

## **Twenty Years of Service**

For twenty years, the Capital District YMCA has been improving the lives of those who walk through our doors. With the ability to serve such a large and diverse population, we are uniquely positioned to positively address the growing health crisis in this country.

With this in mind, we set about ways to help get people moving. What better way to begin than with a 5K race series? This offers a wonderful opportunity for the Capital District YMCA to fulfill its mission: to build strong kids, strong families, and strong communities.

In one form or another, we've been holding 5K events for twenty years. However, not until four years ago did we consider combining these events into a series. At first, combining six distinctly different events with different identities seemed daunting. The answer was to focus on our common goal: to help people become happier, healthier, and more active.

## **2010 5K Race Series Chair: Dr. Tim Maggs**

Four years later, despite the challenges we've faced and mistakes we've made, we remain committed to our goal of helping people become more active and healthy. Because of our commitment, Dr. Tim Maggs of *Structural Management*, a capital region chiropractic office and long-time force in the running world, has agreed to be the volunteer chair for our 2010 5K Series. Drawing on Dr. Maggs' wealth of knowledge and experience, and our dedicated staff, we fully expect this race series to positively impact the Capital District, as it continues to grow.

We believe our 2010 5K Series will be our best yet. Once again, we will work with *Race With Us Inc.* race services, who've been a tremendous resource for us, helping to ensure that each event offers the quality experience our participants expect and deserve. Our courses have been re-designed, re-formatted, and verified for accuracy. And, we've added a separate 3K walking course and a 1 mile kids fun run course to help ensure that all who wish to participate can.

## **Helping Those In Need**

Every dollar raised by these events goes directly to our *Reach Out For Youth* scholarship program. This Capital District YMCA program allows us to provide programs and services to those in need throughout our community. Last year this fund helped **30,000 families** across the Capital District; we helped **533 kids** attend summer camp and **800 kids** attend after-school programs.

With events scheduled from early May through early November, you're sure to find one that best fits your needs and interests. It is our sincere hope that as we continue this effort and our events continue to improve and grow, we will reach ever more lives, and do our part to help address the growing health crisis in this country.

**Please Join Us!**

Here's your chance to get active and *help support a great cause* at the same time. The 2010 Capital District YMCA Race Series events are as follows:

May 1            Washington Park 5K Run/Walk  
July 17         Schenectady/Glenville 5K Run/Walk  
August 17      Southern Saratoga 5K Run/Walk  
September 11  Brenda Deer Memorial Run/Walk  
October 30     Monster Madness Dash 5K Run/Walk  
November 7    Greenbush Area 5K Run/Walk

**For more information** about our 5K race series, please visit our website today at [www.CDYMCA.org](http://www.CDYMCA.org), or call 518.869.3500.