

## **Join the 15th Anniversary Celebration of the Strong Kids Duathlon Presented by YMCA Northumberland!**

**NORTHUMBERLAND, August 2, 2023** - Get ready for fun with your whole family at the 15th Anniversary of the Strong Kids Duathlon on Friday, August 25th, proudly presented by the YMCA Northumberland!

The Strong Kids Duathlon at the Cobourg Waterfront is not just any race; it is an inspiring combination of running and swimming challenges that showcase the spirit of young athletes. This event promises to leave everyone smiling as young participants complete the course around Centennial Pool and Victoria Park with hearts pounding and faces beaming. Friends and family can join in by cheering on these youngsters as they dash across the finish line.

What makes the Strong Kids Duathlon even more special is its unwavering commitment to supporting our communities. This family-friendly, child duathlon raises funds to ensure the YMCA continues its mission of strengthening Northumberland through programs focused on improving health and well-being from the YMCA Strong Communities Campaign. In addition, this year, they will be channeling dollars raised more specifically into teaching kids to swim and training lifeguards.

"The Strong Kids Duathlon is not just an event but a showcase of courage and camaraderie to inspire us all," says Jessica Fraser-Thomas, YMCA Northumberland Board Director. "As a lakeside community, we have chosen to direct a portion of the proceeds raised this year to where there is real need; ensuring kids are safe in the water through swimming lessons and lifeguards. We invite everyone to join us at this event as we unite to make a difference in the lives of many."

The event garners support from Northumberland families and businesses, all coming together for the community. We would like to thank the support of myFM 93.3, Port Hope Sports & Rehabilitation Centre, Realty Executives Pentel Ltd. Brokerage, Kay & McCourt Barristers and Solicitors, Linmac, PJ's Custom Outfitting, Shari Renton Realtor, SMM Law Professional Corporation, Cameco, Mill Valley Trophies Ltd, Lauria Auto Group, Vandermeer Toyota and Lakeland Multi-Trade.

So, lace up your sneakers, put on your cheer gear, and be a part of this celebration! The Strong Kids Duathlon promises to be an unforgettable event. Whether you are participating in the race or cheering from the sidelines, your presence will help make a positive impact on our community.

For more information and to register visit [ymcant.org/duathlon](https://ymcant.org/duathlon)

The starting line awaits on Friday, August 25 at Centennial Pool and Victoria Park. Check-in opens at 5pm and races begin at 5:45pm. Registration is \$15 per child. Any child aged 3 to 15 can participate.



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YMCA Northumberland  
MEDIA RELEASE  
For Immediate Release – August 2023

**About YMCA Northumberland:** The YMCA Northumberland is a community-based organization dedicated to strengthening communities through youth development, healthy living, and social responsibility programs. With a steadfast commitment to making a positive impact, YMCA Northumberland continues to be a driving force in promoting well-being and fostering a sense of unity among residents of Northumberland County. As a charity, YMCA Northumberland provides vital community services that have a positive impact on pressing social issues—from chronic disease to unemployment, social isolation, poverty, inequality and more. The Strong Community Campaign helps countless children, teens, adults, and seniors in the community.

YMCA Canada is one of the longest standing and largest charities nationally, with a presence in Canada since 1851 and now serving more than 2.1 million people annually across 1,700 program locations.

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