

**NEWS RELEASE**

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New Lazy River 5K run/walk offers unique twist on exercise event

THE WOODLANDS, TEXAS (August 22, 2022) – Those looking for a twist on the traditional 5K should consider going to the Rob Fleming Aquatic Center, located at 6535 Creekside Forest Drive in The Woodlands, TX 77389. The Lazy River 5K is a friendly competition to walk or run against the current of the lazy river, and will take place on Saturday, September 10, 2022, from 9 a.m. to 1 p.m. A practice session will take place Saturday, August 27, 2022, from 7:30 to 9:30 a.m.

This event is available for those of all skill levels and is recommended for ages 13 and up. The fee for the event is \$15 for residents and \$20 for non-residents. A discounted rate is available to those who register by September 2, 2022. Space is limited and will close September 5, 2022. Registration is open [now online](#).

This is a walk/run event that is limited to 60 participants, with starts in two waves of 30 each based on age and intensity level. The competition consists of 34 laps, and trophies will be awarded to the top three finishers in each age category. All finishers will receive a medal and event T-shirt. Water shoes are highly encouraged for this event.

Volunteers are needed for this event, and a FREE event T-shirt will be given to those who help with the event. If interested, please contact The Woodlands Township Aquatics team at aquatics@thewoodlandstowship-tx.gov.



The new Lazy River 5K walk/run event takes place Saturday, September 10, 2022, from 9 a.m. to 1 p.m. at the Rob Fleming Aquatic Center, located at 6464 Creekside Forest Drive in The Woodlands, TX 77389.