

SWOSU 5K Run and Walk This Saturday

03.05.2008

SWOSU organizers are ready for this Saturday's (March 8) Tough Enough 5k Run/Walk slated in Weatherford.

The run/walk will benefit the American Cancer Society Relay for Life event.

Registration is \$20 and can be done at signmeup.com or by going to Room 214 of the Stafford Center on the SWOSU campus.

The race will begin with registration and packet pick up for all pre-registered runners beginning at 7 a.m. at the Bulldog Beanery in the Memorial Student Union. The actual race will begin at 9 a.m. near the SWOSU Clock Tower.

Runners are expected from at least four states. The race and the course are United States of America Track and Field sanctioned and certified. As a USATF course, SWOSU is using DGProductions to time and run the race. Each runner will have a micro chip placed on their shoe lace. When the starting gun sounds, the chip starts counting the runner's time and when the runner crosses the electronic finish line, the chip automatically stops the timing process.

Immediately after the race, there will be a free brunch and awards ceremony in the Memorial Student Center Cafeteria Union for all racers and volunteers in race t-shirts. The cost for non-runners is \$3.

"SWOSU is an amazing asset to the American Cancer Society's Relay for Life," said Cheryl Smith, district coordinator for Relay for Life. "The fact is that our event has grown tremendously with the help of the students and their ideas. The 5k is just one more way that the students have gone above and beyond for the cause of fighting cancer."

Prizes for this weekend include:

- Twids gift certificates good for any pair of shoes to the top overall male and female runners
- All pre-registered participants will receive a t-shirt and a SWOSU back bag
- \$50 Chamber Bucks will be presented to each 1st place male and female in each age group
- Four \$50 SWOSU University bookstore gift cards

Race organizers also are looking for cheering fans and volunteers. Any group is welcome to the 5K run/walk base. Contact Cindy Dougherty, dean of students, if a group wants to participate. The #1 cheering fan group, determined by secret judges, will win \$100 in chamber bucks. Second place and third place cheering squads will win \$50 and \$25, respectively, in chamber bucks.