

MEMBERSHIPS

Consider becoming a Member of Healthy Communities as an Individual (\$25/year), or Family (\$75/year). Memberships include a t-shirt, invitations to member-only hikes, and a monthly newsletter. (Remember Monthly Hike and Mayors Fitness Challenge will remain free to all.)

SPONSORSHIPS

Consider becoming a Sponsor at \$250 per year and receive:
·Your Logo linked on the Healthy Communities' website.
·Name on t-shirt
·Name on Mayors Fitness Challenge Brochure

To sponsor, visit www.healthycommunitiesA3.com.
Sponsor now and your sponsorship will be good through 2024!

SPONSORS

Thank you to our current sponsors!

- Sam Varner
- RC Employee Wellness
- Atrium Wake Health
- Randolph Partnership for Children
- ACE AVANT

Thank you to our participating Mayors for making the 2024 Mayors Fitness Challenge possible:

- Mayor Lewis Dorsett, City of Archdale
- Mayor David Smith, City of Asheboro
- Mayor A.C. Hurley, Town of Franklinville
- Mayor Filmore York, Town of Liberty
- Mayor Hampton Spivey, Town of Ramseur
- Mayor Gary Betts, City of Randleman
- Mayor David Fernandez, Town of Seagrove
- Mayor Richard McNabb, City of Trinity

In partnership with the Mayors Fitness Challenge:



2024 "Get Outdoors for Great Trails State"

14th Annual
Mayors Fitness Challenge
Kickoff: September 19, 2024
Awards: December 12, 2024



www.healthycommunitiesA3.com

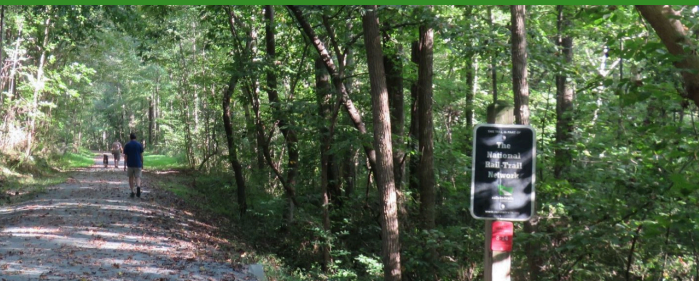
Healthy Communities is a 501(c)(3) non-profit organization.

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.

This year, all events will celebrate the Great Trails State and the official Great Trails State Day on October 19, 2024.



KEY DATES & AWARDS

Please mark your calendar for these important dates for the 2024 Mayor’s Fitness Challenge:

- September 19, 2024 – Kickoff video presentation available via YouTube link. To view the link, and signup as an individual or team, go to: www.healthycommunitiesA3.com
- September 28, 2024 – Begin logging your activities! This is the official start of the 2024 Mayors Fitness Challenge.
- November 10, 2024 – This is the final day for logging steps as part of the Challenge.
- December 12, 2024 – Awards Ceremony – County Office Building 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.

SCHOOL AWARDS

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

EVENTS

(All events are free and open to the public.)

Mayors Walks

- Saturday, October 5: Parkrun 5K (walk/run) at 9 am at Creekside Park, Archdale
- Saturday, October 12: Walk at Ramseur Rail Trail section of DRST at 5960 US 64 Hwy at 9 am
- Saturday, October 19: Walk at Asheboro’s Zoo City Sportplex at 9 am, Creekside parkrun at 9 am; Caraway Creek Preserve at 11 am; Franklinville Rail Trail/Sandy Creek Bridge at 2 pm. Great Trail State Day!
- Saturday, October 26: Walk at Liberty’s Freedom Park at 9 am
- Saturday, November 2: Walk at Randleman Greenway on Deep River State Trail at 9 am
- Saturday, November 9: Walk at Seagrove’s Clay Presnell Park at 9 am

Hikes

- Sunday, October 6: Hike at Ridge’s Mtn State Nature Preserve
- Sunday October 13: Hike at the Walker’s Creek Trailhead in the Uwharrie National Forest
- Sunday, October 20: Hike at Purgatory Mountain at the NC Zoo
- Sunday, October 27: Hike at Mount Shepherd Retreat Center to the highest point in Randolph County
- Sunday, November 3: Hike at Camp Caraway Conference Center & Camp

All hikers meet at the Downtown Asheboro Farmer’s Market at 1:30 pm or at site of the hike at 2 pm.

Hikes & walks are subject to weather cancellation. Questions? Contact Mary Joan Pugh at (336) 963-2715 or maryjoan.pugh@randolphcountync.gov.