

2024 County-Wide Stride Run/Walk Series



Are you ready to run? Willing to walk? If so, Rockcastle County is the place to be. For the 13th year, Rockcastle Regional Hospital is leading a team of community partners in staging a run/walk every month.

The series is called the County-Wide Stride, and we give incentive prizes to those who complete at least seven races. It is one way we help our community stay fit. Come join us in 2024!

**Saturday, January 27 • 8:30 a.m.
Snowball Express 2-miler**

Get your new year started on the right foot at our 13th annual Snowball Express in Brodhead. You'll like the flat course, and you'll love the fleece sweatshirt. Proceeds benefit the Relay For Life of Rockcastle County.

**February 14-29 • Virtual
4K for Heart Health**

Exercise is key to heart health. Get yours in February, American Heart Month, by completing this virtual run/walk. Proceeds benefit WHAS Crusade for Children.

**Saturday, March 16 • 8:30 a.m.
St. Patrick's Day 5K/2-mile Walk**

Don't miss this 13th annual event in Livingston on one of the community's most beautiful country roads. Proceeds go to the Super Start Fund, which benefits Rockcastle County babies and mothers-to-be.

**Saturday, April 27 • 9:00 a.m.
Fairview Baptist 5K Run for Missions**

You know it's spring when the weather gets warmer, the Redbuds are blooming, and it's almost time for the 13th annual Fairview Baptist Church 5K Run For Missions!

**Thursday, May 16 • 6:00 p.m.
The Emergency Mile**

We honor and celebrate our community's first responders with this one-mile run/walk.

**June (To be determined)
Charity Chase**

Held in conjunction with the Longest Day of Play & Community Health Fair. We make a donation for every lap you run/walk. Registration is FREE with donation of non-perishable food items for the Christian Appalachian Project (CAP) Grateful Bread Food Pantry.

**Saturday, July 13 • 8:00 a.m.
Rockcastle Alzheimer's 30-minute
Run/Walk Challenge**

On the beautiful out-and-back course at Renfro Valley, you'll have 30 minutes to cover as much ground as possible. In this event, we want to know: How far can you go and still get back in time? You'll want to bring a stopwatch for this one. Overall and age group awards given for distance, not time.

**Saturday, August 17 • 8:00 a.m.
Rockcastle Relays**

Better start looking for your partner now for this exciting County-Wide Stride event. We launched this as a new race last year, and participants loved it. The big idea – fitness is more fun with a buddy. Stay tuned for more details!

**Friday, September 13 • 9:00 p.m.
Glow Go Fun Run**

Join us for the Glow Go Fun Run and compete for the Best Costume and the Brightest Costume!

**Saturday, October 5 • 7:30 a.m.
Kiwanis Run for Kids @ Bittersweet**

The Kiwanis Run for Kids @ Bittersweet 5K run/2-mile walk benefits Rockcastle County Kiwanis Club whose mission is improving the world one child and one community at a time.

**Saturday, October 26 • 8:00 a.m.
Renfro Rock 'N Run Half Marathon/5K**

This music-themed event on one of the state's most beautiful courses is where memories have been made for 12 years now, and we can't wait to see you there again.

**Saturday, December 7 • 8:30 a.m.
Jingle Bell 6K Run/2-Mile Walk**

This Christmas-themed race celebrates its 21st year. End the race year on a high note with your running buddies, while picking up your own gift on the course.

To Learn More:

Contact:

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County-wide Stride Kids Club

Kids 12 and under run free in 2024! Each kid will receive a special bracelet for each race completed. Collect 7 bracelets to receive a \$25 gift card and a Kids Club t-shirt!

2024 Race Series Incentives

Up for seven?

Complete 7 races for a long-sleeve dri-fit County-wide Stride shirt

Try for 10!

Complete 10 races for a dri-fit shirt and a \$25 gift card

Do the dozen!

Complete 12 or more races for a dri-fit shirt, \$25 gift card, and a personalized commemorative plaque

No separate registration is required for the series and there is no additional entry fee; we'll keep up with who participates at each event. So, are you ready to get fit? Hit your County-Wide Stride this year!

www.rockcastleregional.org/county-wide-stride



Questions?

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