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FOR IMMEDIATE RELEASE

Something for Everyone at 2026 BWell Saginaw Strides Toward Wellness Event on Saturday, September 26

(SAGINAW) – There's plenty to celebrate at this year's Strides Toward Wellness Event on Saturday, September 26, 2026 – beginning and ending at the Saginaw YMCA. One HUGE milestone is that Saginaw County is no longer ranked #1 in the state of Michigan for obesity.

Saturday's race is the one of many efforts to tackle Saginaw's obesity rate and the chronic health conditions it creates. At this year's event, everyone – from serious athletes to first-time participants to sideline cheerers – can find a way to participate. Registration in [online](#).

The fun starts with at 7:30am with the 10K. The 5K run/walk heads out at 9am, followed by a FREE 3K Turtles & Hares event at 9:30am. More than 600 participants are already registered!

All registered 10K and 5K race/walk participants will receive a professionally timed, USATF-sanctioned event, cinch bag, race bib, BWell finisher medal, race shirt (if selected), finisher photo, beverage koozy, two beverage/food tickets, plus free ice cream, fruit, cider and donuts. Double Challenge for Change participants will receive all the above plus a Double Challenge lanyard slide and long-sleeve shirt (if selected).

Participants of the FREE 3K Turtles & Hares event will receive a cinch bag, race bib, BWell finisher medal and finisher photo plus free ice cream, apples, cider and donuts.

Registration is required for all events.

MORE



Registration information and course routes can be viewed [here](#). Packet pick-up is open at the Saginaw YMCA on Friday, September 25 from 4:00pm to 6:00pm and again on race day from 7am to 9:15am. Participants can reduce packet pick-up wait times and avoid race-day crowds by coming on Friday afternoon.

Both the 5K and 3K courses will take participants through the Saginaw Children's Zoo and past Saginaw's iconic painted silos. In between and after each race, participants may enjoy food and beverages, smile in the 360 photo booth, and talk to area vendors about health and wellness.

Those not participating in the walk/runs are encouraged to come and cheer on friends and neighbors who are working to become healthier. Registration will remain open for all events at <https://digdepraces.com/bwellsaginaw5k> through the morning of the race.

"There something for everyone," says Christina Harrington, MPH, health officer, Saginaw County Health Department. "We would love to see our community come together to embrace better health. The Strides Toward Wellness event series has quickly become one of the most high-energy, affordable, positive things we have to celebrate all that's good in Saginaw."

BWell Saginaw is a community-wide initiative to improve health outcomes throughout the county. The goal is to work collaboratively with COVID-like urgency to make Saginaw County one of Michigan's Top 25 healthiest communities.

BWell Saginaw Race supporters include title sponsor Covenant HealthCare along with Saginaw County Health Department, Great Lakes Bay Health Centers, MyMichigan Health, Saginaw Community Foundation, Michigan Department of Health & Human Services, HealthSource Saginaw, Saginaw County Community Mental Health Authority, Saginaw Valley State University, United Way of Saginaw County, with additional support from Dig Deep Races, GFL, Saginaw YMCA, CMU Medical Education Partners, Saginaw County Parks & Recreation, Team One Credit Union, Baynes, The WorkWear Store, and White Orthodontics.

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