



**MEDIA ADVISORY
FOR IMMEDIATE RELEASE**

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Registration now open for ninth annual Healthy Hop

The Kane County Health Department is now taking registrations for its ninth annual Healthy Hop, a 5K Race that also includes a One Mile Fun Run and the Tots Hop on April 5. This year, the event will emphasize the theme, “Making Kane County Fit for Kids” as part of the Health Department’s anti-obesity campaign.

The entry fee is \$10 if pre-registered by April 1, \$15 on race day. To pre-register, sign on to www.kanehealth.com and follow the Healthy Hop links. Participating in the Tots Hop is free.

“This is a great opportunity for the entire family to join in a fun activity while addressing the serious problem of childhood obesity,” Kane County Health Department Executive Director Paul Kuehnert said.

Last year’s Healthy Hop was the largest ever, attracting approximately 500 runners. Check-in time is 7:30 a.m. at the Kane County Government Center. Starting time is 8:50 a.m. for the One Mile Fun Run and 9 a.m. for the 5K. Runners will compete in one of 13 age groups. Runners can enter as four-member teams, with the winners based on the fastest combined times.

All 5K and One Mile runners will receive a T-shirt, raffle tickets and goodie bag, and a ribbon. Awards will be issued for top overall 5K male and female runners, the top 5K male and female masters, and the top three male and female finishers in each age group. Also, the top 10 One Milers ages 12 and under will receive awards. The course is certified by USA Tack & Field. More information is available at www.kanehealth.com.

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