



NEWS RELEASE

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For Immediate Release

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YMCA Frigid 5K

Warsaw, IN – The **Kosciusko Community YMCA** will be hosting its annual Frigid 5K Road Race on New Years Day. Runners will start the race across the street from the YMCA, run through Winona Lake and finish across the street from the YMCA. This event is a great way to start the New Year.

Race day registration, packet pickup and warm-ups will be inside the YMCA starting at 11:30 a.m. January 1, 2010. The race will start at 1:00 p.m. Medals will be presented to the overall male and female runner and to male and female age group winners following the race. Chili will also be served.

Stop by one of the three branches of the YMCA to register. Registration is also available online at www.kcymca.org.

The Kosciusko Community YMCA, a not for profit organization, provides community based programs that build healthy spirit, mind and body for all of Kosciusko County. All the efforts and offerings of the YMCA are guided by the core values of caring, honesty, respect and responsibility. The Kosciusko Community YMCA does not deny any youth, adult, or family membership or participation based on their inability to pay. Need-based scholarships are available.

We Build Strong Kids, Strong Families and Strong Communities.