



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 T-Shirt and a Medallion!

Ready To Go: To Walk / Jog / Run, sign-up at [Active.Com Registration](http://www.active.com/brooksville-fl/running/distance-running-races/move-to-health-5k-2016?int=). Please invite friends, family, people you don't know, and pass along the sign-up link!

We're Thinking You May Have Questions!

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

Minimum age? No; but kids under age 18 should be with an adult

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](http://www.active.com/brooksville-fl/running/distance-running-races/move-to-health-5k-2016?int=).

One form per person? Each person fills out an individual "[Registration](http://www.active.com/brooksville-fl/running/distance-running-races/move-to-health-5k-2016?int=)"

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; 16,368 feet. 5K races are one of the most popular races in the US right now.

Not in Top Racing Form! Here's a very cool App to help train for the event:

Walk: [Training Plan for Walkers](http://www.active.com/brooksville-fl/running/distance-running-races/move-to-health-5k-2016?int=)

Run: [Couch to 5K](http://www.active.com/brooksville-fl/running/distance-running-races/move-to-health-5k-2016?int=)

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

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/>