



NATIONAL CAPITAL REGION YMCA-YWCA

STRENGTHENING
the **HEART** of our
COMMUNITY

CAPITAL CAMPAIGN

Become a Y Trailblazer...

Join us as part of the Ottawa Race Weekend, May 29 – 30, 2010
Help raise \$100,000 to help fight childhood obesity and build our
new Y Kids Zones!

Part of the Y's Capital Campaign "Strengthening the Heart of Our Community," the Y Ascent for Kids is all about raising children's activity levels, and building a healthy and active community.

The new Kids Zones will provide dedicated space near to existing fitness space where kids can:

1. Move their bodies;
2. Participate in programs;
3. Learn about nutrition;
4. Get fit and have fun!

Register as an individual or a team!

Benefits of joining:

- ✓ Race fees refunded when you raise \$1000 in pledges by May 30, 2010!
- ✓ Prizes for top individual and team fundraisers including a FREE one-year Y membership!
- ✓ FREE 8-week Y Training Group for runners (5k and 10 k runs)
- ✓ FREE personalized Training Calendar
- ✓ FREE race Y shirt

New to running? The Y can help!

All runners will be eligible to participate in an 8-week Y Training Group put on by the Metro Central Y Regional Director, Rob Adams. An Ironman Triathlete, Rob will be our coach for the group, and will develop a series of training calendars ideal for runners of all abilities.

While this program will focus on helping people train for the 5k and 10 k runs, anyone can join, even walkers! No matter what race you want to participate in, you will learn all the ins and outs about running: how to protect your body, manage the distance, and still have fun.

When: Starting Tuesday, April 6, 2010, 6:00 pm. Come and pick up your run kit and personalized training guide. Run on your own every Tuesday, Thursday, Saturday and Sunday – with a mandatory group run every other Tuesday starting at Metro Central Y, 180 Argyle Ave., meet in the Georgian Room on the 2nd floor

Where: Metro Central Y, 180 Argyle Ave., meet in the Georgian Room on the 2nd floor

What to bring: Good running shoes, workout clothes, water and lots of energy!

Prize draws, motivational speakers and fundraising tips round out these sessions, so c'mon down and join us!

Not a runner...?

There are two ways to be involved:

1. Be a Y Virtual Trailblazer – don't run but raise money anyway!
2. Be a Y Volunteer – we're looking for people to help staff a Y Water station and a Y Cheering station. Join us to help!

For more information visit www.yascentforkids.ca or email us at yascentforkids@nationalcapitalregionymca-ywca.ca today!