

YMCA Strong Kids Duathlon Expands to Two Locations for 18th Anniversary!

COBOURG, ON – For the first time in its 18-year history, YMCA Northumberland's Strong Kids Duathlon is expanding to two different locations and dates this August. This expansion means more local children and youth than ever can participate in this high-energy, feel-good community event. The dual-town celebration kicks off in Campbellford at the Campbellford Y on Thursday, August 13, before moving to the Cobourg Waterfront and Centennial Pool the following week on Thursday, August 20.

The Strong Kids Duathlon is a lively, family-friendly event that celebrates young athletes through a swimming and running challenge. Friends, families, and neighbors are invited to cheer on participants as they cross the finish line, creating an atmosphere filled with community pride, encouragement, and joy. Every participant will be awarded a ribbon to celebrate their effort, ensuring all children finish with a sense of pride. No other awards are given.

This year's event has set an ambitious, expanded fundraising goal of \$10,000—doubling last year's \$5,000 goal—to fund two vital YMCA Northumberland community projects:

The Mothers of Newborns Program: This free, invaluable initiative gives local mothers and their babies a safe, supportive path to health, wellness, and connection during that critical first year. Currently serving over 60% of all new moms in Northumberland, the program has supported more than 2,500 mothers and infants since 2017.

Essential Camp Initiatives: Camp programming and infrastructure expansions are needed, including building an outdoor pavilion at the Campbellford Y, to ensure more children have a safe environment to build confidence and thrive.

"There is an incredible energy that the Strong Kids Duathlon brings out in all of us, and expanding to two dates and two locations means we get to double that joy this August," said Eunice Kirkpatrick, President & Chief Executive Officer, YMCA Northumberland. "Doubling our fundraising target to \$10,000 is a big leap, but it matches the growing event and more importantly, growing needs in Northumberland. Whether it's giving a newborn a healthy start or building more space for campers to thrive in, the funds raised here change local lives."

The event is made possible through the proud support of Northumberland families, our team of enthusiastic volunteers and our generous local businesses, including: **Presenting Sponsor:** Bin-It / Cut-in, **Pool Sponsor:** Behan Construction, **Run Sponsor:** Kay & McCourt Barristers and Solicitors, **Friend Sponsor:** Part-time CFO Services, **Community Partners:** Vandermeer Toyota, LINMAC, SMM Law Professional Corporation, and Pentel Realty Executives

Select sponsorship opportunities remain for businesses wishing to invest in this uplifting community tradition. Interested parties are encouraged to reach out to Zoey Read at zoey.read@ymca.nrt.ca.

Whether racing, volunteering or cheering from the sidelines, your participation helps build a stronger and brighter Northumberland. And we shine brighter together!

Check-in for both event dates opens at 5:00 PM, with races officially starting at 5:45 PM. Registration is \$18 per child, open to all youth ages 3 to 15. To register, volunteer, or learn more, please visit: <https://ymcanrt.org/duathlon2026/>

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 ignite the potential of 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.