

FUN & FIT IN THE PARK TO FEATURE HEART OF HEATH 5K & FAMILY RUN ON EASTER SATURDAY, APRIL 20

A City of Heath tradition continues on April 20 as the community gathers for Fun & Fit in the Park, featuring the Heart of Heath 5k and a 1-Mile Family Run. The morning of fun begins at 8 a.m. in Towne Center Park with a runners' warm up presented by Camp Gladiator. The Family Run starts at 8:15 a.m., and the 5k is at 8:30 a.m. with awards and prizes afterwards. There will also be complimentary refreshments, music and the Easter Bunny!

EVENT FEATURES:

- USATF Certified 5k course with chip-timed start and finish lines for 5k participants.
- 5k awards for Top 3 overall plus Top 3 males and females in each age bracket.
- 1-Mile Family Run integrated into the 5k course, with same start and finish lines.
- 1-Mile Family Run awards for Top 3 boys and Top 3 girls.
- A 2019 T-shirt for 5k and Family Run participants while supplies last. Be sure to get your shirt by registering and picking up your packet before the event.
- Giant-size games like Chess, Checkers, Jenga and Connect 4.
- Complimentary healthy treats from Juice It Up and Smoothie King.
- Prize drawings for registered runners.

SCHEDULE

Packet Pick Up & Late Registration Thursday, April 18, and Friday, April 19, Noon-7 p.m. Rockwall Cycling, 939 East I-30, Rockwall

Saturday, April 20

7-8 a.m. Late Registration and Packet Pick Up Onsite 8 a.m. Runner's Warm Up by Camp Gladiator

8:15 a.m. Family Run

8:30 a.m. 5k Run, Awards and Prize Drawings to Follow

REGISTER

Register online for the runs and find more details at www.heathtx.com.

PARKING

Parking is available at City Hall, Amy Parks Elementary School and the First United Methodist Church of Heath, 140 Smirl.

PLAN FOR BRIEF TRAFFIC DELAYS

ALTERNATIVE ROUTES AVAILABLE

Roads along the route will be controlled by Heath DPS and will temporarily close during the event beginning at 8:15 a.m. You can find route and detour maps at www.heathtx.com.

WEATHER

This event is rain or shine. However, if safety threats occur due to severe weather/lightening, updates will be posted on Facebook pages maintained by the City of Heath and Heath DPS.

THE CITY OF HEATH THANKS OUR 2019 SPECIAL EVENT SERIES SPONSORS!

Host Sponsor



Presenting Sponsors



























Supporting Sponsors:

ABH Roofing & Construction - Atmos Energy - Camp Gladiator - First United Methodist Church of Heath - Juice It Up - Karen Wydra/Ebby Halliday, Realtors - Oncor - Shannon's Farms - Smoothie King

ECONOMIC DEVELOPMENT SPOTLIGHT: IMPACT SELECTOR INTERNATIONAL



business recognized by D CEO INTERNATIONAL Magazine right here in Heath? Intelligent Conveyance Technologies"

Impact Selector International has been at the forefront of revolutionizing the oil and gas industry from its Corporate Headquarters and Research and Development facilities located along Horizon Road & Hope Drive. The company is led by Heath residents David Lane, CEO (above right), and Jason Hradecky, Director of Engineering (above left).

David was named a 2018 D CEO of the Year Finalist in the Oil and Gas Category; and Jason was honored as a 2018 D CEO Rising Star Finalist. These honors were a result of impressive leadership in driving growth in their global energy services company through innovative downhole technologies. This work involves leading six locations around the globe (Houston; Houma, LA; Aberdeen, Scotland; Dubai, Kuala Lumpur; Perth, Australia) right here from Heath. Yet David still makes time to serve the City of Heath as President of the Heath Economic Development Corporation/Heath Municipal Benefits Corporation. On top of this, both Jason and David are active in the community and raising their families here.

"Being a dad is my number one priority, but giving back to the City we are proud to call home for both Impact Selector and my family is also a personal mandate," says David, who supports the City as a Special Events Sponsor. Living, working and giving back to Heath is representative of keeping Heath unique and special, something all of us that live here are excited to build and support."

Learn more about this Heath-based company at www.impactselector.com.

