

TCRHCC HEALTH PROMOTION DISEASE PREVENTION PROGRAM

2026

GET FIT

CHALLENGE

12-16 WK TRAINING PROGRAM FOR 2027 AZ ROCK'N'ROLL

5K - 10K - 1/2 MARATHON

****MUST BE 8YO OR OLDER TO PARTICIPATE. AGE REQUIREMENT DIFFERS BY RACE CATEGORY****

JANUARY 16-17, 2027

HPDP PROVIDES:

- WEEKLY TRAINING SCHEDULE
- GROUP PRESENTATIONS
- GROUP RUNS
- TEAM TUBA CITY VOUCHER



REGISTRATION
DEADLINE:
SEPT. 28TH

TEAM HUDDLES:

SEPTEMBER 28 - INTRO TO TRAINING PROGRAM
OCTOBER 19 - INJURY PREVENTION
NOVEMBER 16 - NUTRITION & HYDRATION
JANUARY 11 - MOTIVATIONAL SPEAKER

DATES & LOCATION SUBJECT TO CHANGE

FOR REGISTRATION AND PROGRAM DETAILS VISIT:
[HTTPS://TCHEALTH.ORG/HEALTH-PROMOTION-DIABETES-PREVENTION/](https://tchealth.org/health-promotion-diabetes-prevention/)



ASK ABOUT THE HPDP VOUCHER



AVAILABLE TO AT RISK YOUTH (8-17YO) & ADULTS

FOR MORE INFO CONTACT HPDP AT 928-283-3513 OR EMAIL: [JMIREGISTRATION@TCHEALTH.ORG](mailto:jmiregistration@tchealth.org)

TCRHCC HEALTH PROMOTION DISEASE PREVENTION

2026 GET FIT CHALLENGE

2026 GET FIT CHALLENGE INFORMATION SHEET

REGISTRATION PROCESS:

1. Visit the following website to register:

<https://www.runrocknroll.com/events/arizona/register>

2. One-time registration. Each participant will need to register, including support person for youth under 18yo.

- Child(ren) 18 years & younger will need to be registered by Parent/Guardian.
- Child(ren) 18 years & younger will also need to have a Parent/Guardian 18 years & older present at all Get Fit Challenge events this includes Group Presentations, Group Runs and Race Day.

3. Please select from the following race options:

- | | | |
|---|----------|--|
| ◦ 5k: Must be <u>8 years or older</u> on race day to participate | \$89.25 | LAST DAY TO REGISTER with HPDP 9/28!! |
| ◦ 10k: Must be <u>10 years or older</u> on race day to participate. | \$135.45 | Fees will Increase if you are |
| ◦ 1/2 Marathon: Must be <u>12 years or older</u> on race day to participate. | \$164.03 | paying for your own race fee. |

****Please contact HPDP regarding HPDP voucher & if you or your child would qualify to have your fees waived****

4. **Get Fit Challenge participants will need to actively participate and attend Monthly GFC Presentations and scheduled Group Runs to have their fees waived for their respective event. HPDP will only cover fees for 80 actively involved participants.**

HOW THIS WORKS:

CHALLENGE BEGINS: MONDAY, SEPTEMBER 28TH

CHALLENGE ENDS: SUNDAY, JANUARY 16-17TH, 2027

1. PARTICIPATION:

- All participants must be 8 years or older on race day to participate; depending on race category.
 - Please see minimum age requirements to participate in each race category.
 - **Participants under the age of 18 years old must register with an adult for the same race event.**
 - Youth participants cannot be on the race course or attend GFC Presentations/Group Runs alone; Parent/Guardian must be present at all times.
- To take advantage of the HPDP Voucher, participants must attend GFC presentations, Group Runs, Strength Training sessions and track training progress with STRAVA app. HPDP Program will pay race fees for participants who have attended the required # of Group Runs/Presentations/Strength Training Sessions.
- For GFC Presentations and Group Runs please sign in with HPDP Staff at all event locations to verify your attendance.
- Your participation is very important during the training process especially following the training plan to reduce the risk of injury and gaining valuable information from group presentations.
- Participants will need to attend the Health & Fitness Expo to pick up their AZ RNR gear; HPDP staff will not be able to pick up your items for you. Please make arrangements ahead of time to attend this event.

2. TRANSPORTATION:

- Transportation will not be provided by the Health Promotion Disease Prevention Program. Participants must provide their own transportation to and from the Rock'n'Roll Arizona event.

3. HOTEL INFORMATION:

- Please follow the following link and scroll down to "hotels" to book your hotel near the event on RACE DAY.
 - <https://www.runrocknroll.com/events/arizona/accommodations>
 - Hotels will fill up quick, so please make arrangements for your stay as soon as possible. You are responsible for these arrangements.

4. INCENTIVES:

- Participants who register with Team HPDP will be given a team t-shirt and hat to wear on race day. You will also receive a AZ RNR participant t-shirt, medal and AZ RNR swag bag for participating.
- Please sign-in at each event to ensure that your attendance is recorded, so that you receive your incentive at the final GFC Presentation.

For more information regarding the Get Fit Challenge, contact Elena Curley at the HPDP Fitness Center at 928-283-3513 ext. 20703 or email: JMIregistration@tchealth.org