

The Great Tomato Catch-Up

Saturday, July 12, 2014

Great Plains Colliseum | 920 SW Sheridan Road | Lawton, OK

Fit Kids of Southwest Oklahoma is proud to present the Second Annual Great Tomato Catch Up as a part of the Tomato Festival. This is a great chance for us to showcase the importance of eating healthy and being active.

This year we are offering a ½ mile fun run for kids of all ages and their family members for free. The run will be in mid-July so we are going to make sure everyone stays cool. There will be multiple water stations where you can not only get a drink of water but also get wet at the same time!

We are also expanding to include a 5K trail run type event for ages 10 and up that will wind around the coliseum and through the open fields to the South of the Fairgrounds. There will also be numerous water stations for participants to get a drink and when they are really feeling parched, doused with good ole' H2O from numerous sprinklers and volunteers.

After the run, stick around and check out the Tomato Festival that will be going on all day at the Coliseum as well. This will give you a great chance to try and/or buy some healthy foods while you "dry off."

Event schedule and times

The Great Tomato Catch Up will be held in conjunction with the 3rd Annual Tomato Festival at the Great Plains Coliseum. Parking will be located in the South parking lot and both races will begin and end at the North Gate between the Prairie Building and Expo Building. To stay with the Tomato theme we want everyone to wear RED. Shirt, shorts, shoes, socks, the sky's the limit.

5K Trail Run

Cost is \$15 for pre-registrants and \$20 the day of. This will be to cover our costs such as t-shirt, swag bags etc. It will start at 8:00 am at the North Gate between the Prairie and Expo Buildings. The course will wind around the Coliseum and into the field to the south and end at the starting line. The race will primarily be off-road through pasture type land. Water stations to get a drink of water and be hosed off will be placed periodically along the course. Please dress accordingly for it may get slightly muddy in spots where there are water stations. Don't forget to wear red!

- Plan to arrive early to receive your registration packets to include your race number, T-shirt and Swag Bags
- Because of the length of the course, the off-road component and the heat of the summer the event is limited to ages 10 and up.

½ Mile Fun Run

Cost is free to all participants and open to all ages. It will start just after the 5K trail run at 9:00 am at the North Gate between the Prairie and Expo Buildings. The course is a little less than ½ mile and will have numerous water stations for kids to get wet along the way. Parents please come prepared for you and your kids to get wet. Don't forget to wear red! Kids will be receiving goodie bags and cool participation medals.