



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN
YMCA**

2705 Techny Road
Northbrook, IL 60062
www.nsymca.org

For More Information Contact:

Kim Nyren

knyren@nsymca.org

847-272-7250

FOR IMMEDIATE RELEASE

North Suburban to Host “Healthy Kids Day” 5K Run/Walk on May 11th, Pets Welcome

Northbrook, IL: April 2024 – 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 7th annual 5K Run/Walk on Saturday, May 11 starting at 8:00am. The 5K race will start and finish at the Y located at 2705 Techny Road in Northbrook.

Healthy Kids Day is the Y’s largest single-day event promoting the health and well-being of kids and families. The 2024 5K Run/Walk has no age minimum or maximum for participants, and leashed dogs are welcome to attend. Community members are encouraged to make Healthy Kids Day a family activity by including their children, parents, grandkids, grandparents, and pets.

“The Y is all about making fitness fun and accessible for everyone at any age or ability,” said Kathy Fielding, North Suburban YMCA’s CEO. “We are also excited to have people walk their dogs during the race so we can keep all our loved 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 wellbeing,” continued Fielding.

The 2024 Healthy Kids Day sponsors include Allstate Insurance Company, Bach to Rock-Northbrook, Illinois Bone and Joint Institute, Sunset Foods, Waterway Carwash and Wintrust Community Bank.

The 5K Run/Walk race which starts at 8am is professionally timed by J3 Timing and awards will be given to the winners in the 18 and under and 19+ age categories. The race results will be posted online at www.nsymca.org. Recommended runner check-in should be between 7:30-7:45am. All runners will receive a run map and if you registered before April 30th, you will also receive a t-shirt.

For complete details, including the timed race categories, [CLICK HERE](#) or [2024 Healthy Kids Day 5K | North Suburban YMCA \(nsymca.org\)](#) or call 847-272-7250.

Entry fees start at \$25 for under 18, \$30 for over 19+ or \$75 for a family of four. All proceeds from the 5K event will help with financial assistance for families and future improvements at the NSYMCA.

About the North Suburban YMCA

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.



Caption: The NSYMCA 5K Run/Walk is scheduled for Saturday, May 11th and leashed pets are welcome. For information visit www.nsymca.org.