



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

15K Training Program

Prepare for the 2019 Stockade-athon

Have you ever wanted to take the next step after completing a 5K or 10K running race? Look no further. We are hosting a 15 K training program which prepares you for the Stockade-athon through historical Schenectady held on November 10th, 2019. The Stockade-athon is one of the oldest 15K races in the states. This class will be held outside.

Fee: Members \$75 Community \$105

Location: Schenectady YMCA

When: Sundays 8/25-11/3

8:00 a.m. (The weekly program is an hour. Closer to the race, the time will increase to 90 minutes.)

Schenectady YMCA
433 State Street
Schenectady, NY 12305
phodge@cdymca.org

