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Sports briefs

HeadNorth Challenge set

HeadNorth Foundation, a local nonprofit that provides support and guidance for people with spinal cord injuries, is getting ready for its second HeadNorth Challenge.

The sports-training program prepares participants for the Silver Strand Half Marathon and 5K Race on Nov. 15.

As part of the program, participants gather donations for the organization to help it provide services and grants to individuals and families. Each participant is asked to raise a minimum of \$250.

Participants can run, walk, bike or hand-cycle the races as a team or individuals. The group is also seeking sponsors.

For information, go to www.headnorth.org/challenge.