



## UHealth Healthy Kids Run Series

### Frequently Asked Questions

**Q – How do we register for the 2022 Healthy Kids Run Series?**

A – Go to the Healthy Kids website: <https://www.uhealth.org/services/community-health/healthy-kids/run-series/> and click on the Run Series registration form button

**Q – How/when will we find out the time and details for each of the runs?**

A – We are offering a hybrid of two in-person runs along with five on-your-own runs this summer. The course maps and in-person run information will be emailed to you once we receive your registration. This information can also be found on our website: <https://www.uhealth.org/services/community-health/healthy-kids/run-series/>

**Q – At the in-person runs, will we need to check-in at the Healthy Kids tent/table prior to the run?**

A – No, as long as you have your Run Series bib (worn on the front of your shirt), you can listen for the Healthy Kids one-mile run announcement and gather at the START line near the red Healthy Kids START flag.

**Q – What if I lose my Run Series bib?**

A – Contact Healthy Kids, [kris.ayers@uhealth.org](mailto:kris.ayers@uhealth.org) or [jodi.hansen@uhealth.org](mailto:jodi.hansen@uhealth.org) for a replacement.

**Q – Can kids under 5 participate in the Healthy Kids Run Series?**

A – No, kids under 5 are not eligible to register for the Healthy Kids Run Series. However, kids under 5 are welcome to participate in the fun runs (with a registered adult) and they will receive a participation token that at the end of each in-person run. Kids that turn 5 anytime during the Run Series (May – August) may register as a 5-year-old.

**Q – Can parents run/walk with their kids in the FREE one-mile in-person runs?**

A – Yes! Families can register up to two adults and each will receive a bib. Adults and kids 13 and up who complete four or more runs (and complete the submission form at the end of the Series) will receive a Run Series t-shirt.

## FAQs Continued

### **Q-Will the on-your-own courses be marked?**

A-We will do our best to mark the monthly on-your-own courses with sidewalk chalk. *Please note: Rain does wash the chalk away and at times we are not able to immediately chalk after the rain.*

### **Q-Will you cancel the in-person runs if it cold, snowing, windy or rainy?**

A-No, we will hold the event rain or shine. If there is a lightning delay, you will be notified at the run.

### **Q-What if it's too hot (or rainy) to run the on-your-own courses?**

A-Watch the weather. Choose to run in the morning or late afternoon/evening. Don't run during the heat of the day. Wear clothes that are light in fabric and color. Wear a hat and sunscreen. Drink lots of water.

### **Q – How and when do participants receive their prizes?**

A –We will send an email with a link to the prize submission form at the end of the Run Series. After you complete the submission form online, verifying you have completed four or more runs, you will receive an email with prize pick-up information.

### **Q – Are the runs timed?**

A – No. These are free family-friendly one-mile fun runs (or approximately one mile) to enjoy at your own pace.

### **Q- Will there be prizes at the in-person run for top finishers?**

A – No. Since this is a non-competitive event, there are no prizes. Once you complete the course and collect your participation token (ages 12 and under only), you are free to go.

### **Q- Will you feature any pictures on the Healthy Kids Facebook page?**

A – Yes. Please send pictures of your family with their bibs on to [kris.ayers@uchealth.org](mailto:kris.ayers@uchealth.org) or [jodi.hansen@uchealth.org](mailto:jodi.hansen@uchealth.org). Or, you can tag UCHealth-Healthy Kids Club on Facebook.

The UCHealth Healthy Kids Run Series is one of the many programs offered by UCHealth Healthy Hearts and Minds to promote health and wellness in the communities we serve.

The logo for UCHealth, featuring the word "uchealth" in a lowercase, sans-serif font. The "u" is stylized with a horizontal line extending to the right, underlining the entire word.