

6th Annual Strides for Stroke Walk
Mike Brown, Committee Chairperson
strokewalkky@gmail.com
(502) 643-3175
www.stridesforstrokekyind.org
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FOR IMMEDIATE RELEASE

STRIDES FOR STROKE 5K WALK AND RUN BENEFITS STROKE ASSOCIATION FOR KY & SOUTHERN INDIANA

The Strides for Stroke Walk will be held on Sunday, October 4th beginning at 1pm. Registration and team photos begin at 12 Noon. The Walk and/or Run will be held at E.P. Tom Sawyer Park this year. (Located at 3000 Freys Hill Road off Westport Road).

Again this year the Walk is under the leadership of Mike Brown and a dedicated committee of volunteers. Mike is a stroke survivor from 5 years ago and serves on the Board of Directors as the Treasurer for the KY and Southern Indiana Stroke Association. So he knows firsthand, the importance of supporting the Association to educate people on how to reduce their risk of stroke. “Mike says, *exercise regularly, stop smoking if you do and eat a healthy diet are three simple things you can do to reduce your risk of stroke and age doesn’t matter as I had my stroke at 40 years old- stroke is a Brain Attack that can happen at any time of your life.*”

It’s important for the Board of Directors to have the funds throughout the year to support our mission of education and awareness- Awareness of F.A.S.T.- Face, Arms, Speech and Time! Did you know that less than 5% of the people that come into the ER receive the clot busting drug- that is, because there is a small window in which this drug can be administered to be effective; people still need to get to the ER quicker.

Our goal this year is to raise \$25,000!

- Anyone can build a personal fundraising page with our new, easy to use online service by visiting our website: www.stridesforstrokekyind.org
- Create TEAMS online and build competition with each other.
- Raise money the old fashion way by grabbing one of the **\$75 pledge cards**. Just get 15 people to give you \$5 for stroke. It’s that easy! Email strokewalkky@gmail.com for pledge cards to be mailed to you.
- **NEW this year is our venue at EP Tom Sawyer Park and we are looking for a High School or two to participate in our Walk. The High school team of at least 8 or more high school walkers/runners that raise the most money for Stroke shall receive a special “Hoodie sweatshirt” designed with your schools logo and “Stroke Highest high school team recognition.”**