



FOR IMMEDIATE RELEASE:

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Belvedere Park, Decatur, GA- Partners in Action for Healthy Living (PAHL), Inc., a 501c3 non-profit organization working to improve the quality of life in South DeKalb County, is hosting its 3rd annual FFAST 5K/1 Mile fun run/walk on Saturday, October 17th 2015 at Shoal Creek Park I, located at 3642 Glenwood Road, Decatur, GA 30032. FFAST stands for “Fit Families are Active, Safe & Thriving. The event is stroller-friendly and families are encouraged to run or walk together. Entry fees are discounted for groups and for multiple registrations within a family for up to four family members. Online registration is available at <https://runsignup.com/ffast5k>.



The run/walk will start and finish at Shoal Creek Park I. The route winds through the lovely mid-century Belvedere Park neighborhood and has only short minor inclines. The race and the route are stroller and kid-friendly. Bring your family and friends out to enjoy some quality time together. DJ Topher will be spinning great tunes and there will be a variety of health-related exhibitors including Walgreens who will be offering flu shots. Don't miss Wealth & Wellness Coach Steffanie Haggins, of Studio Steffanie, who is leading the race warm-up. She is sure to inspire you to your best! Drawings will be held for prizes and awards will be given to overall fastest runners and the top runners in each age category. Event t-shirts will be given to all 5K registrants.

There are only a few 5K events in South DeKalb. PAHL is excited to offer another opportunity for South DeKalb residents to get out and participate in a fun active living event. 5K events are a great way to get excited about running and beginner participants are encouraged to run/walk the 5K or the 1 mile Fun Run. It is simply inspiring to finish the route and be part of a community event. Knowing that you are going to be in a 5K event can also be a great motivation for training. And anyone can do it!

Be part of the PAHL MOVEMENT toward healthier communities. Register for the FFAST 5K/1 Mile fun run/walk at <https://runsignup.com/ffast5k>, email PAHL at info@PAHLGA.org or call the PAHL office at (404) 996.6324. Lace up and get moving!