



Move To Health 5K 2nd Annual - 2016

All the Particulars!

Save-The-Date: Saturday, Sept. 24, 2016
8am to 10am

Where's the Fun: Tom Varn Park / The Quarry
301 Darby Lane, Brooksville, FL 34601

How it Works: At your own pace, Walk, Jog, Run, or Amble in Tom Varn Park or The Quarry!

Goodies: First 300 people who register receive **FREE** T-Shirt, and Kids receive a Medallion!

Ready To Go: To Walk / Jog / Run, sign-up at [Active.Com Registration](#). Please invite friends, family, people you don't know, and pass along the sign-up link!

Not So Active: If Walking, Jogging and Running aren't your thing, no worries, we can use a few helping hands! Fill out this "[I'd Rather Volunteer](#)" form
All volunteers receive a T-Shirt!

We're Thinking You May Have Questions!

Want to Walk / Jog / Run? <http://www.active.com/brooksville-fl/running/distance-running-races/move-to-health-5k-2016?int=>

Family / Friends? Absolutely, this is a communitywide event, open to everyone

Is there a minimum age? No; but kids under age 18 should be with an adult

Can I register that day? We encourage everyone to register ahead of time so we know what to expect. People can register that day also, starting at 6:30am: [Active.Com Registration](#).

One form per person? Each person fills out an individual "[Registration](#)"

Can I bring my dog? Tom Varn's walking path and The Quarry cart path are pretty narrow and we're hoping for a good sized crowd, so we're discouraging any dogs.

What is a 5K anyhow? "5K" stands for 5 kilometers, which equals 3.1 miles. 5K races are one of the most popular races in the US right now.

5K Fun Facts! 5 Kilometers = 3.1 miles; 16,368 feet; 5,000 meters

Not in top racing form! Here's a very cool App to help train for the event:

Walk: [Training Plan for Walkers](#)

Run: [Couch to 5K](#)

How's the App work: Enter the "race date" and the App produces a training schedule

Other features? Enter your address and the App provides training routes

Does it run the race for me? Nope. That's your gig!

Volunteer: <https://www.surveymonkey.com/r/2Q67J7H>

Tom Varn Park: <http://www.ci.brooksville.fl.us/>



Run / Walk / Jog: <http://www.active.com/brooksville-fl/running/distance-running-races/move-to-health-5k-2016?int=>

Health Department website: <http://hernando.floridahealth.gov/events/>