

Second Annual Walk this Weigh set for Saturday morning

Wednesday, September 13, 2006 1:46 PM CDT  
Special to the E-E

This year's "Walk this Weigh" event will be held Saturday at the Bartlesville YMCA, 101 N.E. Osage.

Participants can choose walking, running, cycling or using wheelchairs and/or walking pets on a leash (please clean up after pets) along well-marked routes. Registration begins at 8:30 a.m. and the event begins at 9 a.m. All events are non-competitive and free.

The two-mile walk is through Johnstone Park, the four-mile run will be on the Pathfinder, and the bicycle route is a four-mile loop through downtown or a 9-mile/18-mile loop on Highway 123. For those that are riding a bike, free bicycle inspections are available from 10 a.m. to 6 p.m. today at the Adventure Bicycle Center, 111 N.E. Washington Blvd.

In addition, Bon Bennett of ConocoPhillips has issued a corporate challenge to all businesses in the county to have the largest representation at this event. Whether businesses are small or large, representation will be based on percentage of those participating compared to the total number of employees. These organizations will be recognized at the closing of the event.

The goal is to raise awareness about the problem of sedentary lifestyles, inactivity and poor nutritional choices. Information and free health screenings will be available for participants at vendor booths inside and outside the YMCA from 8 a.m. to the end of the event.

Pedometers and water will be given away courtesy of McDonald's, Inc. Water will be provided along the route to participants at several stations. The local American Red Cross will be set up next to water stations for any medical aid attention needed.

Local physicians and nurses will participate and Red Cross will have Automatic Electronic Defibrillators available. No problems are anticipated, but Bartlesville has a premier program and national reputation in making AED's and trained operators available to the community.

T-shirts will be given away courtesy of the Washington County Health Department at the finish line for those that have completed one of the three routes along with a ticket for the cash drawing. The T-shirts are designed by Pendergraphics and feature a design of downtown Bartlesville and the Pathfinder Parkway. Sizes from child large to adult extra-large will be available. Stickers will be given to the smaller tikes.

Mayor Julie Daniels will give the kick off speech to start the event. Dr. Ray Harris and Mary Tinker on the Board of the Health Department have worked tirelessly on the planning committee along with community leaders from the Washington County Health Department, OSU Cooperative Extension Office, Chamber of Commerce, Tri-County Tech, Eldercare, Oklahoma Turning Point, Bartlesville Pedalers, YMCA, Success by Six, and many more. Various members on the committee mapped out the routes and Bon Bennett of ConocoPhillips is handling logistics.

New features this year include a live broadcast by KWON from 9 - 11 a.m. and music by the Bartlesville High School Steel Drum Band who will be playing beginning at 9:30 a.m.

The Tri County Technical School nursing students will measure blood pressures, provide free blood sugar tests and calculate body mass index for those interested. All participants will be given a written record of their scores. People do not have to walk, run or bicycle to take advantage of the health screening opportunities or peruse the various vendor booths.

One hundred dollar cash door prizes will be given to participants who finish each of the three events. The cash prizes will be awarded at 10:30 a.m. in the YMCA gym. Each event will have an adult and child winner. Participants have to be present in order to collect the prize money. Participants under age 18 will need a parent/guardian to sign for the cash before it is released.

Participants are encouraged to park and walk to the YMCA. Parking will not be available in the YMCA or Doenges Ford Stadium parking lots. However, parking is available around Johnstone Park.

This community-wide event is sponsored by the Washington County Health Department, City Government, Bartlesville Schools, Caney Valley Schools, Copan Schools, Dewey Schools, Tri County Technical Center, OSU Cooperative Extension Service, Success by Six, ConocoPhillips, Bartlesville Chamber of Commerce, Eldercare, Success by Six, YMCA and others.

For more information call the Washington County Health Department at 335-3005.