



RUNNERS, JOIN US FOR HITTING YOUR STRIDE

The Milwaukee YMCA and the Milwaukee Running Festival have partnered to offer Hitting Your Stride – a brand-new fitness event!

Date/Time: Saturday, October 17 from Noon-1:30pm

Location: Downtown YMCA - 161 W. Wisconsin Ave., Milwaukee

Fee: Free for members and non-members (donations to the Milwaukee Y are welcome)

This one-time experience will be led by Downtown YMCA group exercise instructors and includes a 1-mile running time trial as well as strength and conditioning exercises to help participants achieve their goals on race day.

All ability levels are encouraged to attend, there's no need to pre-register for this event and you do not need to be a Milwaukee Y member to participate.

To learn more about this event, please contact Lonnie Watts, Product Executive Group Exercise at lwatts@ymcamke.org.



**RUNNING
FESTIVAL™**