



St. Lawrence County Public Health Department

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Press Release

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FOR IMMEDIATE RELEASE

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Humans Don't Hibernate 5k & Fun Day

Canton, NY — The St. Lawrence County Public Health Department invites community members of all ages to lace up their sneakers and join us for a Family-Friendly 5K and Fun Day at the beautiful Nicandri Nature Center, 23 Robinson Bay Road, Massena, NY.

This exciting event marks the official launch of the Humans Don't Hibernate campaign—an initiative encouraging residents to stay active, healthy, and connected all year long, no matter the season.

Event Details:

Date: Sunday, September 21, 2025

Location: Nicandri Nature Center, Massena, NY

Day-of Registration: Opens at 9:00 AM

Race Start Time: 10:00 AM

Special Giveaway: The first 100 participants will receive a free event t-shirt.

The day will feature the 5K run/walk along scenic trails, fun activities for all ages, and a welcoming community atmosphere. Whether you're running for your personal best, walking with friends, or enjoying the festivities, this event offers something for everyone. There will also be a Cub Run for kids beginning at 9:30 AM!

Registration is now open – secure your spot here: [Register Online](#).

Mark your calendars and bring the whole family for a day of movement, laughter, and community spirit!

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