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FOR IMMEDIATE RELEASE

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Sponsors Rally to Support Second Annual Run 4 Your Life on Sunday, Sept. 27

Brewster, NY—When runners head to the starting line for the Second Annual Run 4 Your Life events on Sunday, September 27, it will be with the support of 27 Putnam County businesses who have rallied behind the Putnam County Department of Health, providing goods and monetary donations for the event. Hundreds of runners and walkers of all ages are expected to participate in the three events—a 5-kilometer run, a 1-Mile walk and a kid’s half-mile fun run. Festivities begin at 10 a.m. and start on International Boulevard near One Geneva Road in Brewster, where the main office of the Health Department is located.

“This is no ordinary road race,” says Allen Beals, MD, Putnam County’s Commissioner of Health. “It is a fun, family event, designed to highlight the importance of exercise for good health and how much easier it is to make it part of your life if you share it with family and friends.

“Sponsorship support has been very strong this year. It is a true credit to our Putnam community that these businesses have stepped up to help out,” Dr. Beals continues. “Each recognizes the increasing burden of chronic disease in our county and the country in general. They have been tremendously receptive to the event and our efforts. Our County Executive MaryEllen Odell has also been particularly supportive and pleased that the showcase event was arranged without any cost to the county because of the health department’s resourcefulness.”

Eleven new sponsors have lent support. Ace Endico, NYSEG, Thunder Ridge Ski Area and

The Plaza at Clover Lake have provided gold sponsorships for the water tables. Ashley's Deli, Cathryn's Tuscan Grill, Child Care Council of Dutchess and Putnam, George Hartshorn Paving, KFC of Carmel, Putnam Valley Market and Spins Bowl of Carmel have made mile-marker and other donations.

Loyal, returning gold sponsors include CSEA (Civil Service Employee Association) Putnam County Local 840, Open Door Family Medical Center, and the Visiting Nurse Association of Hudson Valley. New York Sports Clubs (NYSC), another returning gold sponsor, is providing one-month free gift memberships to the first 175 registered adults. Other loyal and returning sponsors include Beecher Funeral Home; Insite Engineering, Surveying and Landscape Architecture; Kent Lakes Farm Market; Park Ford of Mahopac; Patterson Auto Body and Service Center; The Red Rooster Drive-In; Severn Trent Services; Surprise Lake Camp; Villa Barone Hilltop Manor, and VNS (Visiting Nurse Service) Westchester.

Other committed sponsors back for the second year include the two food sponsors. Ledley Food Service provides a host of assorted fruits and Carmel Bagel Deli...licious donates a variety of bagels and toppings of butter and cream cheese. These treats are part of the post-exercise fun and festivities.

The 5-kilometer course starts north on International Boulevard, passing Ace Endico and travels over gentle rolling hills and 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 11:30 a.m. Crystal 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 registration (with a fee of \$20) is open until September 24 at:

<http://www.putnamcountyny.com/health/run4yourlife/> . In-person registration only is being accepted at the health department September 21 through 25, 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 on the course. (Please don't bring pets as they should not be left in your vehicle.)

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, emergency preparedness, 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, www.facebook.com/RunWalkPutnam, www.instagram.com/PutnamHealthNY and Twitter @PutnamHealthNY.

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