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Hundreds Participate in Health Department's RUN 4 YOUR LIFE

Phil Shea Wins in 18:04; Emphasis on Family Exercise and Fun

BREWSTER, NY—Hundreds of runners and walkers came out for the First Annual RUN 4 YOUR LIFE event, featuring a 5-kilometer run, a one-mile walk and a half-mile kids' fun run. The event, organized by the Putnam County Department of Health, was envisioned as a fun, family event and for many it was. Phil Shea, 33 years old, from Beacon, NY, crossed the line first in 18:04, clocking a 5:50 mile pace over the rolling hills; and his dad Phil was not far behind, placing second in the 50-59 year old age group with 25:13. The first woman to cross the finish was Lori-Beth Patsey, 31, in 25:15, who edged out Amanda Legace, 23, in a photo finish.

For the Castronuovos, it was a family affair as well, with three age-group award finishes. Kelli, 47, placed third in her age category, and her 14-year-old twins, Angela and Vincent, both cross country runners at Carmel High School, each placed first in their age groups. Kelli's sister, Patricia Benitez, 54, from Holmes, also won first-place honors in her group, with 30:59.

Another notable performance was turned in by the oldest male runner Howard Solow, 71 from Yorktown Heights, who turned in a 30:13 performance, winning the gold in his age category.

"Exercise is an essential ingredient for good health, but it can be hard to fit it in," says Allen Beals, MD, Commissioner of Health. "Approximately 40 percent, of our nearly 300 participants, had

family members who also participated in the event. That shows that physical activity can be a family affair.”

Dr. Beals himself finished the 5 kilometer run, placing third in his age category. Also completing the course was his wife Hannah, who placed third in her age category as well, and his three sons, Jeffery, Daniel and Matthew. His two grandsons Abraham and Joseph ran in the kids’ fun run.

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 @PutnamHealthNY.

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Overall results

Men

1 Philip Shea, 33, Beacon	18:04
2 Michael Schmutzer, 41, Yorktown Heights	19:29
3 Kyle Christian, 16, Holmes	19:37
4 Vincent Castronuovo, 14, Carmel	20:47
5 Michael Farquhar, 37, Carmel	20:53

Women

1 Lori-Beth Patsey, 31	25:15
2 Amanda Legace, 23	25:16
3 Angela Castronuovo, 14, Carmel	26:07
4 Jessica Kozmo, 12	26:19
5 Joanna Arrigale, 35	27:06

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