports Club and commemorative race glass.

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 by the PCDOH at One Geneva Road in Brewster. Online registration can be accessed through the health department webpage at www.PutnamCountyNY.gov/health/healthevents

“Last year’s event was truly a cross-generational event. We had children, parents and grandparents—participants from 5 to 71 years of age. This year’s festivities will be bigger and better than ever,” says Allen Beals, MD, Commissioner of Health for Putnam County. “Remember, the event was conceived not only to promote running and walking as ideal ways to enhance fitness, but also to showcase how much more fun they can be when shared with family and friends. So it is a full morning of fun, rain or shine, complete with free post-race refreshments for all.”

Like last year, 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 download an entry blank or for a link to register online, visit the health department’s webpage at <http://www.putnamcountyny.com/health/run4yourlife/>.

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, emergency preparedness, family health promotion and health education. For more information, please visit our website at www.putnamcountyny.com/health; or visit our social media sites on Facebook at www.facebook.com/putnamhealth and Twitter @PutnamHealthNY.

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