Southwestern Randolph Middle School Students Go FAR in 5K

Southwestern Randolph Middle School sixth grader Macy Walker finished 11th among the 1,215 females competing in the November 4 Go FAR 5K with a time of 26:11. Twenty students and teachers representing the SWRMS running club braved the cold temperatures to compete in the 3.1-mile run.

Seventh graders Gage Lemmons (25:18), Charlie Hodge (25:32) and Kearns Trotter (26:11) were the top three male finishers for the club, while the other fastest females were seventh grader Moon Owens (38:11) and eighth-grader Lyndsey Bateman (39:29).

Launched in 2015, the SWRMS running club has competed in the High Point race and other area 5Ks for the past three years. Go FAR, which stand for Go For A Run, is a national program created in 2003 in response to the childhood obesity epidemic. The comprehensive fitness program teaches students of all abilities about healthy eating, goal setting, and how to train for a 5K. The club teaches students that active, healthy lifestyles are fun and can be sustained throughout their lives.

SWRMS club sponsors, seventh-grade teachers Erin Giustizia and Lorraine Ridge, also ran the race, along with Exceptional Children’s teacher Jessica Latham.

“For a lot of the kids, this was their first 5K,” Giustizia said. “But we know it won’t be their last.” The club’s next races will be local: the Young Life Winter Sprinter on Dec. 2; the Reindeer Dash at Central Methodist on Dec. 9; and the Randolph Road Runners 5K in April.

“We are so proud of every student.” Ridge said. “Not all of us are fast, but we are all getting faster and more fit. And we really have fun.”