

REGISTRATION FORM (please print legibly)

Name

Address

City/State/Zip

Phone _____ Age _____ Sex _____

PLEASE CHECK APPROPRIATE BOX:

- 5k 1 Mile Volunteer
 Adult Teen (11-18yrs old)
 Child under 10 years of age

How did you hear about "Take the First Step"?
 Mail out Flyer Local Ad

Other: _____

Youth T-Shirt (Circle One): YS YM YL

Adult T-Shirt (Circle One):
 S M L XL 2XL 3XL

In the consideration of acceptance of this entry, I, the undersigned, assume full and complete responsibility for any injury or accident which may occur during my participation in the race, or while I am on the premises or en route to or from this event. I hereby release and hold harmless Denton County Health Department, Denton County, and all sponsors, promoters, and all other personas and entities associated with this event from any and all injury or damage whether it is caused by negligence of the sponsor or promoters or to other persons or entities associated with this event. Further, I may grant full permission to use my photograph, video, or recording of this event for any legitimate purposes.

Signature of participant or guardian if under 18 years

Date



Denton County Health Department
306 North Loop 288, Suite 137
Denton, Texas 76209

DENTON COUNTY HEALTH DEPARTMENT'S 3RD ANNUAL 5K/1M FUN WALK/RUN

TAKE THE FIRST STEP...
GET UP, GET OUT, AND GET ACTIVE
APRIL 24, 2010 @ 8AM
SOUTH LAKES EUREKA PARK
556 HOBSON LANE
DENTON, TEXAS 76205



EVENT HISTORY

The 3rd Annual “Take the First Step” 5K/1M fun walk/run is a FREE event for the entire community. Last year, over 400 runners and walkers joined us and “took the first step” towards a healthy lifestyle.

The goal of this event is to raise awareness about cardiovascular disease, the #1 killer of Denton County residents.



There are 1,440 MINUTES IN EVERY DAY. SCHEDULE 30 OF THEM FOR PHYSICAL ACTIVITY!

- Make a PLAN, TRUST IT & PUT IT TO PAPER
- START SMALL
- MAKE HEALTHY ACTIONS A HABIT
- SURROUND YOURSELF WITH GOAL REMINDERS
- BE CONSISTENT
- FIND A POSITIVE SUPPORT SYSTEM
- ALLOW FOR SETBACKS
- BE YOUR #1 FAN!

REGISTRATION

Registration is FREE and can be done by phone, email, or fax. Free T-shirts will also be available on a first come, first serve basis.

Call: Betsy Haggard at 940-349-2922

Email: betsy.haggard@dentoncounty.com

Fax: 940-349-5122

VOLUNTEER OPPORTUNITIES

Would you or your organization like to volunteer at the event? Volunteers will be needed to work water stations, cheer stations, and registration tables. If you are interested in volunteering please fill out the registration form and mark “volunteer”. You will be contacted by a Denton County Health Department representative to work out the details.

PACKET PICKUP

Packets can be picked at the Denton County Health Department during the following hours:

306 North Loop 288, Suite 137
Denton, Texas 76209

Thursday, April 22; 8am-8pm
Friday, April 23; 8am-5pm

AWARDS

Participants will receive a FREE T-shirt and goody bag. For the best selection in sizes, we encourage early registration. T-shirts are given on a first come, first serve basis.

5k prizes will be awarded to the 1st place finisher in the following categories:

- Children Under 10
- Teens 11-18
- Adult Women
- Adult Men

In 2008, 62% of Denton County residents were overweight, nearly 18% had high blood pressure, and about one third had high cholesterol. These conditions can be controlled with exercise and a balanced diet. It's never too late to GET UP, GET OUT, and GET ACTIVE!

Our hope is to encourage healthy lifestyle choices. Denton County Health Department offers many programs to assist you with becoming and staying healthy. You can learn more about available programs by visiting our website at www.dentoncounty.com/health.

