



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN
YMCA**
2705 Techny Road
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www.nsymca.org

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FOR IMMEDIATE RELEASE

North Suburban YMCA to Host Healthy Kids Day 5K Run/Walk on April 27

Northbrook, IL: March 2019 – The North Suburban YMCA will hold its second annual 5K Run/Walk at 8:00 a.m. on Saturday, April 27th to celebrate Healthy Kids Day, the YMCA's national initiative to improve the health and well-being of kids. In addition to the race, located at the Y at 2705 Techny Road in Northbrook, the event includes vendors, music, snacks, crafts, and a bounce house.

The community is invited to run or walk the 5K course, and participants may register as an individual or as a team. A "Fun Run" will be held for children age 10 and under, as well as for seniors over 65 years old, and for kids with special needs. Prizes will be given to the overall finishers in youth age groups 19 and under and adults age 20+, and awards will be presented at the post-race awards ceremony.

Registration forms are available at the North Suburban YMCA, or online at www.nsymca.org/hkd2019. Check in and last-minute registration will begin at 7:00 a.m. For those who register in advance, packet pick-up is available at the Y on Friday, April 26th from 8:00 a.m. – 8:00 p.m.

"The Y is committed to promoting youth development and healthy living in a fun way. Our 5K and Fun Run are a great way for the whole family to participate and support the Y," notes Kathy Fielding, NSYMCA Senior Vice President of Membership Engagement.

Volunteers and sponsors for the event are welcome. Healthy Kids Day sponsors include: Northwestern Medicine, Buffalo Wild Wings, Whitehall of Deerfield, First Bank of Highland Park, Waterway Carwash and FGK Service; vendors include: Waterway Carwash, ChiroOne, Heal N Cure, Sports + Ortho, Buffalo Wild Wings, and Gogo Squeeze. Call 847-272-7250 or visit www.nsymca.org for more information.

About the [North Suburban YMCA](http://www.nsymca.org)

Celebrating its 50th Anniversary in 2018/19, the North Suburban YMCA provides individuals in Northbrook and 15 surrounding communities with programs and tools that help them become healthier, more connected, and confident, ensuring that everyone, regardless of age, income, or background, has the opportunity to learn, grow, and thrive. The NSYMCA focuses on Youth Development, Healthy Living,

and Social Responsibility and is a charitable organization, inclusive and welcoming to all in our community. Learn more at NSYMCA.org.



Caption: Get spring off to an active start for your family with the North Suburban YMCA's Healthy Kids Day 5K Run/Walk on Saturday, April 27th.