

2017 FOR THE HEALTH OF IT! PARTICIPANT GUIDE



PACKET PICKUP

Thursday, June 8, 2017

1:00 - 4:00pm at Taos Mountain Outfitters (113 N. Plaza)

Friday, June 9, 2017

1:00 - 4:00pm at 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.

Packets can also be picked up during our June 9th Pasta Dinner.

PASTA DINNER

Friday, June 9, 2017

5:00 - 7:00 PM

Wheeler Peak Cafe @ Holy Cross Hospital

All are invited to a pre-event Pasta Dinner on Friday, June 9. 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: \$10 or \$5 if you are a registered event participant

EVENT DAY SCHEDULE - JUNE 10, 2017

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 | FunRun Routes
- Parking Locations
- Water Stops

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

RACE (BIB) NUMBER & TIMING REQUIREMENTS

Each participant in a timed event will receive a Race (Bib) number with an attached timing chip 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/FunRun (untimed event) will NOT have a Race Bib.

Timing chips are attached to Bibs and do not need to be returned.

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 FunRun, 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.

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.

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! Please contact Ira Vandever at 575-751-8963 or email: ivandever@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 CEREMONY

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

Contact Ira Vandever: ivandever@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 participants. 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.

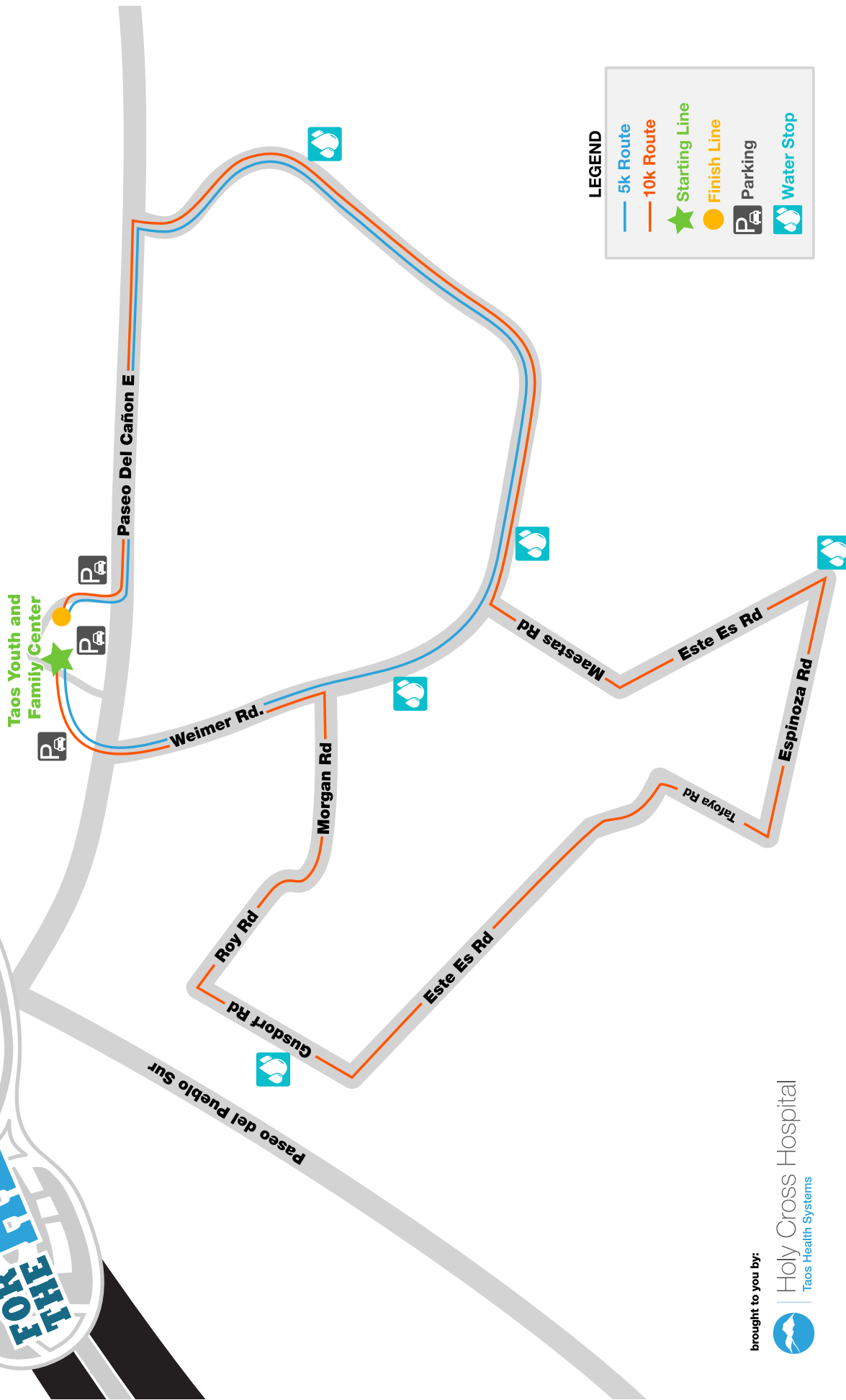
Taos Cancer Support Services is now a well established program in our community, serving individuals of all ages.

For more information please visit us online at:
www.TaosCancerSupport.org

FOR THE HEALTH OF IT!

5k/10k Race | Walk | FunRun

Route Map



brought to you by:



Holy Cross Hospital
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