

Clinton and Weatherford Mayors Issue Walking Challenge

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In an effort to inspire community members in both Weatherford and Clinton to become more physically active, the mayors of Weatherford and Clinton have lodged a friendly competition among the two cities.

The 2010 Walking Challenge starts 10/10/10 and will end October 31 and involves residents walking to see which city can generate the most miles.

Patti Harper, co-chair of the Weatherford Walking for Wellness program, said participants will log their walked miles on the official Mayors Walking Challenge form. For this challenge, miles walked must be for exercise (excludes running/jogging miles, biking miles and miles walked on the job). The completed form must be turned in at selected drop-off sites before noon on Tuesday, November 2.

A grand prize drawing, sponsored by State Farm Insurance (Debbie Shepherd and Mark Mainord), will be held following the deadline for submitting logs. One grand prize winner will be selected for each city. Those eligible for the grand prize must have walked at least three miles per week throughout the challenge. More miles can be walked and logged on the form. The community with the most miles walked will win and either Weatherford Mayor Mike Brown or Clinton Mayor Allen Bryson will get bragging rights for a year.

The link for the Walking Challenge form and rules is:

<http://www.swosu.edu/resources/MayorsWalkChallengeForm.pdf>

"The free event is not only good for individual health but this year's challenge will support community involvement and a friendly competition between two strong communities," Harper said. "Together, we can show the rest of the great state of Oklahoma that western Oklahoma is taking positive strides toward a healthier lifestyle through fun and fitness."

For more information about the Walking for Wellness Program or how to become involved, visit the website <http://www.cityofweatherford.com>, contact the Parks and Recreation Department at 580.774.2450, or send an email to walkinginfo@swosu.edu.

Questions can also be directed to Harper at patti.harper@swosu.edu or co-chair Vicki Hatton at vicki.hatton@swosu.edu.