



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN
YMCA**
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FOR IMMEDIATE RELEASE

**NSYMCA Hosts Annual Healthy Kids (and Dogs)
5K Run/Walk on May 13**

Northbrook, IL: May 2023 – In celebration of Healthy Kids Day, the YMCA’s national initiative to improve the health and well-being of kids and families, the North Suburban YMCA will hold its sixth annual 5K Run/Walk on Saturday, May 13. The 5K race will start and finish at the Y located at 2705 Techny Road in Northbrook.

Joining the event this year will be Congressman Brad Schneider, who represents Illinois's 10th District in the United States House of Representatives. Schneider will be the Y’s official race announcer this year and has regularly attended the Y’s events for years.

Healthy Kids Day is the Y’s largest single-day event promoting the health and well-being of kids and families. In their second year, the 2023 5K Run/Walk welcomes leashed dogs to attend. “There is no age requirement for this race and in previous years we have had participants in their 80s to as young as infants in strollers,” said Megan Vasquez, Senior Director of Wellness. “We encourage everyone to make Healthy Kids Day a family activity by including children, parents, grandkids, grandparents, and pets, which was a big draw last year.”

“The Y is all about making fitness fun and accessible for everyone at any age or ability. We are also excited to have people walk their dogs during the race so we can keep all our furry ones active and healthy. Our mission is to offer our community the most rewarding activities that

inspire kids and their families with routines that support their mental and physical health and well being,” said the North Suburban YMCA’s CEO Kathy Fielding.

The 2023 Healthy Kids Day title sponsors this year include Allstate, The Daily Herald, Illinois Bone and Joint Institute, Wintrust Community Bank, Sport Clips – Northbrook and Sweetgreen Northbrook. Other sponsors include AA Services, Bach to Rock, Culver’s, The Fuller Force at Baird & Warner, Janzen & Chwa Orthodontics, Mike Rizzo – State Farm Insurance, Restorative Acupuncture & Wellness, Superior Optical & Sunset Foods.

The 5K Run/Walk race starts at 8 am and is professionally timed by J3 Timing and prizes will be awarded to the winners in the 18 and under and 19+ age categories. Registration is available at <https://www.nsymca.org/hkd23> and day of registration is possible as well. The race results will be posted online at www.nsymca.org.

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

The North Suburban YMCA services Northbrook and 14 surrounding communities with programs and tools that help its residents 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](http://www.nsymca.org).



Caption: The 6th Annual North Suburban YMCA Healthy Kids Day 5K Run/Walk will be held on Saturday, May 13.

