

Excitement builds for YMCA Northumberland's Strong Kids Duathlon on August 21, 2025

Cobourg, Ontario – Anticipation is mounting for the 17th Anniversary of the Strong Kids Duathlon, set for Thursday, August 21, 2025, at Cobourg's scenic waterfront and proudly presented by YMCA Northumberland. The Strong Kids Duathlon is a lively event that celebrates young athletes, featuring a swimming and running challenge at Centennial Pool and Victoria Park. Friends, families, and the community are welcome to cheer on participants as they finish, creating an atmosphere filled with encouragement and joy.

This family-friendly duathlon raises funds for YMCA Northumberland's Mothers of Newborns program, a free initiative supporting new mothers with opportunities to remain active, connect, and build lasting support networks throughout their child's first year. Since 2017, the program has helped over 2,000 mothers by providing essential wellness resources. Every donation extends life-changing support to more local families.

"We are so proud to celebrate 17 years of the Strong Kids Duathlon," said Eunice Kirkpatrick, President & Chief Executive Officer, YMCA Northumberland. "Each year, this event reminds us of the amazing spirit of our youth and how much fun it is to overcome challenges together. The Duathlon isn't just about sport—it's about connecting families, fostering friendships, and supporting new moms in our community. I'm inspired by our participants and deeply grateful for the generosity that fuels our Mothers of Newborns program. Let's make this anniversary our most memorable yet!"

All participants will be awarded a medal to celebrate their effort and achievement, ensuring every child finishes the event with pride and a sense of accomplishment, regardless of race outcome.

The event receives strong support from Northumberland families and generous local businesses. Special thanks go to our sponsors and partners: myFM 93.3, Kay & McCourt Barristers and Solicitors, Part-Time CFO Services, Vandermeer Toyota, LINMAC, SMM Law Professional Corporation, PJs Custom Outfitters and Moore's Orchards.

Some sponsorship opportunities remain for businesses wishing to support this uplifting community event. Please reach out to Zoey Read at zoey.read@nrt.ymca.ca

Mark your calendars, gather your team spirit, and get ready for a fantastic evening at the Strong Kids Duathlon. Whether racing or cheering on the sidelines, your participation helps strengthen our community.

The starting line awaits on **Thursday, August 21**, at Centennial Pool and Victoria Park. Check-in opens at 5:00 PM; races start at 5:45 PM. Registration is \$17 per child (+processing fees), and all children ages 3 to 15 are welcome.

For registration and event details, please visit <https://ymcanrt.org/duathlon2025/>

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.