

Healthy Strides Celebrates 10th Anniversary



The Healthy Strides 5k/10k is celebrating a 10-year “Runiversary” this year as the annual fitness event returns to Burke Lake Park on Saturday, April 30. Race Director Julie Frederickson says, “We are excited to have some new surprises at our 2022 event to commemorate our anniversary.”

The inaugural race was held in 2012 as part of the Park Authority’s Take 12 community wellness program. It quickly became the program’s signature event, which was later renamed to reflect its theme -- Healthy Strides.

Barbara Murillo has been participating in the Fairfax County Park Authority (FCPA) race since the beginning when her daughter was an FCPA intern who helped plan the inaugural run. “I love this event because FCPA does a great job of making this inclusive for everyone, young and old, fast and not so fast, while emphasizing the importance of good nutrition, consistent training and having fun to maintain a healthy life.” Murillo shares a love of running with her daughter and adds, “Now that she’s a mom of a six- year-old and an almost three-year-old, we’ve introduced the third generation to the Healthy Strides race.”

“The race has many loyal participants and has grown throughout the years,” says Frederickson. “Our last event at Burke Lake Park was the largest yet with our maximum of 550 runners. Hosting the event at Burke Lake lets us showcase this beautiful park.” The accessible 5k course goes from Shelter A to the campground and back, giving runners stunning views of the Burke Lake Golf Course. The 10k course offers wonderful water views as it winds around the lake.

Due to COVID-19 concerns, the event was canceled in 2020 and registrants were given the option to defer their registration or receive a refund. The race was held virtually in 2021, and more than 200 participants recorded 1,200+ miles across seven states, raising more than \$1,000 for the Fairfax County Park Foundation’s Trail Building & Care.

“I was thrilled with the success of our virtual event, but I am excited to come together and celebrate our 10-year anniversary in person,” says Frederickson. “Everyone comes as they are and finishes at their own pace. I love to see them cheering for each other as they pass the finish line.”

The Healthy Strides 5k/10k is just one element of the Park Authority’s Healthy Strides program. If you can’t make it to a park, try one of the many Healthy Strides virtual fitness programs. See the calendar of events on the Healthy Strides web page at www.fairfaxcounty.gov/parks/healthy-strides.

For more information about the 5K/10K, visit: www.fairfaxcounty.gov/parks/healthy-strides/10k5k.

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