

Excitement Builds for the Strong Kids Duathlon on August 22, 2024

Cobourg, Ontario - Get ready for an inspiring evening of athletic excitement at the 16th Anniversary of the Strong Kids Duathlon on Thursday, August 22, proudly presented by YMCA Northumberland.

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

What makes this child-friendly duathlon even more special is its commitment to raising funds for YMCA Northumberland's Mothers of Newborns program. This free program empowers new mothers to stay active, build vital connections, and create a strong support network during their baby's critical first year. Since 2017, it has positively impacted over 1,800 mothers, providing essential tools for health and wellness. Each donation helps continue this life-changing support for more families in the future.

"We are thrilled to host the Strong Kids Duathlon and provide a platform for our young athletes to shine," said Eunice Kirkpatrick, CEO of YMCA Northumberland. "This event is about encouraging kids to stay active, build confidence, and, most importantly, have fun. We are committed to ensuring that every child feels like a champion while also raising vital funds for our program. The support from our community has been wonderful, and it's heartwarming to see everyone come together to make this event so special."

In keeping with the spirit of inclusivity and celebration, every participant will receive a medal, recognizing their effort and achievement. This result ensures that all children leave the event with a sense of accomplishment and pride, regardless of their performance.

The event garners support from many Northumberland families and businesses. Thanks go out to current sponsors and partners: myFM 93.3, Kay & McCourt Barristers and Solicitors, Cameco, Lauria Auto Group, PJ's Custom Outfitting, Moore's Orchards, Vandermeer Toyota, and Lakeland Multitrade. For interested businesses, there are still a few sponsorship spots left.

So, lace up your sneakers, wear your cheer gear, and get ready for the Strong Kids Duathlon. Whether you are participating in the race, volunteering or cheering from the sidelines, your presence will help positively impact our community.

For more information and to register, please visit: ymcanrt.org/duathlon2024/

The starting line awaits on Thursday, August 22, at Centennial Pool and Victoria Park. Check-in opens at 5 pm, and races begin at 5:45 pm. Registration is \$15 per child. Any child aged 3 to 15 can participate. Keepsake towels are available to purchase for \$15/towel.

For more information, please contact:

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ABOUT YMCA NORTHUMBERLAND

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.