

Dash to the Dawg Planned September 7 at SWOSU

08.30.2016

Southwestern Oklahoma State University's Health and Wellness Committee plans to host its first back to school fun run on Wednesday, September 7, on the Weatherford campus.

"Dash to the Dawg" is a fun-for-all event, open to everyone. All entrants will meet at the Custer Street cul-de-sac bulldog statue for entrance at 5:30 p.m. Entry fee is \$5 for preregistered runners and \$7 for day of race registrations. Proceeds will be used for health and wellness initiatives on the SWOSU campus.

Registrants will receive a "Dash to the Dawg" t-shirt (first come, first served) with sign-ups available at the SWOSU Organizational Fair on September 1 or online @ <https://SWOSU.formstack.com/forms/raceregistration>.

The one mile course begins at the Alumni Clock Tower and ends by running through the giant inflatable "Duke" to the celebration in the north Wellness Center parking lot. SWOSU Code Blue will be on site for party jams, cold water and popsicles provided by the Weatherford Chamber of Commerce. Everyone is encouraged to show their Bulldog spirit by wearing their SWOSU colors and gear.

Prizes will be given for the best team spirit and 1st, 2nd, and 3rd place individual finishers. The event is also the kick-off for the fall semester SWOSU Walking Works program and is open to everyone, all-ages and community wide.

The goal of SWOSU Bulldog Wellness is to encourage all members of the SWOSU community to lead and maintain a healthy lifestyle and to promote lifelong learning with access to the wellness activities and programs offered by the SWOSU campuses in Weatherford and Sayre.

For questions or more information, contact Lynne Thurman at (580) 774-3028 or visit the SWOSU Bulldog Wellness Facebook page or Bulldog Wellness <http://www.swosu.edu/bulldog-wellness/index.aspx>

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