



St. Lawrence County Youth Bureau

80 State Highway 310, Suite 4
Canton, NY 13617
315-379-9464



FOR IMMEDIATE RELEASE

Contact-Alexa Backus Chase- ACHase@stlawco.gov

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Groundhog Day Stroll or Stride 5K(ish) Event

CANTON, NEW YORK- The St. Lawrence County Public Health Department, in partnership with the Youth Bureau, will offer a Groundhog Day 5K(ish) event at participating local schools on Saturday, February 1, 2025 from 9 to 10:30 am. Three schools hosting this event are Heuvelton Central, Lisbon Central, and Madrid-Waddington Central.

“Our organizations recognize that winter in the North Country is long and it can be easy to get stuck on the couch hiding from the cold. It is our goal to get community members up and moving, even if only for one day,” said Jena Sloan, Public Health Specialist.

Walking loops will be mapped out in each school for participants to walk or run at their own pace. Individuals can choose how many laps they complete. For some, it could be a 5k, for others it could be a quarter mile or less.

Participants are encouraged to show their school spirit by wearing their school colors or consider wearing Groundhog Day themed attire.

In lieu of paying a registration fee, attendees are asked to bring one canned or pantry item to donate to the school’s food pantry.

Contact the Youth Bureau by emailing Alexa Chase at ACHase@stlawco.gov or calling 315.379.9464 with any questions.

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Alexa Backus Chase
Youth Bureau Director
ACHase@stlawco.gov