



Wellness

We build strong kids, strong families, strong communities.

Valparaiso Family YMCA
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2010 Popcorn Panic Team Training Program

July 20th to Sept. 9th

The YMCA Popcorn Panic Team trains runners and walkers with little or no experience to compete in the Popcorn Panic 5-mile race. There are many benefits to joining the YMCA Popcorn Panic Team, including; weekly group training runs/walks that incorporate the run/walk training method, complimentary race entry, and prizes for the top money raisers. **No experience in running or walking sports required.**

Participants are required to attend informational meeting on Monday, July 19th in the YMCA conference room.

Dates: July 20th to Sept. 9th (Race day Saturday, September 11th)

Days/Times: Tuesday and Thursday 6p.m., Saturday 7:30 a.m.

Cost: \$25.00

Pledges: Participants are required to obtain an additional \$125.00 minimum in pledges.

Prizes will be awarded to the highest pledge amount turned in.

Trainers: Mike Jones, Chris Byers, Alicia McClean, and Marilyn Ahner.

Our Mission

The Valparaiso Family YMCA is an inclusive, inter-faith charitable organization founded in Christian principles and traditions, dedicated to instilling the values of caring, honesty, respect, and responsibility, and providing for lifelong personal growth and the development of a healthy spirit, mind, and body for all.