Written by Debbie Gregory
Tuesday, September 4, 2012

Lace up your tennis shoes and put on your jogging shorts and attend the 19th annual Makin' Macon Fit Family Fitness Festival which is scheduled this Saturday, September 8th, at Macon County Junior High School with festivities to kick off at 7:15 a.m.

Supported completely by local volunteers, primarily the Lafayette Rotary, Interact Clubs, the Macon County Health Council, Macon County Coordinated School Health and Macon County General Hospital, the event is designed to benefit Macon County Schools and teachers with funds raised donated directly to our local educational program.

Starting off the day, State Representative Terri Lynn Weaver will sing the National Anthem at 7:15 a.m., and Representative Keisling will also be on hand to greet participants at the festival.

Fitness events will then begin at 7:30 a.m. with the 5K Race, sponsored again this year by Nestle Waters, and then the 3 Mile Walk will be sponsored by Citizens Bank.

"The 5k Race is a perfect first race for the new runner," said Macon Fit Chairperson Stacy Brawner, "and awards will be given to the overall male and female winners."

At 8 a.m., participants will begin the 1-Mile Walk, an event sponsored by Macon Bank & Trust, the 10-Mile Bike Tour, sponsored by Knollwood Manor, the 33-Mile Bike Tour, sponsored by North Central Telephone or the 66-Mile Bike Tour.

"The one-mile walk that we added last year was very successful," said Brawner, "so we are keeping it in the even lineup."

Children can also participate in the 10, 33, and 66-Mile Bike Tours, but a parent or guardian is required to ride with them if they are under the age of 12 in the 10-Mile and under the age of 16 in the 33 or 66-Mile Tours.

Stacy says the young children will enjoy the kids' events sponsored by Palace Care and Rehab, which include the bike rodeo, obstacle course and fun run. "There will be games and inflatable bouncy tents," said Brawner, "along with door prizes to be given away. There will be bicycles, helmets and other items donated by several organizations, with the prize drawings taking place at approximately 11 a.m. Ten $20 bills will also be given away and you must be present to win."

Special Needs Events, sponsored by Coordinated School Health, will begin at 9:30 a.m. and are open to anyone with a disability.

The cost to participate in each event is as follows: 5K Race, 33-Mile & 66-Mile Bike Tours ($20 for those pre-registered, $25 otherwise), all other events including kids and special needs ($8 for those pre-registered, $10 otherwise).

The school with the most participants will receive $500 and the second place school will receive $300. The teacher with the most support will win $200.

Booths will also be set up under a tent in a central location, where healthy snacks and plenty of fruits and drinks will be available.

"I'd like to encourage everyone to come out and participate in this event," said Macon County General Hospital Administrator Dennis Wolford. "This is a great family event that promotes the importance of living a healthy lifestyle and remaining fit. I urge kids to participate. It's going to be a big day… a fun day for everyone!"

Sponsors for this year's event include Nestle Waters, Citizens Bank, Macon Bank & Trust, Cobb Vantress, Macon County Coordinated School Health, The White House Assisted Living, Benchmark Title Company, North Central Telephone Cooperative, Quorum Health Resources, Knollwood Manor, the Macon County Chronicle, the Palace Care & Rehab, the Macon County Times, Tri-County Electric, Farm Bureau, the Family Care Center, Championship Trophies, Gallagher Healthcare, Subway, Comprehensive Rehab, Crichton Group and the Upper Mid-Tennessee Rural Health Network.

"We'd really like to thank our sponsors," Brawner and Wolford added. "Every year, they get behind this event and show their support."

Pre-registration forms are available at, and may be taken to, any local branch of Citizens Bank or Macon Bank & Trust and can also be picked up at Macon County General Hospital. Runners and bike riders may register online at active.com. Participants are welcome to register the day of the event, and all registered participants will receive this year's Makin' Macon Fit t-shirt.

"We are working hard to make this year's event the biggest and best ever."

For further information contact Stacey Brawner at (615) 666-7126 or sbrawner@mcgh.net.