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2 Runs Will Be Held As Part Of Tomato Festival

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Mitch Meador

Fit Kids of Southwest Oklahoma will present its second annual Great Tomato Catch-Up 5K Trail Run and –Mile Family Fun Run in partnership with the Lawton Farmers Market's third annual Tomato Festival on Saturday.

Both will be in the parking lot of the Great Plains Coliseum, 920 S. Sheridan. The 5K trail run will start at 8 a.m. and the –mile family fun run at 9 a.m. The Tomato Festival will run from 7:30 a.m. to 1 p.m.

"This is a great chance for Fit Kids of Southwest Oklahoma to showcase the importance of eating healthy and being active," said Kyle Rogers, executive director of the organization. She reminds everyone to wear red for the Tomato Festival.

Registration for the two runs is at <http://www.active.com/lawton-ok/running/races/the-great-tomato-catch-up-...>

For the trail run, cost is \$15 for pre-registrants and \$20 the day of the event. The fee will be to cover costs of the T-shirt, swag bags and other expenses. It will start at the north gate between the Prairie and Expo Buildings and wind around the Coliseum and into the field to the south; it will 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 along the course. Dress accordingly, because it may get slightly muddy in spots where there are water stations. Plan to arrive early to receive registration packets.

Because of the length of the course, the off-road component and the heat of the summer, the trail run is limited to ages 10 and up.