

Record-breaking enthusiasm at the Strong Kids Duathlon on August 22, 2024!

Cobourg, Ontario – The 16th Annual Strong Kids Duathlon, presented by YMCA Northumberland, was a resounding success, igniting the spirit of young athletes and the Cobourg community on Thursday, August 22. Held at the picturesque Cobourg Waterfront, this year's event brought together 100 children from across the region for an action-packed evening filled with running, swimming, and endless smiles.

With the sun setting over Centennial Pool and Victoria Park, participants aged 3 to 15 dashed, swam and crossed the finish line to the cheers of family, friends, and community members. The Duathlon, a combination of running and swimming, celebrated the energy and determination of youth athletes as they raced through the scenic course. Each child received a medal, symbolizing their hard work, perseverance, and participation.

But the true victory lay in the event's deeper purpose – raising funds for YMCA Northumberland's Mothers of Newborns program. Since 2017, this initiative has touched the lives of over 1,800 new mothers, offering a supportive space for health and wellness during the crucial first year of motherhood. Thanks to the generosity of attendees and sponsors, more than \$5,000 in vital funds were raised to ensure that the program can continue to benefit even more families in the future.

"We couldn't be more thrilled with this year's turnout," said Eunice Kirkpatrick, CEO of YMCA Northumberland. "The enthusiasm from both the kids and the community was incredible. This event is all about building confidence, fostering a love of physical activity, and bringing people together. The support we've received for the Mothers of Newborns program shows just how much our community cares."

The event was made possible by the overwhelming support of donors, sponsors and partners, including myFM 93.3, Kay & McCourt Barristers and Solicitors, RBC Commercial & RBC Dominion Securities, Kawartha-Lakeshore, Cameco, Lauria Auto Group, Part-time CFO Services, Moore's Orchards, McDonald's, PJ's Custom Outfitting and our community partners, Vandermeer Toyota, LINMAC, Lakeland Multitrade and SMM Law Professional Corporation. Their contributions ensured that the duathlon was a memorable and impactful experience for all.

The sense of community, joy, and achievement that filled the air made the 2024 Strong Kids Duathlon one for the books, inspiring young athletes and their families alike.

For more information about the Mothers of Newborns program, please visit <https://ymcanrt.org/activities/mothers-of-newborns-program/>

And to view photos and more results, please visit: ymcanrt.org/duathlon2024/

For more information, please contact:

Kathryn Harrison, Manager, Marketing Communications & Media Relations, YMCA Northumberland, 905.376.0293 / kathryn.harrison@nrt.ymca.ca

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.

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