



BE FAST 5K RUN



OCTOBER 29 | LINCOLN HIGH SCHOOL | 8 A.M.

Support Good Samaritan's initiative to raise stroke awareness in the community.



In an effort to raise stroke awareness in Knox and surrounding counties, Good Samaritan Stroke Services is inviting you to the BE FAST 5K, **sponsored in large part by First Vincennes Savings Bank**. The funds raised from this event last year helped us create stroke recovery kits, which included cardiac rehab sessions, blood pressure cuffs, pedometers and other medical supplies / needs for stroke patients.

SCHEDULE :::::

- 7:30 to 8 a.m. Registration
- 8 to 8:10 a.m. Opening Ceremony
- 8:10 to 8:30 a.m. ... Honor Walk
- 8:30 a.m. 5K Run Begins
- 8:40 a.m. 1 Mile Run / Walk Begins
- 10 a.m. Awards / Closing Remarks

REGISTRATION :::::

Those who register by September 16 will be guaranteed a t-shirt and goodie bag.

5K: \$45
1Mile Run / Walk: \$25

Register today by visiting www.gshvin.org/befast5k.

RACE DETAILS :::::

Awards will be given for the top overall female and male runner. Medals will also be given to first place runners in each age group. Please contact Erika Watts at ewatts@gshvin.org or Margie Catt at mkcatt@gshvin.org with any questions.

Registration forms can be found online at www.gshvin.org/befast5k.