

September 8, 2015

Greyhound 5K Expands to ‘Runnin’ Dogs & Cookin’ Cats’ (Catfish)

Arkansas State University Mid-South is expanding its annual Greyhound 5K to include a full day of sporting activities, food-fixin’ competition, and family fun on the first Saturday in October.

“Runnin’ Dogs & Cookin’ Cats” (catfish), set for Oct. 3, will feature the traditional 5K, Pup Dash, and Kids’ Zone inflatables as well as a catfish cooking contest, live music, arts and crafts, recreational sporting events, a “Cheer Off,” and food/concessions. All activities will be held on the ASU Mid-South campus at 2000 West Broadway in West Memphis.



“This is the fourth year of the race, and we wanted to make it into more of a full-day, family event to appeal to a wider range of people,” said Elizabeth Williams, ASU Mid-South Director of Development. “We want this to be a signature event for the college and the community. In the process, we’re hoping to build more awareness for our institution and our athletic program.”

All proceeds from the day’s events will go to fund athletic scholarships for ASU Mid-South Greyhound basketball players. In the first three years of the Greyhound 5K, the college has raised more than \$38,000 to give area athletes an opportunity to compete against teams from Arkansas, Kentucky, Tennessee, Mississippi, and Missouri.

Southland Park Gaming and Racing returns as the title sponsor for the fourth year, and Flash Market is a platinum-level sponsor. Gold sponsors include Crittenden County Chiropractic Clinic, Evolve Bank & Trust, Forrest City Medical Center, LSI Staffing, Steele-Guiltner Tire Pros, and Tier 1 Group.

The 5K run/walk will be coordinated by Start 2 Finish, one of the premier health-oriented event management companies in the region. The event features a flat/fast track around, through and near the campus. Registration fee for the event is \$25 through Oct. 2, and \$30 on race day (Oct. 3). Registration is available at <http://greyhound5k.racesonline.com/register>.

ASU Mid-South and Crittenden County high school students qualify for a discounted rate of \$15.

The top three overall male and female finishers will take home cash awards (\$250 for first, \$100 for second, and \$50 for third), and all participants will receive custom-designed T-shirts. Runners and walkers who complete the course will receive finisher medals.

The Pup Dash returns for 2015, and youngsters of all ages will compete in this just-for-fun 400-meter event. All paid participants will receive a T-shirt and an award. The race fee is \$10.

For people who want to support the scholarship effort but don't want to walk or run, the college is offering "Spirit Runner" registrations which include a T-shirt. The fee is \$15.

The Catfish Cooking Competition, sponsored by Southland Park and CenterPoint Energy Arkansas, is open to all teams interested in showcasing their skills at preparing the classic Southern delicacy. The top catfish frying teams in the region will battle for bragging rights and cash prizes while competing in a variety of specialty categories.

The entry fee is \$100 and includes 10 pounds of boneless catfish fillets and participation in the People's Choice event and two categories – Fried and Anything Catfish.

Cash prizes and trophies will be awarded for the best Fried Catfish and Best Anything Catfish: \$250 for first place, \$150 for second place, and \$100 for third place.

Additional competition categories (a \$10 fee for each) include Catfish Tacos, Hushpuppies, Catfish Appetizer, and Anything Fried (mushrooms, pickles, Twinkies, and donuts, to name a few possibilities).

Entry deadline is Tuesday, Sept. 29. Contact Williams at (870) 733-6764 or ecwilliams@midsouthcc.edu for additional information and/or an application form.

The Kids' Zone features an inflatable "park" that is free and open to all youngsters interested in having some bouncing fun.

Adults interested in some friendly competition are encouraged to register for WIFFLE® Ball or Cornhole games. Teams will pitch, and try to hit, perforated plastic balls for fun and WIFFLE supremacy, and Cornhole enthusiasts will toss bean bags – well, actually corn bags – toward the target in hopes of compiling the best score in this popular backyard activity.

Cheerleading teams of various ages (8 and up) will develop customized cheers for the ASU-Mid-South Greyhounds and will perform them for judges and spectators. The winning teams will have the opportunity to present their routines during Greyhound basketball games this fall. The entry fee is \$25 per team.

For folks who like live, free music, the Oct. 3 event will feature local bands, including The Players, an energetic and versatile group spanning a wide range of music styles and genres. The four-piece band has played everything from storybook weddings and corporate events to festivals and concerts.

When popular local bands are not on stage, KWEM Radio music will fill the air.

Additional event sponsors include Arkansas Distributing, Barton PowerSports, Barton's of West Memphis, Brian's Heating & Air, Crittenden Publishing/Evening Times, DanMar Propane, Fenter Physical Therapy, Fidelity National Bank, First Community Bank of Eastern Arkansas, Ritter Disposables, Steve's Auto Body, The Landers Firm PLC, and West Memphis Fence Company.

For more information about event sponsorships or participation, please contact Elizabeth Williams at (870) 733-6764 or ecwilliams@midsouthcc.edu.