

Department of
Emergency Services



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2016 SILVER CHAIN CHALLENGE

The Silver Chain Challenge is a program designed to inspire and promote a more active and healthier community. We are encouraging the community to turn to any form of active transportation and to get moving! This challenge is a friendly competition between Lanark County and the County of Renfrew and we are hoping 2016 is our year to win!

The benefits of participating in this challenge include improved mental and physical health, vibrant and healthier participants, and engaged and active communities. This challenge is not only about clocking points; it is about encouraging and motivating our communities to get active and to stay active.

To begin the challenge you must register at <http://www.silverchainchallenge.ca/> as either an individual or as a team. Once your profile is created you can start clocking your daily kilometers! Participants can take to their bikes or walk/run. One point is awarded for every kilometer, 1250 steps is equivalent to 1km, ages 1-16 and 65+ receive a 25% bonus, wearing a helmet while biking is another 25% bonus and taking part in active transportation is an additional 25%. This challenge runs from June 1st-30th and we are hoping to get the whole community involved!