

## Around Town: Freeze face on Saturday

1/15/15

Last year about this time, the inaugural Freeze Your Face-Off 5K run was established and everyone laughed at the name. Well, the name – and race – drew almost 800 participants who had such a good time, they've promised to bring their friends Saturday, hopefully a couple thousand of them.

What is the event? Ted Streuli, editor of The Journal Record, thought the whole thing up, with the mission of raising awareness of mental illness and to highlight the need for services. To accomplish this, he formed the Colby Foundation, [named for his son, Colby Streuli](#), who died at the age of 28. Partnering with him are the Oklahoma Department of Mental Health and Substance Abuse Services and the National Alliance on Mental Illness. All proceeds will go to NAMI Oklahoma.

The name Freeze Your Face-Off is dual – the weather could be cold and the runners and their fans will warm up at the Barons hockey game afterward. The race will begin at 4:30 p.m. Saturday and wind through Bricktown, up by the University of Oklahoma Medical Center and back to the Cox Convention Center, where the Barons will challenge the Texas Stars at 7 p.m.

For \$30, each entrant will receive a long-sleeve tech shirt and a ticket to the Barons game. Medals go to the first 750 finishers. A game-only option is available through the FYFO website for \$19. To register in advance, visit [www.freezeyourfaceoff.org](http://www.freezeyourfaceoff.org). Same-day registration starts at 1 p.m. at the Cox Convention Center (north lobby at Sheridan and Broadway avenues).

You can also help by becoming a volunteer. To do that, email Michelle Gregory at NAMI Oklahoma, [michelle@namioklahoma.org](mailto:michelle@namioklahoma.org).

Of course, everyone knows that the Barons are the top team in the American Hockey League.

Come on, bundle up and support an important cause.

Sponsors include the Chickasaw Nation, Gable Gotwal, Price Long, The Oklahoman, The Journal Record, Continental Resources, HoganTaylor, Homeland, KXY 96.1, KOSU, OETA, OG&E and the Colby Foundation.

**Memorial Marathon**

The 15th-annual Run to Remember, a benefit for the Oklahoma City National Memorial and Museum, is scheduled April 26. The event training shirt is available in men's, women's, short and long sleeves. Purchase in the Memorial Store or online at [store.oklahomacitynationalmemorial.org](https://store.oklahomacitynationalmemorial.org).