Presented By

The **Fitness in Action Series** (FAS) was developed to create an organized running/walking/biking/triathlon/activity series in Southwest Oklahoma. The series provides information about upcoming events in our area to encourage and support individuals and families to stay active and healthy.

FAS series activities include: walking, running, biking or any form of activity that is appropriate for all ages and walks of life. The series offers monthly local events hosted and organized by members of the Southwest Oklahoma Fit Kids Coalition. The series is presented by the Fit Kids of Southwest Oklahoma which seeks to create a healthier way of life for all.

There is no requirement for participation in any event of the series. Anyone can walk or run in any event. The goal is participation and completion!

Three Mile Thursday
Date: Thursday, November 6, 2014
Where: Lawton, OK
Type: 1M/2M/5K
Presented by: Fitness in Action Series

Three Mile Thursday is a part of the Fitness in Action Series. Sponsored by the Lawton-Fort Sill Chamber of Commerce, it features a free 3 mile community walk/run the first Thursday of every month at 5:30 PM. Each month features a different host business to learn more about our great community.

Enjoy a tour through downtown Lawton at your own pace with a group of fitness enthusiasts. This FREE event will be held the first Thursday of each month. The tour will be led by a local celebrity and many merchants will be offering discounts and specials to 3 Mile Thursday participants who show their registration bracelets. Runners, walkers, joggers and shoppers of all ages are welcome to participate.

Dash Through Cache

Date: Saturday, November 8, 2014
Where: Cache Public School
Type: 5K/1M
Presented by: First United Methodist Church

SAME-WMP Heroes Run
Date: Saturday, November 15, 2014
Where: Elmer Thomas Park, Lawton, OK
Type: 50 Yard Dash, 1M, 5K
Presented by: Society of American Military Engineers Wichita Mountains Post

The event will include a 5K run, a 1 mile fun run, and (for children) a 50-yard dash. The registration fee includes: cotton race T-shirt; refreshments at the start line, along the race course, and at the finish line; goodie bag with gifts and coupons from select sponsors.

Proceeds benefit Wounded Warrior Project.

Event Times: 7:15am—50 yd
7:30am—1M
8:00am—5K

Waddle Run
Date: Saturday, November 15, 2014
Where: Elmer Thomas Park, Lawton, OK
Type: 5K
Presented by: Comanche County Health Department and March of Dimes

Come celebrate Prematurity Awareness Month by participating in the Waddle Run! The purpose of this 5K Glow Run is to bring awareness to premature birth, and to educate on the importance of waiting until 40 weeks of pregnancy to deliver unless medically necessary.

The Waddle Run "Glowing for 40 Weeks" will be November 15th at 6:00 pm in Elmer Thomas Park. This event will be a Glow Run through the park. The registration fee of $15.00 includes a purple t-shirt, race bib, glow sticks, and hot beverage (hot chocolate or coffee) upon completion of the run. To ensure t-shirt, bib, and glow sticks on race day, registration form and payment must be received by October 31st.

Packet pick-up will be available on Friday, November 14th from 1:00-5:00 pm at the Comanche County Health Department, and also from 4:00-5:30 pm at Elmer Thomas Park- Holiday House on race day. This event is open to EVERYONE- no need to be pregnant to "waddle" with us!!

The race will start and end at the Holiday House. Also, the concession stand will be open to purchase other items.

Third Thursday Three Mile
Date: Thursday, November 20, 2014
Where: Lawton, OK
Type: 1M/2M/5K
Presented by: Fitness in Action Series

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Fallen Soldier Memorial Run
Date: Wednesday, November 26, 2014
Where: Patriot Club, Fort Sill
Type: 5K
Presented by: Fort Sill MWR

Gobble Wobble
Date: Thursday, November 27, 2014
Where: Elmer Thomas Park
Type: 1M/3M
Presented by: CCMH & Runhers

Three Mile Thursday
Date: Thursday, December 4, 2014
Where: Lawton, OK
Type: 1M/2M/5K
Presented by: Fitness in Action Series

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Frost Ya Fanny
Date: Saturday, December 6, 2014
Where: Lawton, OK
Type: 1M/5K
Presented by: City of Lawton

Event Day Schedule:
4:45 PM—Candy Cane Chase Start
5:00 PM—1 Mile Start
5:30 PM—5K Start

Jingle Jog
Date: Saturday, December 13, 2014
Where: Lawton, OK
Type: 1M/5K
Presented by: Cameron Cross Country Team

Third Thursday Three Mile
Date: Thursday, December 18, 2014
Where: Lawton, OK
Type: 1M/2M/5K
Presented by: Fitness in Action Series

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Relay for Life
Date: Friday, April 24, 2015
Time: 6:00 PM—Midnight
Where: Cameron University, Bentley Gardens
Type:
Presented by:

Fitness in Action Series 10/20/30 (FAST) Challenge

As an added incentive to stay active and participate in events of the Fitness in Action Series, we have created the FAST Challenge.

The FAST Challenge encourages individuals to complete **ten, twenty, or thirty events** of the Fitness in Action Series throughout the year and will recognize those individuals at the completion of the series.
To be eligible:

1. Collect and save proof of completion of each event (i.e., race bibs, medals, registration info)
2. At the end of the year, complete the eligibility form and present proof of participation at designated location.
3. Qualified participants will be invited to a reception and will be recognized in February as a member of FAST. Members will receive a commemorative 2014 FAST member technical shirt and certificate of membership.

The FAST Challenge is sponsored by Comanche County Memorial Hospital. Collect your bibs and medals and watch for more information in the future.