



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DO MORE BE MORE



**Whelan's Marina
5K at Warsaw Fest
RICHMOND COUNTY FAMILY YMCA**

YMCA 5K Training Team
Starts Saturday September 4, 9:00 am

Whether you want to RUN, WALK, or JOG, the Whelan's Marina 5K at Warsaw Fest is for people of ALL ages! The training team starts on Saturday, Sept. 4 at 9:00 a.m. for 5 weeks until race day on Saturday, Oct. 9.

All interested participants are invited to an informational meeting Sept. 2nd at 6:45 pm at the Richmond County YMCA.
Fee for training team:

YMCA members \$15, others \$22. (Registration deadline is Sept. 1)
Includes 10 cross-training sessions, training guide, Saturday morning workouts with coaches, and a nutrition seminar with Dr. Richard Honey.

Call Barbie (804) 333-4117 for more info.

*Whelan's
Marina*