

For Immediate Release
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Ft. Thomas Fourth of July Activities Once Again Kicks-Off With Campbell County YMCA Firecracker 5K

Independence Day is fast approaching, and for hundreds of active adults and children, that means its time to lace up those running shoes and prepare for what has become a popular neighborhood tradition – the Campbell County YMCA's Firecracker 5K. Last year more than 450 people of all ages and abilities kicked off their holiday by participating in the race.

Beginning and ending at Ft. Thomas' Tower Park, runners will take to the streets at 8:00 a.m. on July 4. Registration will begin at 7:00 a.m. The free one-mile Kids Fun Run for children ages 12 and under will begin at 7:40 a.m. Medals will be presented to runners who are top finishers in each of the age divisions, with trophies being awarded to the top three male and female runners. Walkers are also welcome to participate.

"The Firecracker 5K is part of the YMCA's commitment to engage the community in leading healthier lifestyles. It's a fun morning for families and individuals to get energized for the rest of their day," said Shane Ruffin, executive director for the Campbell County YMCA.

Cost is \$15 if pre-registered before June 30, \$18 if registered between July 1 and July 3, and \$20 if registered day-of. A t-shirt is included in the registration cost. To pre-register or get more information, the public can call the Campbell County YMCA at 859-781-1814 for a registration form. Registration forms are also online at <http://myy.org/locations/campbellcounty/index.shtml>. The completed form and check should be mailed or delivered to: Firecracker 5000 5K; Campbell County YMCA; 1437 S. Ft. Thomas Ave; Ft. Thomas, Ky 41075.

With more than 83,000 members across the Tri-State, the YMCA of Greater Cincinnati has grown to operate 111 program child care, CincyAfterSchool, and 21st Century Community Learning sites in addition to its 17 branches and summer camp locations. The Association is the largest non-governmental, non-profit community services organization in this area that is committed to helping everyone reach their God-given potential in spirit, mind, and body – regardless of their ability to pay. Each year tens of thousands of people from children to seniors are able to participate in YMCA programs and services because of financial assistance, including health and wellness, active older adult programs, youth and teen camp, swimming and water safety lessons, teen achievers, college readiness, and job preparedness. In 2007, nearly 10,000 kids participated with YMCA scholarships. The annual Strong Kids Campaign helps make that possible.

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