



News Release

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May Day Walk-A-Thon Set for May 1 at Cuesta College Track

The community is invited to participate in Cuesta College's annual Walk-A-Thon set for Friday, May 1.

This year's event, which has a May Day theme and includes a May Pole, will be held from 2 to 5 p.m. at Cuesta's track. Music, food and refreshments will be provided, and a prize will be awarded for the best May Day costume. Proceeds will benefit the American Cancer Society.

Participants can complete laps around the track or walk an alternative course that includes loops around nearby grass fields. A dozen stationary bicycles also will be provided for those who prefer to spin.

The cost is \$10 per person. Entrants will receive a stainless steel water bottle (for the first 200 entrants), and a chance to win one of the several prizes including the grand prize: a dinner at Giuseppe's Cucina Italiana and a night's stay at the Cliffs Resort in Pismo Beach.

The annual event started in 1996 as a fundraiser for the college's Wellness Program and physical education equipment on campus, as well as a way to honor faculty and staff members who lost their lives to cancer.

The Wellness Program, which is governed by a volunteer campus committee, encourages health and fitness in Cuesta employees. This year, the program celebrates its 23rd anniversary.

For more information, call Cuesta nutrition instructor Cherie Moore at 546-3110, ext. 2761 or Cuesta track coach Jani Johnson at 546-3100, ext. 2716.

Cuesta College news releases are available on the Internet at
<http://academic.cuesta.edu/pim/pr/index.htm>

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