

2016 FOR THE HEALTH OF IT! PARTICIPANT GUIDE



PACKET PICKUP

THURSDAY, JUNE 9, 2016

1:00 - 6:00 pm

Taos Mountain Outfitters (113 N. Plaza)

FRIDAY, JUNE 10, 2016

1:00 - 5:00 pm

Taos Mountain Outfitters (113 N. Plaza)

There is Event-Day Registration; however, all pre-registered participants are encouraged to pick up their Packets at "Packet Pick-Up." *If you are not able to pick up your packets in person, you can make arrangements for a representative to pick up your packet.*

Out of town participants may pick up their packet on race morning at the registration area.



PASTA DINNER

Friday, June 10, 2016

5:30 - 7:30 PM

Wheeler Peak Cafe @ Holy Cross Hospital

Registered Participants, Event Staff, and Volunteers are invited to a pre-event Pasta Dinner on Friday, June 10. *You will receive a link in your Registration Confirmation Email to make a Pasta Dinner Reservation.*

Menu: Baked Pasta [Sausage or Vegetarian]
Salad - Bread - Dessert - Beverage

Cost: By Donation

EVENT DAY SCHEDULE

JUNE 11, 2016

TAOS YOUTH AND FAMILY CENTER

407 Paseo del Cañon East

Taos, NM 87571

6:30 - 7:30 am Timing Chip Pick Up & Late Registration

7:30 - 10:30 am Vendor & Health EXPO

8:00 am 10K Timed Run Starts

8:10 am 5K Timed Run Starts

8:20 am Walk & Fun Run Starts

9:50 am Awards

PARKING

- Taos Youth and Family Center (Lot closes at 7:00 AM)
- Taos Middle School – entrance on Gusdorf Road
- Dirt Lot east of Youth and Family Center

Please arrive beginning at 6:30 AM and no later than 7:30 AM. This will give you time to pick up your TIMING CHIP at the Registration Area in the Youth and Family Center.

MAPS

A map is available online at www.TaosHealth.com

- 5k/10k Race | Walk | Fun Run Routes
- Parking Locations
- Water Stops

Decide where your family and friends can cheer you on when you most need the support.

TIMING CHIPS

All 5k/10k Race participants **MUST** wear a timing chip in order to be factored into the results and eligible for **Overall and Age Group Awards**.

Timing chip must be zip-tied (preferred) or laced to shoe. All timing chips will be available at the registration area in the Youth and Family Center on Saturday morning, June 11.

RACE (BIB) NUMBER REQUIREMENTS

Each participant in a timed event will receive a Race (Bib) number that must be worn on race day. The Bibs will be color coded based on your race. **DO NOT** alter your race number in any way. Your bib number must be visible and worn on the front outside of all clothing during the entire race so that it may be clearly seen.

Bib numbers are non-transferable and **MUST** be worn by the runner to whom it is assigned. *Participants in the Walk/Fun Run (untimed event) will NOT have a Race Bib.*

START

All events will start on the southwest side of the Youth & Family Center Parking lot. The finish will be on the east side of the same parking lot. Starting times will be staggered in the following order: 10K Timed Race, 5K Timed Race, 5K Fun Run, and 5K Walk.

The timed races will be a **Gun/Horn Start** with a **Timing Chip Finish**. The **official time** will start when the gun/horn goes off.

**ALL TIMING CHIPS
MUST BE RETURNED AT
THE FINISH LINE**

FINISH INFORMATION

When you cross the finish line please make sure you land on the first set of timing mats (**do not jump over**) as well as the next set of timing mats. You will be greeted by volunteers who will assist you with Timing Chip removal.

BATHROOM FACILITIES

Bathrooms are located in the Youth and Family Center lobby. Please allow plenty of time in order to get to the start.

MEDICAL SUPPORT

Medical staff members will be ready to assist you at any time. Personnel with radio communications will be positioned along the course. Event officials have the right to withdraw any runner from the race that appears in distress or at risk. Please cooperate if you are asked to go for a checkup. **If you feel that you need help at any point, please ask for it!**

If you are unable to finish the race for any reason, please notify a race official of your bib number so that the medical personnel are aware. Also, please remember to hydrate throughout the day as well as at the water stations along the course.

VOLUNTEER INFORMATION

Volunteers are still needed to help! To volunteer please contact Jason Pfeifer at (575) 751-8927 or email: JPfeifer@taoshospital.com

THANK-A-VOLUNTEER!

For the Health of It! is fortunate to have some of the friendliest and hardest-working volunteers around. Volunteers help us on race day to ensure you feel welcomed, are fully informed,

and have a safe, successful, and positive experience. When you have a chance, give them a big **Thank You!**

AWARDS

The overall and division award winners will be announced at the Awards Ceremony on race day. **Award times will be determined by gun/horn time.**

10K AWARDS

- **OVERALL AWARDS** will be awarded to the top two (2) men and top two (2) women determined by gun/horn time.
- **AGE GROUP AWARDS** will be given to the top two (2) finishers in the following categories for both men and women: 19 and Under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+.

5K PRIZES

- **OVERALL AWARDS** will be awarded to the top two (2) men and top two (2) women determined by gun/horn time.
- **AGE GROUP AWARDS** will be given to the top two (2) finishers in the following categories for both men and women: 19 and Under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+.

WALK / FUN RUN PRIZES

- **Team Prizes**
 1. Team that raised the most money
 2. Team with the most members
- **Individual Prizes**
 1. Individual who raised the most money
 2. Individual who came from the greatest distance

RACE QUESTIONS AND INFORMATION

WILLIAM BYAS, RACE DIRECTOR
WBYAS@TAOSHOSPITAL.COM

HISTORY

Early in 2011 a group of hospital employees and community members came together to discuss ways to support local cancer patients. The next challenge, how to fund such a program. In June 2011 the first **For the Health of It!** took place at the Taos Eco Park with a 5k walk and fun run. The event was a huge success with over 250 participants walking and/or running in honor of their loved ones. All of the funds raised stayed local.

