

# Fitness walk set Nov. 7

**Paul George**  
*Senior Reporter*

The Truckee Meadows Community College Fitness Center will host its annual fall fitness walk and fun run beginning at 9:30 a.m. Saturday, Nov. 7.

Early registration fee is \$10 for students and \$15 for non-students. After Nov. 1, the fees will increase by \$5. Proceeds go to the fitness center.

"It is a good way to get hooked on organized runs," said Geoff Hart, coordinator of the event.

Hart added that the event is a great way to start a fitness routine and an opportunity to break the bad habit of waiting until New Year's to make the

decision to start an exercise program.

The event is not a race. Participants can choose either the five kilometer (3.1 mile) course or the two mile course.

The fitness walk, Hart said, is appropriate for all ages. Last year, he said, someone even brought a baby in a stroller.

Participants will be entered into a raffle featuring prizes provided by local sponsors.

Prizes last year, Hart said, included gaming and education software from Microsoft and clothing from House of Pain Ironwear. However, Hart said he had not confirmed what prizes will be provided by sponsors this year.