



SPIRIT OF SURVIVAL 2025



BIKE TOUR*

*COURSE SUPPORT
ENDS AT 2:00PM

SATURDAY, OCTOBER 4TH

ELMER THOMAS PARK | 8:00AM

14 MILE, 27 MILE, 52 MILE & 64 MILE

CHILDREN'S FUN RIDE | 8:30AM

SUNDAY, OCTOBER 5TH | CANCER CENTER - LAWTON



5K

7:30AM**



SPIRIT WALK

1:00PM



KIDS' BUBBLE RUN

2:00PM

**COURSE SUPPORT ENDS AT 10:00AM

SIGN UP TODAY BY VISITING **SPIRIT OF SURVIVAL.COM**

SCAN HERE FOR



RACE MAPS

START FINISH LINE/PARKING INFO

DAY 1: The Start/Finish Line for Day 1 events is by the stage on the west side of Elmer Thomas Park, in front of the Museum of the Great Plains. Please plan to arrive AT LEAST 30 minutes early to allow for parking and Packet Pick Up.

DAY 2: The Start/Finish Line for Day 2 events is at the front of the Cancer Centers of Southwest Oklahoma in Lawton. Please plan to arrive AT LEAST 30 minutes early to allow for parking and Packet Pick Up.

FOOD INFORMATION

DAY 1: There will be a pit master after the bike events on Saturday at the pavilion at Elmer Thomas Park.

DAY 2: Food trucks will be available Sunday morning in the parking lot of the Heart & Vascular Center. After the Kids' Bubble Run, there will be free Kona Ice for all participants! Turn in the tear-off tag on the bib in exchange for a snow cone!

STAGING

The staging system ensures a smooth race start for every participant at varying experience and fitness levels. At the start line, you will find various signs that display pacing times. Line up with other participants of similar pace and stay in your recommended wave group. If you run at a slower pace or plan on walking, please line up toward the back.

STROLLERS

Only jogging strollers are allowed in our walk/run events.

ANIMALS ON THE COURSES

DAY 1: While Elmer Thomas Park does not restrict animals on leashes, we ask that you refrain from bringing animals to participate in events. For safety reasons, pets should be left at home due to large crowds.

DAY 2: While the Cancer Centers of Lawton does not restrict animals on leashes, we ask that you refrain from bringing animals to participate in events. For safety reasons, pets should be left at home due to large crowds.

PHOTOGRAPHY

During the Spirit of Survival events on both days, we will have a Selfie Station waiting for you at the finish line! Strike a pose, snap a pic, and show off your victory.

SNAP, TAG, SHARE!

Don't forget to tag us in your photos – we want to see all your awesome moments!



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