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Walk This Weigh coming up

Bridget Bese

The Woodward Area Coalition made up of A Turning Point, Partners Acting as Change Agents (PACA) and Northwest C.A.R.E. Partnership is hosting its second annual Walk This Weigh walking competition.

The competition will last six weeks and walkers will record the amount of minutes they spend walking in the six week time span.

“One of our objectives is to try to encourage physical activity,” said Lana Shaffer, member of the Woodward Area Coalition.

The kick off for the competition will be May 12 at 10 a.m. at the George Goetzinger Memorial Walking Trail.

Registration forms can be picked up at the Woodward Public Library, the OSU Extension Office or Northwestern Electric. The entry fee is \$5 and registration is due by April 30.

Walkers can compete as four-person teams or as individuals and walking can be done outside or on a treadmill.

There will be prizes for the winning team and the winning individual and every walker who completes over 1,100 minutes in the six week period will be entered into a drawing to win a \$1,000 travel gift certificate.

All participants will receive a free T-shirt.

For further information contact Rhonda Richmond at the OSU Extension Office at (580) 254-3391.