

CHANGING THE COURSE OF



KC

OCT. 4, 2020

Thrive is sending a call out to state employees to participate in the annual Oklahoma City Memorial Marathon. This Oct., participate in the marathon's 20th anniversary and cross the finish line at the new Scissortail Park! Join your co-workers in the Run to Remember. Use the new decade to jump-start or change the course of your health and wellness journey by signing up for the marathon, half-marathon, 5K or become a member of a five-person relay team.

Winners of each race category will be cordially invited to the Oklahoma Capitol for a special breakfast with Gov. Kevin Stitt.

HOW TO REGISTER:

1. Sign up for the Oklahoma City Memorial Marathon at <https://register.chronotrack.com/r/48144>.
2. Register with Thrive at <https://app.smartsheet.com/b/form/434cd6f7e53d47fd87ecd84384bae782>.
3. Set a training schedule.
4. Lace up and train.

WANT TO RUN WITH OTHER STATE EMPLOYEES BUT DON'T HAVE A RELAY TEAM? THRIVE CAN HELP!

Sign up at [https://app.smartsheet.com/b form/956152550d8c4305824ec8e83aa09b49](https://app.smartsheet.com/b/form/956152550d8c4305824ec8e83aa09b49).

For more details, please visit our website at thrive.ok.gov or email us at thrive@omes.ok.gov.

