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## Woodlands launches run/walk contest for those 65 and older

By Mike Foley • Staff writer • Published: January 04, 2011 2:00AM

In 2011, older runners and walkers will have a new challenge.

The inaugural Woodlands at Furman Challenge for 2011 is a competition – specifically for those ages 65 and older – within nine of the Greenville Track Clubs popular run walks.

Walkers and runners older than age 65 will automatically be entered into the Challenge when they enter one of the participating Greenville Track Club races. Each runner will amass points based on their finish within their respective age division, overall finish and merely for participation.

The Woodlands, a 22-acre development on the Furman University campus, is a senior living community. According to Troy Cannaday, executive director, said the Woodlands is a “Masterpiece Living” community with a main focus on “healthy and successful aging.”

“We enjoy giving back to the community as well,” Cannaday said. “So while Masterpiece Living is up and running within our own walls, we wanted to help others, too.”

All participants earn points regardless of skill and age. Top male and female participants will win The Woodlands Challenge Cup and get their names added to a plaque to be displayed permanently at The Woodlands at Furman campus.

A luncheon honoring winners and participants will be held at The Woodlands at Furman campus following the 2011 Paris Mountain Road Races.

The American Heart Association claims walking has the lowest drop-out rate out of any fitness activity. The AHA also says walking for as little as 30 minutes a day can: Reduce risk of coronary heart disease; improve blood pressure and blood sugar levels; improve blood lipid profile; maintain body weight and lower risk of obesity; enhance mental well being; reduce risk of osteoporosis; reduce risk of breast and colon cancer; reduce risk of Type 2

diabetes.

The Greenville Track Club races that are part of the challenge are: The Greenville News Run Downtown 5K; Green Valley 8K and 10 mile; Carolina First Reedy River Run 10K and 5K; Furman 5K; Greer Earth Day half marathon and 5K; Spinx RunFest marathon, half marathon and 5K; Red, White and Blue Shoes 5K; Michelin 5K; and Paris Mountain Road Race 20K and 5K.



### FOR MORE INFORMATION

More information on the races that are participating in 2011 The Woodlands at Furman Challenge can be found at: [www.greenvilletrackclub.com](http://www.greenvilletrackclub.com)

To get started on your own walking program, visit the American Heart Association's Start! Program at: [www.heart.org/Start](http://www.heart.org/Start)

For more information on The Woodlands, visit: [www.thewoodlandsatfurman.org](http://www.thewoodlandsatfurman.org) or call 864-371-3100.

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