

5K Stampedes onto SWOSU Campus

10.29.2013

The Southwestern Oklahoma State University cross country team will host the Southwestern Stampede 5K on Saturday, November 16, on the Weatherford campus.

The race will benefit SWOSU Cross Country and the Regional Food Bank's Backpack for Kids program in Custer County.

Runners can register at signmeup.com or pick up a form at the SWOSU athletic office. Fees are \$20 for those with a valid SWOSU I.D., \$25 for all those registering prior to the 5K, and \$30 on race day. Awards will be presented to the top three finishers in each age group, and t-shirts will be provided to all runners. The race is sanctioned and certified by the USATF.

The 5K is also looking for volunteers. Helpers will meet at the Wellness Center at 7 a.m. and receive a free t-shirt. Contact the cross country team on Twitter (@southwesternstampede or @swosuxc) or on Facebook (SWOSU XC) to volunteer.

For more information, contact SWOSU Cross Country Coach Abby Fleetwood at abby.fleetwood@swosu.edu or 580.19.2927.