

Inspiring 17th Strong Kids Duathlon in support of YMCA Northumberland

Cobourg, ON – August 29, 2025 – The sun has set on another unforgettable Strong Kids Duathlon, as the 17th annual event—presented by YMCA Northumberland on August 21—once again proved to be a celebration of community spirit, youth energy, and generosity. With the golden evening light shimmering over Cobourg’s waterfront, hundreds of young athletes, families, and supporters gathered for an evening of fun, fitness, and purpose.

Children aged 3 to 15 filled Centennial Pool and Victoria Park with joy and determination, swimming, running and racing toward the finish line to the cheers of parents, friends, and community members. Each participant was awarded a medal—a shining symbol of their effort, resilience, and active spirit.

While the duathlon brimmed with youthful excitement, its deepest impact was felt through its greater mission: raising funds for YMCA Northumberland’s Mothers of Newborns program. Since its creation in 2017, the program has supported more than 2,000 mothers in their first year of parenthood—offering a safe and encouraging space for health, wellness, and community connection. This year’s event proudly raised approximately \$6,700, ensuring the program can continue to uplift even more local families in the years ahead.

“We are incredibly proud of the 17th Strong Kids Duathlon,” shared Eunice Kirkpatrick, CEO of YMCA Northumberland. “The energy and passion of our young participants is truly inspiring, and the support for our Mothers of Newborns program demonstrates once again how much our community cares. This event is about more than fun and fitness—it’s about building confidence, connection, and a brighter future together.”

The continued success of the Strong Kids Duathlon would not be possible without the generosity of sponsors and community partners. YMCA Northumberland extends heartfelt thanks to myFM 93.3, Kay & McCourt Barristers and Solicitors, RBC Commercial & RBC Dominion Securities, Kawartha-Lakeshore, Part-time CFO Services, Domino’s, Moore’s Orchards, McDonald’s, Vandermeer Toyota, Linmac, SMM Law Professional Corporation plus our dedicated team of enthusiastic volunteers who all helped bring this event to life.

With another successful year now behind us, the spirit of the duathlon continues to shine brightly, empowering young athletes and bringing families across Northumberland closer together. To view the photo gallery from the event, please visit <https://raceroster.com/events/2025/108362/ymca-strong-kids-duathlon>

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

For more information, please contact:

Kathryn Harrison, Director, Marketing & Philanthropy,
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.

