

HEALTHY COMMUNITIES

Mission Statement

Healthy Communities is a grassroots effort which encourages the community to embrace and value a healthy and holistic lifestyle through education, support, and advocacy.

Healthy Communities is a group of citizens and professionals of the Randolph County area who are committed to creating and promoting healthy living and wellness.

Initiatives

- 1. Wellness Coalition:** Partnering with municipal governments and businesses, the Wellness Coalition provides insight to help establish wellness programs to promote health in the community.
- 2. Physical Activity:** The Physical Activity Committee oversees monthly hikes, Playdaze events in collaboration with the Randolph Partnership for Children, the Mayors Fitness Challenge, as well as encouraging wellness activities within communities.
- 3. Trails:** The Deep River and Uwharrie Trails are valuable assets located in Randolph County. The Trails Committee works to complete and maintain trails in the county to attract new resources.
- 4. Mental Health/Substance Abuse:** This Committee oversees activities to provide resources for substance abuse and mental health issues.
- 5. Nutrition:** The Nutrition Committee focuses on bringing fresh, healthy food to Randolph County communities.

Thank you to our participating Mayors for making the 2021 Mayors Fitness Challenge possible.

Mayor Lewis Dorsett, City of Archdale

Mayor David Smith, City of Asheboro

Mayor Perry Connor, Town of Franklinville

Mayor Filmore York, Town of Liberty

Mayor Vicki Caudle, Town Ramseur

Mayor Bucky Jernigan, City of Randleman

Mayor David Fernandez, Town of Seagrove

Mayor Richard McNabb, City of Trinity

In partnership with the Mayors Fitness Challenge:

Department of Public Health

Randolph County Strategic Planning Partners

Randolph County Government



For more information about Healthy Communities, please log on to www.healthycommunitiesA3.com



2021

“Get Outdoors – Get Healthy”



11th Annual

Kickoff: Thursday, Sept 30

Awards: Tuesday, December 7

Healthy Communities is a 501(c)(3) non-profit

www.healthycommunitiesA3.com

What is the Mayors Fitness Challenge?

The Mayors Fitness Challenge is a wellness competition between individuals and teams from area schools, businesses, churches, civic clubs, government agencies, and other organizations participating in activities that can be tracked using a fitness conversion tool found on the Healthy Communities website.

The Mayors Fitness Challenge is an “all activity” challenge. Almost any activity, from walking to gardening, can be converted into steps. Everyone is encouraged to join in this free wellness challenge.

In addition, special awards will be presented to the top school in each district with the most steps per teacher.



(Hikers at Franklinville Rail Trail)

KEY DATES & AWARDS

Please mark your calendar for these important dates for the 2021 Mayor’s Fitness Challenge:

Thursday, September 30

Kickoff video presentation available via YouTube link. To view the link, and signup as an individual or team, go to:

www.healthycommunitiesA3.com

Saturday, October 2

Begin logging your activities! This is the official start of the 2021 Mayor’s Fitness Challenge.

Sunday, November 14

This is the final day for logging steps as part of the Challenge.

Tuesday, December 7

Awards Ceremony – Sunset Theater at 5:30 pm

AWARDS

Recognition and prizes will be awarded to the top three male and female individuals logging the most steps on the conversion tool and to the top three teams with the most steps.

NEW AWARDS

The Superintendent’s Cup will be awarded to the top County school with the most steps per teacher. The Mayor’s Cup will be awarded to the top City school with the most steps per teacher.

www.healthycommunitiesA3.com

EVENTS

All events are free and open to the public.

Saturday, October 2: Parkrun 5K (walk/run) at 9 am at Creekside Park, Archdale

Saturday, October 9: Walk in Trinity; meet at the parking lot near old Braxton Craven 6th grade at 9 am

Saturday, October 16: Walk at Ramseur Rail Trail section of DRST at 5960 US 64 Hwy at 9 am

Saturday, October 23: Human Race 5K (walk/run) at Bicentennial Park at 10 am, Asheboro

Saturday, October 30: Walk at Freedom Park at 9 am, Liberty

Saturday, November 6: Walk at Clay Presnell Park at 9 am, Seagrove

Saturday, November 13: Walk at Randleman Greenway on Deep River State Trail at 9 am

Sunday, October 10: Hike at Franklinville Rail Trail and historic Faith Rock

Sunday, October 17: Hike at the Birkhead Wilderness in the Uwharrie National Forest

Sunday, October 24: Hike at Purgatory Mountain at the NC Zoo

Sunday, October 31: Hike at Mount Shepherd Retreat Center to the highest point in Randolph County.

Sunday, November 7: Hike at Camp Caraway Conference Center & Camp.

All hikers meet at the downtown Asheboro Farmer’s Market at 1:30 pm to car caravan to the site of the hike.

Hikes & walks are subject to weather cancellation. Questions? Contact **Jim Rich 336-625-2993** or jrichjr@triad.rr.com