

NEWS RELEASE



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FOR IMMEDIATE RELEASE – June 14, 2011

Bank First sponsors annual Heart&Sole 5k run/walk in Valders

Bank First is again the major sponsor of the 6th annual Heart&Sole 5k, a charity run/walk to benefit Children's Hospital of Wisconsin. The event will take place on Saturday, July 9, 2011, at 9:00 a.m., starting at the Valders Elementary School on West Wilson Street.

Participants can pre-register online prior to July 7 by visiting www.heartandsole5k.org, or register in person at 8:00 a.m. the day of the event. Each participant will receive a complimentary race day t-shirt. The top overall male and female finishers will receive a cash prize, and medals will be awarded for the top 3 finishers (male & female) in each age group.

Since its inception, Heart&Sole has directly donated more than \$22,000 to Children's Hospital of Wisconsin. Shelly Braun, event coordinator, organized the run/walk following her son's heart surgery at Children's Hospital, as a way to give something back. Again, 100% of the race proceeds will be donated to Children's Hospital of Wisconsin.

The Katelyn Houston family is the patient family for the run/walk. Five-year-old Katelyn was born prematurely and with many congenital anomalies. She has already undergone nearly 30 surgeries and will require many more. To read more about Katelyn's story, visit www.heartandsole5k.org and click on the "Patient Family" tab.

Volunteers are needed and donations are always welcome. For more information, please contact Shelly at (920) 901-0991 or email sbraun@bankfirstnational.com.

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