



# RUN • WALK FOR THE Y

JOIN US FOR A VIRTUAL WALK!

August 14-16th

\$25 • Individual | \$50 • Family



**RUN THE DISTANCE ANYWHERE!** In your neighborhood, at the beach, on a treadmill or at a nearby park. Runners and walkers of all ages and abilities are welcome to participate in the Family Fun Run 3k or the more competitive 5k.

You will have the weekend of August 15th. **All proceeds** from the race will benefit the Southcoast YMCA's annual campaign which **provides financial assistance for memberships and programs to local children and families in need.**

Your support helps guarantee that everyone—regardless of their circumstances or ability to pay—can belong to the Y.

**LACE UP YOUR SHOES FOR A GREAT CAUSE!**

## HOW TO REGISTER:

- [p2p.onecause.com/ymcasouthcoast5k](https://p2p.onecause.com/ymcasouthcoast5k)
- Visit your home branch welcome center
- E-mail Jenn Feeney

**Can't make the run this year?  
BECOME A SPONSOR!**



**#RUNFORTHEY**

\*Free Nutritional Counseling session, free one on one personal training session, free 6-month membership and more!

**CONTACT • Jenn Feeney • [jfeeney@ymcasc.org](mailto:jfeeney@ymcasc.org) • [YMCASOUTHCOAST.ORG](https://ymcasouthcoast.org)**