

Lanark County places third in Silver Chain Challenge

Lanark County has placed third in the annual Silver Chain Challenge as more eastern Ontario counties rose to this health-promotion challenge.

The Silver Chain Challenge began as a friendly competition between the local municipalities in Lanark County about 10 years ago. It is intended to inspire and promote more active, safer and healthier communities. Participants (everyone!) are invited to walk, run, bike and wheel on trails and roads in an effort to improve physical and mental health.

Each year from June 1 to 30 participants are invited to log kilometres in their community by registering at <https://silverchainchallenge.ca>. Real time stats are posted on the website so everyone can see which communities are most engaged.

For the last four years, it grew to be a competition between Lanark and Renfrew counties, with each winning twice. This year it was opened up to all 13 counties in eastern Ontario. Prince Edward County claimed the top spot with a whopping 44,345 kilometres logged, followed by Renfrew County in second with 22,331 and defending champions Lanark County placing third with 5,065.

"Kilometres are registered by July 1, but feel free to get into the good habit of being active year round so you are primed to help Lanark County win in 2022," said Lanark County Warden Christa Lowry (Mississippi Mills Mayor), who congratulated all participants. "The benefits of this challenge are tremendous. It's a fun way to collect points while staying active and exploring our communities and supporting local economies."

The Silver Chain Challenge promotes healthy and safe active transportation, and participants are encouraged to make sure they are visible when biking, walking or running on trails and roads. Be aware of the rules of the road and make sure to wear an appropriate helmet when cycling.

"The Silver Chain Challenge, held every June, presents a great opportunity to improve physical health, support your community, and best of all get outside and enjoy the beauty of Lanark County," added Lanark County CAO Kurt Greaves.

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