



## 2<sup>nd</sup> Annual Healthy Eating Active Living “New Year, New You” Kick-Off Event

### FAQ's

- 1. How can I register?**  
Visit <https://www.gchd.org/public-health-services/heal-homepage> and register online. Make sure to sign waivers!
- 2. What time should I arrive?**  
Plan to arrive between 9 – 10:00 to get checked in, races begin at 10:30 am.
- 3. Will race day registration be available?**  
Yes day-of race registration will be available.
- 4. Do I have to be a resident of Galveston County to participate?**  
No, anyone is welcome to participate and help Galveston County become the healthiest county in Texas.
- 5. Are child strollers allowed in the 5k?**  
Yes, strollers are permitted but advised to line up at the back of the race line for safety measures.
- 6. Is there a minimum age for the 1mi and/or 5k?**  
No minimum age, you know your physical limitations best, register accordingly.
- 7. Is there an age limit to participate?**  
No age limit, you know your physical limitations best, register accordingly.
- 8. Do I need to register children who will accompany me in the stroller?**  
No, children in strollers do not need to register. Only the person pushing the stroller.
- 9. Do I still need to register if I am not participating in the fun run?**  
Yes, please check health fair box on registration form.
- 10. I don't like to run – can I walk?**  
Yes! Did you know walking is one of the best (free) exercises you can do? Walk-on my friends!
- 11. Is the event timed?**  
Yes, the event is timed. We ask everyone to make a mental note of your time when you cross the finish line. GCHD will do our best to keep an accurate time-log.
- 12. Can I race as a member of a team?**  
Please do, teams are welcome. So are themed costumes!
- 13. What is the course time limit?**  
Time for the 5k and/or 1-mile race will close at 1:30 pm.
- 14. Do I have to wear a t-shirt to run?**  
Clothes yes, HEAL/GCHD t-shirt not necessary.

**15. Is free parking available and where is it located?**

Yes, all parking is free. Primary parking is in front of TCISD, additional parking can be found across the street at Blocker middle school.

**16. What if it's raining?**

Health fair is on rain or shine. 5k and 1-mile race is subject to cancellation based on weather.

GCHD website will be updated with cancellation information day of event.

**17. Are pets allowed?**

Pets are allowed in the fun run 5k and/or 1 mile but **MUST BE ON A LEASH AT ALL TIMES.**

However, pets are not allowed inside school at the health fair.

**18. Will food be available?**

Healthy snacks and water will be provided at Start/Finish line. Healthy food samples and other fun giveaways will be available inside school at health fair.

**19. What kind of vendors will be there?**

Amazing vendors, looking out for your health! Food, fitness, medical etc...

**20. Do I need to stay the whole time to win a prize?**

Tickets will be drawn every 15 minutes and prizes will be handed out accordingly. You must be present to receive prize.

Still have questions? For more information, contact us at [chs@gchd.org](mailto:chs@gchd.org).