



## **NEWS RELEASE**

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For Immediate Release

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### **YMCA offers a Spring Running Club**

Warsaw, Indiana- **The Kosciusko Community YMCA** is offering a program to help beginners learn to run their first 5K. The YMCA Spring Running Club will guide participants through a 10 week program that includes weekly training sessions, a mileage plan, guest speakers, and a strength training program. It's perfect for those who have always wanted to run but don't know how to start. After the Running Club program participants will run the YMCA's Rockin' Road Runner 5K on May 30<sup>th</sup>.

The Running Club starts on March 23<sup>rd</sup> with registration ending March 18<sup>th</sup>. The Running Club is for participants 12 years old and up. Register now online at [www.kcymca.org](http://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. 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.**