

THE CHRONICLE

ROUNDUP

From B1

Thrive Southern sponsors walking challenge

Thrive Southern Lorain County will be sponsoring a Worksite Wellness Walking Challenge for employees in the Wellington area.

The challenge will begin Nov. 1 and run through Nov. 30. It will allow Thrive to address key health issues facing many southern Lorain County residents.

Carol Burke, a facilitator of Thrive, said a 2019 Lorain County Health assessment reported that 32 percent of adults were overweight and 38 percent were identified as obese based on body mass index.

Businesses and organizations in the area are encouraged to form teams to sign up for the walking challenge. Teams must be registered by Sunday, Oct. 25.

To register, teams are to call Main Street Wellington at (440) 647-3987 or email Jenny Arntz at jarntz@mainstreetwellington.com.

Each participant must register with the Lorain County Public Health Walks Portal at <https://walks.loraincountyhealth.com>.

Each member must log in the number of steps they take on a Fitbit or pedom-

eter each week using the LCPH portal. Thrive will provide walkers with pedometers free of charge for those who do not have a tracking device.

The prize is a \$250 Bread-N-Brew gift certificate or a water cooler with three 5-gallon water jugs for one business.

Spirit awards will also be given out to up to three people who must be nominated between Dec. 1 and Dec. 15. Those who win a spirit award have the choice to win either a Fitbit Inspire or a \$50 gift certificate to Bread-N-Brew.

Participants are encouraged to get photos of themselves walking and posting their progress to social media and tagging @thrivesoloco or hashtagging #thrivelcwalkingchallenge.

Points will be earned and go toward the spirit award based on their participation, progress and presence on social media.

LCCC hosts turkey trot

ELYRIA — The Lorain County Community College will be hosting its annual Penton Memorial Turkey Trot at 8:30 a.m. on Nov. 26, at the LCCC cross country course.

The cost to attend is \$25 with a long-sleeve T-shirt or \$15 without a T-shirt.

Because of COVID-19, runners must have 6 feet between them at the starting line.

Masks are required during the race. There will be restrooms available at the race.

Each walk will start at 8:30 a.m. Registration will be open until 10 a.m.

For more information, visit lorainccc.edu.

There will be a post-race rally at the race site. The rally will be held at the race site.

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