CITY SPONSORS E-WASTE COLLECTION

Recycle your E-Waste by dropping items at the Electronic Waste Collection Event co-sponsored by the City of Heath on Saturday, May 11, 9 a.m. to noon at the Cain Middle School parking lot at 6620 FM 3097. E-waste is any electronic equipment that has reached end-of-life or end-of-usage in your home or office. Items accepted free of charge are: flat screen computer monitors; cable and satellite boxes; tablets; e-readers; laptops; printers; hard drives; fax machines; gaming consoles; VCR's; cell phones; radios, cable and cords; networking equipment; routers; servers; lab equipment; test equipment; flat panel displays; computers (CPU's); keyboards; mice; tape and zip drivers, microwave ovens; DVD players; telephones; digital cameras; stereo components; power supplies; modems; switches; printed circuit boards; video conference equipment; all ink and toner cartridges; all types of batteries; and eye glasses for the Lion's Club.

There is a \$10 fee for each television. Document shredding will be available free of charge for up to five boxes of legal-size paper. Additional boxes are \$5 each. Cash donations are accepted and memberships are available. These financial contributions allow e-waste collection programs to continue to be offered. For more information: 972-524-0007 or eco@trashbusters.org.

HOLIDAY CLOSINGS

Good Friday, April 19, 2019, Hours of Operation: City Secretary's Office: 9:00 a.m. to 12:00 p.m.

Other City Offices: Closed

CITY OF HEATH "GOES BLUE" FOR THE KIDS

Heath City Hall will Go Blue in April to join communities across the nation in recognizing the month as National Child Abuse Prevention Month. Heath Mayor Kelson Elam will also issue a proclamation at the April 9 City Council meeting emphasizing the importance of playing a role in preventing child abuse and neglect. Learn more about how you can join the City in taking a stand against child abuse at www.rockwallcac.org.

BOYS TEAM CHARITY LAKESIDE LEAGUE



boys team The Lakeside League Chapter of Boys Team Charity (BTC) is expading its participation in the City of Heath Adopt-A-Park/Trail Volunteer Cleanup Program by adopting the entire Towne Center Park.

The organization was previously approved in 2018 by the Park Board and City Council to adopt the front half of Towne Center Park and will now be responsible for the back portion of the park as well! Boys Team Charity is a 501(c) 3 national volunteer service organization for young men in grades 7th-12th. BTC parents and sons are involved in philanthropic projects in their communities like the City's Adopt-a-Park program and Special Events Series. For more information about Lakeside League, contact Karen Wydra, wydrafamily3@gmail.com. For information about the Adopt-a-Park/Trail program go to www.heathtx.com.

BE MONARCH-FRIENDLY THIS SPRING!

The Texas State Insect is the iconic Monarch Butterfly, but the population has dropped dramatically from over 1 billion migrating through Texas 20 years ago, to only 60 million in 2014. The City of Heath has joined others throughout the state to encourage residents to help protect and preserve the Monarch.

THINGS YOU CAN DO INCLUDE:

Avoid pesticides on your plants. Choose organically grown products when purchasing plants and foods. Apply beneficial insects to prevent and control aphids or use a hard spray of water to remove large infestations

Create a Monarch Way Station in your yard, which are places that provide resources necessary for Monarchs to produce successive generations and sustain their migration. Without milkweeds throughout their spring and summer breeding areas in North America, Monarchs would not be able to produce the successive generations that culminate in the migration each fall. Similarly, without nectar from flowers these fall migratory Monarch butterflies are unable to make their journey to overwintering grounds in Mexico.

The need for host plants for larvae and energy sources for adults applies to all Monarch and butterfly populations around the world.

Plants that are standard for Monarch Way Stations east of the Rocky Mountains are...

MILKWEED

Butterfly Weed (Asclepias tuberosa), Common Milkweed (Asclepias syriaca) and Swamp Milkweed (Asclepias incarnata).

GENERAL NECTAR PLANTS

Indian Blanket (Gaillardia pulchella), Purple Coneflower (Echinacea purpurea), Joe Pye Weed (Eupatorium purpureum), Scarlet Sage (Salvia coccinea), Tithonia Torch, Mexican Sunflower (Tithonia), Zinnia and Dahlia Mix (Zinnia elegans).

You can purchase these plants or seeds at a local nursery, or order a seed kit at: www.monarchwatch.org.