

'Walk this Weigh' kicks off Saturday downtown

Friday, September 16, 2005 3:57 PM CDT

Special to the E-E

The "Walk this Weigh" event will kick off Saturday near the Phillips 66 sign on the Bartlesville Community Center grounds, according to "Walk" organizers. Register for events, gifts, prizes and information beginning at 8:30 a.m. Events begin at 9:30 a.m. and end well before noon.

Participants will have a choice of running, walking, bicycling or using wheelchairs and/or walking pets on a leash (please clean up after pets) along well marked routes. There will also be a skateboarding demonstration at 9:45 a.m. in Johnstone Park. The two-mile walk is through Johnstone Park, the four-mile run through downtown Bartlesville and on the Pathfinder, and the bicycle route is a nine-mile loop on Highway 123. All events start at the Bartlesville Community Center at 9:30 a.m.

The goal is to raise awareness about the problem of sedentary lifestyles, inactivity and poor nutritional choices so that the community will become healthier and more fit.

There will be a lot of free items, entertainment and free health screenings for participants.

Oklahoma Indian Summer Festival is also in town at the same location. Enjoy the art, the food vendors, and the craft, music, clothing and toy vendors.

Because this is a fitness event and because there is limited parking they suggest people park and walk. Parking is available courtesy of ConocoPhillips in the 66 Credit union garage. Please also utilize bank lots when banks are not open and neighborhood streets. Oklahoma Indian Summer Festival planners have requested that Community Center area parking be reserved for artists, workers and those with mobility impairments.

Call the Washington County Health Department 335-3005 for further information.