



Overview

The Fitness in Action Series (FAS) was developed by a group of concerned community leaders and organizations working together to create an organized running/walking/biking/triathlon/activity series in Southwest Oklahoma. Our goal is to provide information about upcoming events in our area to encourage and support individuals and families to stay active and healthy.

The series is presented by the Fit Kids of Southwest Oklahoma which seeks to create a healthier way of life for all.

Included in the FAS series are walking, running, biking and triathlon events that are 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.

Anyone can walk or run in any event. The goal is participation!

Fitness in Action Series Ten (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 at least ten events of the Fitness in Action Series throughout the year and will recognize those individuals at the completion of the series.

To be eligible, collect and save proof of completion of each event (i.e., race bibs, medals, registration info), and at the end of the year we will offer an opportunity for you to present your proof of participation in order to be recognized as a prestigious member of the FAST Club. Members will receive a commemorative FAST 2013 member technical shirt and will be recognized for your achievement.

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

2013 FITNESS

JANUARY	The Resolution Run, Lawton YMCA, 1/26	5K/1M
FEBRUARY	Aggie Friends and Family Fun Run, 2/16 at Cameron University	1M/2M/ 5K
MARCH	Air Defense Artillery Run, 3/2 on Ft. Sill	1M/5K/ 10K
APRIL	Hershey Track Meet, 4/19-20 in Lawton	Track & Field
	OKC Memorial Run to Remember, 4/28 in OKC	5K/Half Full
MAY	Running in Technicolor, CCMH/ CU, 5/4 at Cameron University	1M/5K
JUNE	Diamond Brigade Run, 6/1 on Ft. Sill	1M/5K/10K
	Lawton YMCA Youth Triathlon, 6/8 in Lawton	Triathlon
	Tour of the Wichitas, 6/22 in Lawton Area	Multi- District
JULY	Adventure Run, TBA Lawton YMCA/Adventure Travel	Adv Run Cycling
SEPTEMBER	Body vs. Earth Triathlon, 9/7 at LETRA	Triathlon
	Devil Dog Run, 9/14 on Ft. Sill	1M/5K/10K
OCTOBER	Spirit of Survival, CCSWOK/CCMH, 10/6 in Lawton	1M/5K/ 10K/Half
NOVEMBER	Frost Ya Fanny, 11/24 in Lawton	1M/5K
	Fallen Soldier Memorial Run, 11/27 on Ft. Sill	5K
	runners/CCMH Gobble Wobble, 11/28 in Lawton	1M/3M
DECEMBER	Jingle Jog, TBA in Lawton	1M/5K