



NEWS RELEASE

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For Immediate Release

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Spooktacular 5K and Gobble Gobble Indoor Tri

Warsaw, Indiana – **The Kosciusko Community YMCA** will be hosting a Spooktacular Run/Walk 5K on Saturday, October 31st at 9:00 a.m. The race will start and finish across the street from the YMCA, 1401 E. Smith Street. Pre-register at any of our three YMCA branches or online at www.kcymca.org. Race day registrations will be accepted inside the YMCA from 7:00 a.m. to 8:45 a.m. Age group awards will be given out at an awards ceremony following the race. All ages welcome.

The YMCA will also be hosting an indoor triathlon with two divisions on November 1st at 1:00 p.m. Division 1 participants will swim 15 minutes, bike 15 minutes, and run 15 minutes. Division 2 participants will swim 15 minutes, bike 30 minutes, and run 30 minutes. Relay teams of two or three members will also be accepted. The swim will take place in the main pool, the bike will be in the indoor group cycling room, and the run will be on the treadmills in the fitness center. Total distance will be calculated for each event. Performance is measured by total distance covered in the time allowed. There will be awards for male/female age divisions and relays. This race is for those 13 years old and up.

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.

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