



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**REGISTER
TODAY!**

GREENE COUNTY YMCA

Spring into Summer 5K

Saturday, June 16, 2018

Join us for the Greene County YMCA's Spring into Summer 5K on June 16, 2018. Starting and ending in front of Cossackie-Athens High School, this flat, fast course will take you through residential areas and on rural roads with beautiful scenic views. It's a great race for both experienced and novice runners. Walkers are also welcome. Medals will be awarded to the top male and female finishers in each age group. All participants will receive a T-shirt. Bring the whole family to this celebration of healthy living in our community!

OUR PLATINUM PARTNER



**BlueShield
of Northeastern New York**

WHEN: Saturday, June 16, 2018

WHERE: Cossackie-Athens High School

TIME: 7:30am Registration
8:30am 5K Run/Walk

COST: Before June 7th
\$20 5K Run/Walk
After June 7th
\$25 5K Run/Walk

REGISTRATION: <http://cdymca.org/spring-into-summer-5k/>



For other Capital District YMCA races
visit www.CDYMCA.org