



NEWS RELEASE

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For Immediate Release

Contact:

Summer Zimmer
1401 East Smith Street
Warsaw, Indiana 46580
(574) 269-9622 x34

YMCA offers a Half Marathon Running Club

Warsaw, Indiana- **The Kosciusko Community YMCA** is offering a program to help runners build up to running their first Half Marathon. The YMCA 13.1 Running Club will guide participants through a 13 week program that includes weekly training sessions, a mileage plan, and a strength training program. Also learn about interval training, nutrition, hydration, attire, stretching and cross training. After the Running Club program participants will be ready to run the YMCA's Fall Half Marathon on October 9th.

The Running Club starts on July 13th with registration ending July 2nd. Runs will take place on Tuesday and Thursday at 6:00 p.m. and Saturdays at 7:00 a.m. The Running Club is for participants 15 years old and up. Register now online at www.kcymca.org or at any one of our three YMCA branches. Call Tonya Welsh or Stacy Thomas at 269-9622 with any questions.

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. Within our available resources, every effort will be made to accommodate all who wish to participate in YMCA programs and services. Supported in part through contributions to the Strong Kids Campaign, the YMCA provides membership and program assistance through need-based scholarships.

We Build Strong Kids, Strong Families and Strong Communities.