



Healthy Kids Club®

A program of UCHealth

HEALTHY KIDS RUN SERIES

FREQUENTLY ASKED QUESTIONS

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

A – You will receive an email prior to each run with the run details. This information can also be found on the Healthy Kids Club web site – healthykidsclub.org.

Q – Do we need to check in at the Healthy Kids Club table prior to each run?

A – No – as long as you have your punch card, you can listen for the kid's race announcements and gather at the starting line.

Q – When do the punch cards get punched?

A – Cards are punched and tokens are given out at the end of the kid's run. Make sure your card is punched before you leave.

Q – My child wants to participate in the 5k's instead of the kid's fun runs. Can he/she get credit towards the run series?

A – Yes, but we will not be punching cards after the 5k's. Just keep your 5K bib numbers to send in at the end of the run series to earn the prizes. Registration fees apply.

Q – When I'm registering my kids and a birthdate falls in the summer, can we switch from the kid's run series to the Fit.Teen series?

A – Please register your child for the appropriate series based on their age at registration. (If they turn 13 during the summer, contact us to switch to the Fit.Teen series.

Q - Can runs that are not included in the Healthy Kids Run Series be used as "make up" runs and count towards prizes?

A – There are 3 events that can be used as qualifying/make up runs for the Healthy Kids Run Series – they are CARA Track (City of Fort Collins), the FireCracker 5k (July 4, Fort Collins) and the Greeley Kid's Triathlon (August 11, Greeley Family Funplex). **No other runs are accepted.**

Q – Does Healthy Kids Club sponsor all of the kid’s runs that are part of the Healthy Kids Run Series?

A – No – all of the runs that are a part of the Healthy Kids Run Series are managed and sponsored by other entities. Each of the individual runs is responsible for offering a free 1 mile kid’s fun run, providing an announcer to give instructions and start the kid’s run, and providing course marshals for the kid’s run. They are also responsible for all of the food, goody bags etc. that may be offered to race participants.

Q – What happens if I lose my run series punch card?

A – Contact Healthy Kids Club, kris.ayers@uchealth.org , to receive a replacement card.

Q – Who pays for all of the prizes that kids receive in the Healthy Kids Run Series?

A – Healthy Kids Club, UCHealth, funds all of the costs associated with the Healthy Kids Run Series. Healthy Kids Club is one of the many programs offered by UCHealth to promote health and wellness in the communities we serve.

Q – Why can’t kids under 5 participate in the Healthy Kids Run Series?

A – Kids under 5 are welcome to participate in the free kid’s fun runs, and they will receive the tokens that are given to all kids at the end of each run. Kids are not eligible to register for the Healthy Kids Run Series and receive a punch card until they are 5.

Q – Can parents run/walk with their kids in the kid’s fun runs?

A – Yes! New this year! Families can register up to 2 adults and receive a punch card. Adults who complete three or more runs receive a Run Series t-shirt.

Q – How many kids participate in the Healthy Kids Run Series?

A – Last year over 600 kids participated in the Healthy Kids Run Series.

Q – How and when do kids receive their prizes?

A – Healthy Kids Club will email you the prize form at the end of the series. You will complete the prize form and mail it, along with your child’s punch card, to Healthy Kids Club. We will mail you a prize voucher which you will bring to prize pick up day (TBD).