

BTST SERVICES

STEPS TOWARD HEALING:



FOR MENTAL
HEALTH
AWARENESS



OCTOBER
17
2026

*Every Step Matters.
Every Mind Counts.*

HAGERSTOWN, MD

EARLY BIRD PRICING

Until June 15th

Price: \$30 (Includes shirt)

REGULAR PRICING

June 16 - July 13th

Price: \$40 (Includes shirt)

& WALK

REGISTER TODAY

btstservices.com/5k



A BETTER TOMORROW STARTS TODAY



5K FOR MENTAL HEALTH AWARENESS

RUN FOR SOMETHING BIGGER



When you show up, you're not just crossing a finish line; you're helping break the silence around mental health.

Every step represents:

- *Breaking stigma*
- *Supporting access to care*
- *Strengthening families*
- *Building a healthier community*

FOR EVERY PACE. FOR EVERY STORY



Whether you're walking your first 5K or chasing a new personal record; this race is for you.

Run with us if:

- *You've struggled*
- *You've lost someone*
- *You're supporting a loved one*
- *You're breaking generational cycles*
- *You believe mental health matters*

Or simply because no one should feel alone.

**INTERESTED IN
BEING A SPONSOR?**

**CONTACT
E.MURPHY@BTSTSERVICES.COM**

RUN THE DISTANCE. BREAK THE SILENCE.

Every day, people in our community face anxiety, depression, burnout, and trauma; often in silence. This race is our way of saying: *You don't have to.*