

Expanded 18th Strong Kids Duathlon blasts through Northumberland and fundraising goal!

Cobourg, ON – September 3, 2026 – As summer comes to a close, YMCA Northumberland is celebrating a record-breaking outcome for its 18th Annual Strong Kids Duathlon! Expanded this year across two locations and dates (Campbellford on August 13th & Cobourg on August 20th) the dual-event brought together community spirit, youth energy, and generosity. Both evenings enjoyed warm golden light while 140 young athletes, families, and supporters gathered for fun, fitness, and purpose. YMCA Northumberland officially blasted past its fundraising goal of \$10K, to raise an impressive \$12,800 and double the impact from 2025.

Children swam and ran their way to the finish line at the Sunny Life Recreation & Wellness Centre, Campbellford Y Pool, Centennial Pool, and Victoria Park. Fueled by the cheers of friends, parents, and volunteers, each young participant earned a custom finisher's ribbon as a special reminder of their effort and active spirit.

While the duathlon brimmed with youthful excitement, beyond the finish line, every dollar raised supports the expanding needs of two vital YMCA Northumberland initiatives.

- **The Mothers of Newborns Program:** This free, invaluable program currently serves over 60% of Northumberland moms, offering wellness programs for mothers, enrichment for baby and critical connection for both!
- **Essential Camp Initiatives:** Funds directly support camp infrastructure and capacity expansions, ensuring more local children have access to safe, empowering spaces to build confidence and lifelong friendships.

"Every child who participates in the Strong Kids Duathlon is a winner," reflected Eunice Kirkpatrick, President & CEO, YMCA Northumberland. "We are so grateful for our team of volunteers and our two Race Directors, Rod Simpson and Jessica Fraser-Thomas, for their commitment and outstanding leadership. Hosting across two locations demanded extra dedication and the results speak for themselves; surpassing our ambitious fundraising goal while welcoming more kids than ever to take part and enjoy the fun and fitness together."

In addition to our large team of amazing volunteers, we were thrilled to welcome professional soccer player, Jay Chapman, to join us at our Campbellford event and share some inspiring words with the kids. We also owe a huge thanks to the generosity of donors, sponsors and community partners. These include **Presenting Sponsor:** Bin-It / Cut-in, **Pool Sponsor:** Behan Construction, **Run Sponsor:** Kay & McCourt Barristers and Solicitors, **Water Station:** Just in Time Sanitation, **Friend Sponsor:** Cameco, Part-time CFO Services, Arthur's Pub/Best Western Plus, **Community Partners:** Vandermeer Toyota, LINMAC, SMM Law Professional Corporation, and Pentel Realty Executives and **In-Kind Sponsors:** myFM 93.3, Domino's Pizza, Moore's Orchards, Rotary Club of Campbellford & Sharpe's Food Mart.

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 results as well as our photo galleries from each of the events, please visit 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 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.