

Amazing Walk Event Planned May 3

04.25.2008

An Amazing Walk is planned May 3 by the City of Weatherford Parks and Recreation Department.

Patti Harper, co-chair of the Weatherford walking program and an employee at SWOSU, said the walk will begin at 9 a.m. at Means Park.

"This is more than a walk in the park," Harper said. "This is a walk with fun activities along the way."

Such activities will include swinging in the park, hitting a croquet ball, spinning the hula hoop and more. Teams of two to four persons can participate in the non-competitive, non-timed fun walk. And, the walk is for people of all ages but youth under 16 must have parent/guardian consent.

The walk, approximately 1.5 miles, will start at Means Park, continue to SWOSU, and then back to Means Park. There will be a grand prize for the winning team.

Registration and check-in for the free event starts at 8:30 a.m. at the Gazebo in the middle of Means Park, located at Huber and Indiana streets. Pre-registration sites include the Parks and Recreation Department (City Hall, 522 West Rainey), SWOSU Wellness Center and the Weatherford Regional Hospital. The brochure with the registration form can be downloaded from the walking website (www.cityofweatherford.com then click on Walking for Wellness).

The Walking for Wellness Program, a free community-wide walking program, was established to raise awareness and community involvement for everybody in the Weatherford community: individuals, families, schools, churches, businesses, etc. With the support of volunteer committee members, community partners and numerous participants, the walking program continues to take positive strides toward encouraging a healthy lifestyle through fun and fitness in Weatherford.

For more information about the Walking for Wellness program or the Amazing Walk, please visit the website, contact the City of Weatherford Parks and Recreation Department 580.774.2450 or City Hall, 522 W. Rainey, Weatherford, OK, 73096), email walkinginfo@swosu.edu or contact one of the program committee members, including Patti Harper 580.774.3190) or Vicki Hatton 580.774.3181).