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“Trot to the Top” 10k/5k Saturday in Atchison

(KAIR) -- Atchison’s “Live Well, Live Atchison” committee will kick-off their plans for health awareness with a 10k and 5k Saturday.

The “Trot to the Top,” done in coordination with the Atchison Family YMCA, will begin at eight in front of the “Y,” then will go south to River View Road.

The 5k will turn around at Green Street while 10k runners will loop the Atchison Hospital before heading north toward Riley, then turning around and back to the YMCA.

Race information is available at 367-4948.

“Live Well, Live Atchison” is an initiative from the Atchison Hospital that began when a study of health rankings had Atchison County ranking last in the state in health behaviors.

The committee was created as an investment in the current and future health of Atchison County in an effort to improve healthy living, youth development and social responsibility.

The Atchison Family YMCA will donate a portion of the proceeds towards the initiative.

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