



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOR IMMEDIATE RELEASE

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Contact:

Beth DeVivo
New Castle Community YMCA
724.658.4766, ext. 14
bdevivo@ncymca.org

Phil Fitts Ford presents the YMCA T-Day 5K Run/Walk

NEW CASTLE, Pa – The New Castle Community YMCA will once again host its annual T-Day 5K Run/Walk on Thanksgiving Day, November 26, 2015, to benefit the Y's youth scholarship fund. Presented by Phil Fitts Ford & Lincoln, this event – now in its 7th year - gives families a chance to enjoy fellowship and friendly competition together before gathering at the table to give thanks.

About the Race

The T-Day 5K is open to people of all ages. "Runners, walkers and their families are invited to participate," said Y-Zone Branch Executive and race coordinator Jason Kmick. "Wheelchairs, strollers, even pets on leashes are welcome."

"As a business owner here in New Castle, I find it very important to support our community," said Phil Fitts, the race sponsor of note. "Sponsoring the Y's annual T-Day 5k Run/Walk is a great way to give back to the community that supports Phil Fitts Ford and bring people together on the holidays for a fun, health-minded event."

The race will feature a live DJ, refreshments and an awards ceremony after the race. The top male and female overall finishers and the top three finishers in each age group will receive a medal. Age groups are: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79 and 80+.

"We expect to see at least 400 participants with their families on Thanksgiving morning," Kmick said.

Registration begins at 7:30 a.m. inside the YMCA gymnasium. Race packets will be distributed and t-shirts will be available while supplies last. The gym will also be open for participants to warm up before the race.

The race starts at 9 a.m. in front of the Downtown YMCA and the course winds through downtown New Castle. Registration forms and course maps are available at www.ncymca.org. Registration is \$25/person; race day registrations will be accepted.

According to Kmick, "The T-Day 5K supports the Y's Youth Scholarship Fund, which provides financial assistance to neighbors in crisis. We don't turn anyone away from the Y because of inability to pay for membership or programs. Most often youth and families are referred to us by teachers, counselors and principals, but anyone can apply for financial assistance."

About the Y

At the Y, we strengthen our community through youth development, healthy living and social responsibility. We engage 6,000 men, women and children – regardless of age, income or background – to nurture the potential of children and teens, improve the county’s health and well-being, and provide opportunities to give back and support neighbors. Rooted in the Lawrence County community for 145 years, the Y has the long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change. Learn more at www.ncymca.org.

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