

Questions & Answers:

Who can participate in the Y26.2: ANY child in Kindergarten through fifth grade can participate in the Y26.2 marathon training program, whether they are in public school, private school, or home school. Children with disabilities are also welcome to participate. Contact your PE teacher about joining. Additional Contact information is below:

How much does it cost? This program is free through the Kingston YMCA. Donations are always appreciated, though!

When do we train? Training will start on January 5th, 2008 at 8:30am and will end around 9:30am. Training will take place at the Kingston YMCA. The Staff of the YMCA and Parisi Speed School will work each week to teach your children how properly stretch and ease into a running program. Each week during training, you will run 1 mile and log that mile on your log sheet. Sometime during the week, you will run a mile in addition to your mile on Saturdays. By race day on April 19th 2008, you should have logged 25.2 miles. Your last "marathon mile" will be completed on race day!

Who can I contact for more information?: Tamme Stitt at KidsClasic@ymcaulster.org or Justin Ihne at jihne@ymcaulster.org may be contacted at any time.

YMCA Y26.2
507 Broadway
Kingston, NY 12401
845-338-3810
Address Correction Required



The YMCA Y26.2 Running Program



YMCA

We build strong kids,
strong families, strong communities.

Phone:
845-338-3810

Web site:

www.YMCAUlster.org

www.myspace.com/y262



