



2nd 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 view the waiver and attachment!

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. What if I'm late? Can I still run?

For safety reasons, no participants will be allowed to begin after 11am.

13. Can I race as a member of a team?

Please do, teams are welcome. So are themed costumes!

14. What is the course time limit?

Time for the 5k and/or 1-mile race will close at 1:30 pm.

15. Do I have to wear a t-shirt to run?

Clothes yes, HEAL/GCHD t-shirt not necessary.

16. 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.

17. 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.

18. 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.

19. 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.

20. What kind of vendors will be there?

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

21. 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.