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FOR IMMEDIATE RELEASE

Date: August 28, 2014

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**Ready, Set Go! Runners and Walkers Toe the Line for
First Annual Run 4 Your Life Set for Sunday September 7**

Brewster, NY—More than 170 runners and walkers of all ages, from Putnam and surrounding counties, will head to the starting line on Sunday, September 7 at 10 am, rain or shine. The occasion is the First Annual Run 4 Your Life event, organized by the Putnam County Department of Health. The 5-kilometer runners and the 1-Mile walkers will start off together, on Milan Road near One Geneva Road in Brewster, where the main office of the Health Department is located. The Kid's Half-Mile Fun Run will begin at 10:45 a.m. and follow a course around the parking lot that provides great viewing spots for families and other spectators.

“This is a fun, family event,” says Allen Beals, MD, Putnam County’s Commissioner of Health. “We designed it purposely to have an event for everyone—runners, walkers and children alike. The importance of some exercise for good health cannot be overstated.” Afterwards refreshments will be available, adding to the festive atmosphere. Local organizations have been tremendously receptive to the event, lending general support and sponsorship of the activities.

The 5-kilometer course runs north on International Boulevard, passing Ace Endico and around the Volunteer Park Ball Fields once before continuing up Holmes Road to the turn-around point at Tammany Hall Road. The course travels over gentle rolling hills, and paved and unpaved, tree-lined roads. Ample parking will be available in the lots near the health department and drivers will be directed

to open spaces upon arrival.

The awards ceremony is scheduled to start at 11:15 a.m. Trophies will be awarded to the first overall male and female 5K finishers. In addition, age-group medals will be given to the top three 5K finishers in the following categories: 12 years and under, 13 to 15 years, 16 to 19 years, 20 to 29 years, 30 to 39 years, 40 to 49 years, 50 to 59 years, 60 to 69 years, and 70 and older. All registered walkers who finish the walk and all children in the Fun Run receive commemorative medals for finishing.

Online and mail-in registrations are accepted with the \$15 fee until August 31. After that the fee increases to \$20, and will only be accepted in-person at the health department (September 2 through 5) or race day morning from 8:30 to 9:30 am. There is no charge for children in the Kids' Fun Run (12 years and younger), but they still need to be registered. Pets and strollers are not permitted in the race or on the course. (Please don't bring pets as they should not be left in your vehicle.)

Twenty-four organizations and individuals have stepped up to sponsor the event including Ace Endico; Beecher Funeral Home; Carmel Bagel Deli...licious; Civil Service Employee Association (CSEA) union; Enviro Waste; Hannaford; Hilltop Manor, Villa Barone; Insite Engineering Surveying & Landscape Architecture; Kent Lakes Farm Market; Ledley Food Service; New York Sports Clubs; Open Door Family Medical Centers; Park Ford of Mahopac; Patterson Auto Body and Service Center; Putnam Lake Market; Red Rooster Drive-In; MaryEllen Odell, Putnam County Executive; Sam Oliverio, Legislator; Severn Trent Services; Surprise Lake Camp; Law Offices of Joseph J. Tock; United Martial Arts Centers (UMAC); VNA of Hudson Valley; and VNS of Westchester, Putnam and Dutchess.

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 the PCDOH website at www.putnamcountyny.com/health or visit the social media sites on Facebook at www.facebook.com/putnamhealth and Twitter

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