

SWOSU Plans Walk to School Day

09.27.2007

Southwestern Oklahoma State University will host a free walk this Wednesday, October 3, at 3 p.m. as part of National Walk to School Day activities.

The walk is part of the new community-wide Walking for Wellness Program sponsored by the City of Weatherford's Parks and Recreation Department.

According to co-chair Patti Harper, the half-mile route will start at the Centennial Clock Tower and trail around the main buildings on the SWOSU campus. It is open to SWOSU employees and students as well as area citizens. Participants in the fun walk can register for prizes as well as receive information on the walking program, including optional monthly walking events and educational programs to be held throughout the year. Some of the prizes include tickets for the "Ride with Pride" bus trip, donated by the SWOSU Dean of Students' office; chairs and umbrellas donated by the SWOSU Alumni office; and an assortment of "SWOSU" goody bags donated by the SWOSU Public Relations & Marketing office.

Half-price drinks will be available between 3-3:30 p.m. at the Food Court/Grill and Bulldog Beanery, which are located in the Memorial Student Center. Walking for Wellness t-shirts will also be available for \$10.

Students and employees of SWOSU are also encouraged to put on their sneakers and walk to school to celebrate the National Walk to School Day.