In the fall of 2011 Holy Cross Hospital's **Cancer Support Services** program was born out of the funds raised. This free program is available to local residents recently diagnosed with cancer, going through treatment, and after one year of completing treatment. It offers non-medical support to promote emotional well-being and ensure that basic needs are met in order to ease the strain, promote healing, and improve the quality of the life for patients and their families.

For the Health of It! continued to grow. In 2012 the event moved to the Taos Youth and Family Center, bringing in over 400 partic-

ipants. In 2013 timed 5K and 10K races were added as a way to engage the more competitive runners. This grew the overall participation to 500. Today, **For the Health of It!** is a vibrant community event that allows walkers and runner to participate for fun or competitively. Participants and volunteers honor friends and loved ones facing cancer, as well as help provide support while they go through treatment and recovery.

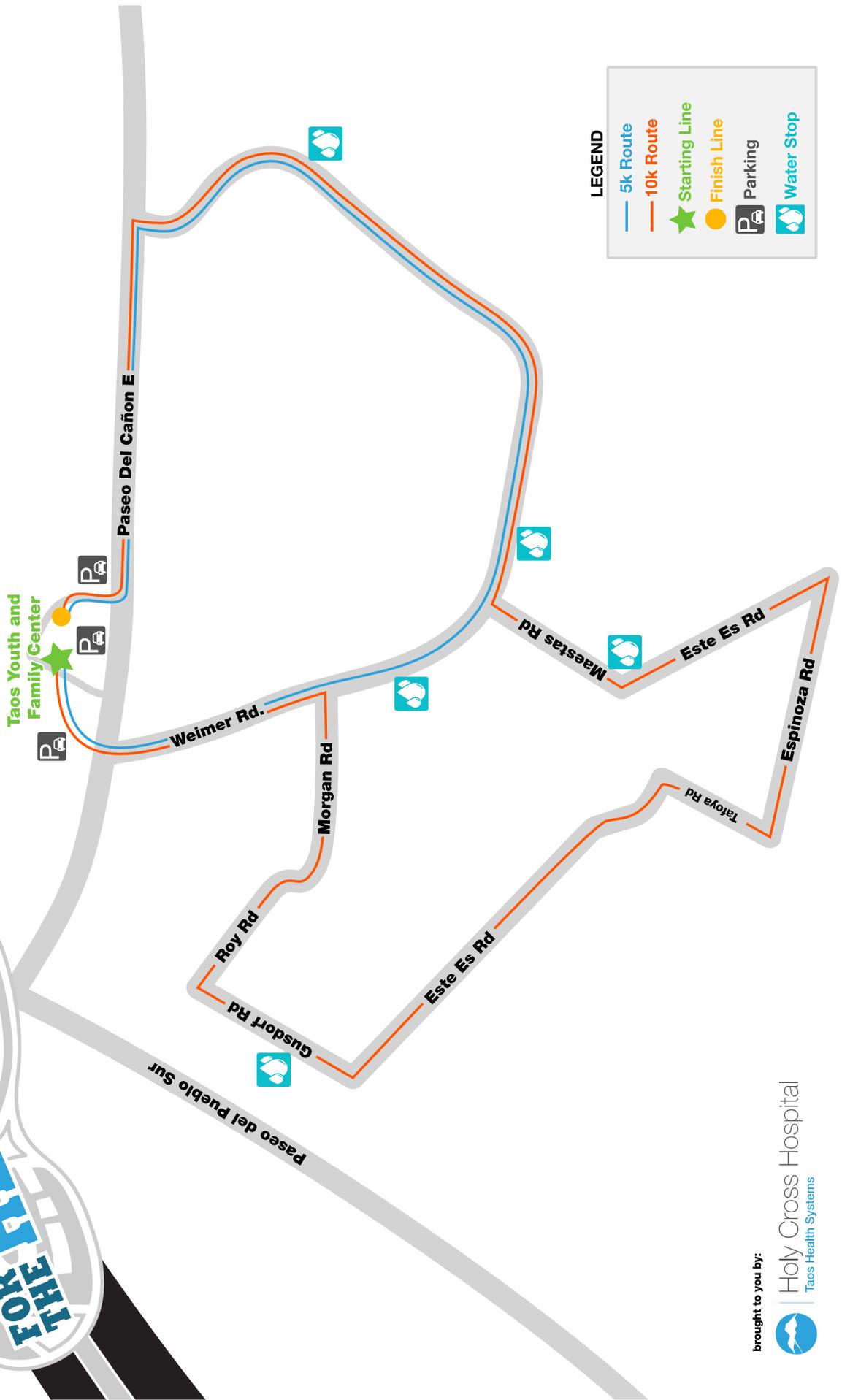
Thanks to the support and generosity of the people who participate in For the Health of It! the Cancer Support Services program has grown exponentially. In 2012 we provided service to 35 clients and family members. In 2015 the number had grown to 120 new clients and family members receiving services. Near the end of 2014 a bi monthly breast cancer support group was added. In 2015 an assistant coordinator was added to ensure consistent, timely and ongoing support for clients.

For more information please visit us online at:
www.TaosHealth.com/TaosCancerSupportServices/.



5k/10k Race | Walk | FunRun

Route Map



LEGEND

- 5k Route
- 10k Route
- Starting Line
- Finish Line
- Parking
- Water Stop

