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LANARK
COUNTY

**FOR
IMMEDIATE
RELEASE**

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May 29, 2025

Get ready to move: The Silver Chain Challenge returns this June

Lace up your sneakers and pump up your bike tires: the annual Silver Chain Challenge is back this June 2025! This exciting month-long event invites participants from Renfrew County and Lanark County to demonstrate their commitment to healthy living and active transportation, all while enjoying the scenic beauty of eastern Ontario.

The Silver Chain Challenge is not just a competition; it's a celebration of health, community, and the great outdoors. Participants are encouraged to walk or cycle as often as they can throughout the month of June. Following last year's photo contest, we are returning to the roots of the Silver Chain Challenge and participants will be able to [log their kilometres](#) travelled and see them tracked in real time to show who is leading this friendly competition. The County with the most kilometres by the end of the month will be declared the winner, earning the bragging rights of being the most active and engaged community.

Renfrew County Warden Peter Emon is hoping residents will take advantage of this challenge by increasing activity levels and exploring new areas of the County.

"You don't have to worry about walking the farthest, running the fastest or tackling the biggest hill while cycling; during the month June just head out in your community with friends or family and log those kilometres," Warden Emon said. "Your participation helps Renfrew County's chance of winning and you win as you enjoy one of our many trails or different parts of our community."

Lanark County Warden Toby Randell is also looking forward to the friendly competition as his residents embrace the Challenge.

"We are thrilled to launch the 2025 Silver Chain Challenge and invite all residents and visitors of Lanark County to join us. This challenge not only promotes physical activity and healthy living but also strengthens our community spirit," he said.

Participants are also encouraged to share their adventure snapshots on social media using the hashtags #RenfrewCounty or #LanarkCounty (depending on your location), and #SilverChainChallenge. The challenge is open to everyone – families, friends, solo adventurers, and visitors. Whether you're a seasoned cyclist or just enjoy leisurely strolls, every step, pedal, and photo counts.

Mark your calendars, grab your gear, and get ready to explore the trails, communities, and roadways of Renfrew and Lanark Counties this June. Let's see which county can claim the title of being the most active in 2025!

For more information on how to participate in the Silver Chain Challenge, please visit <https://bit.ly/SilverChainChallenge>.

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FOR MORE INFORMATION CONTACT:

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