



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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3rd Annual “Stroll or Stride” 5K(ish) Brings Community Together for Winter Wellness

CANTON, NEW YORK- The St. Lawrence County Public Health Department, in partnership with the St. Lawrence County Youth Bureau, invites community members of all ages to participate in the 3rd Annual Groundhog Day Stroll or Stride which is a 5K(ish) Indoor Event on Saturday, January 31, 2026, from 9:00 a.m. to 10:30 a.m.

This fun, family-friendly event will be hosted simultaneously at three school locations across the county:

- Heuvelton Central School
- Madrid-Waddington Central School
- Lisbon Central School

Designed to help residents stay active during the long North Country winter, the Stroll or Stride encourages participants to walk or run indoor loops at their own pace. Whether completing a full 5K, a few laps, or simply enjoying a short stroll, all fitness levels are welcome.

“Winter can make it easy to stay indoors and inactive,” said Jena Sloan, Public Health Specialist. “This event gives our community a chance to move, connect, and stay healthy in a fun and welcoming environment without worrying about the cold.”

Participants will receive 5K bibs and are encouraged to bring their school spirit or Groundhog Day-themed attire for added fun. In place of a registration fee, attendees are asked to donate one food pantry item, helping to support local school pantries and families in need.

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“This event reflects the power of partnership and community wellness,” said Alexa Chase, Director of the St. Lawrence County Youth Bureau. “It’s a simple way for families, students, and neighbors to stay active together while also giving back locally.”

The event will take place indoors, making it weather-friendly and accessible for all participants. For additional information, contact the Youth Bureau at AChase@stlawco.gov or call 315-379-9464.

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