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### **For Immediate Release**

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## **Race4Chase Kids Triathlon Expands to Youth in Milford, Trumbull and Monroe**

(New Haven, CT February 9, 2015) Two Branches of the Central Connecticut Coast YMCA – the Lakewood-Trumbull Y in Trumbull and the Woodruff Family Y in Milford - have been chosen to for the 2015 Race4Chase Kids Triathlon Program.

This year, the CMAK Sandy Hook Memorial Foundation, Inc. is expanding the Race4Chase to ten locations. Race4Chase, a youth Triathlon program founded by Rebecca and Stephen Kowalski's CMAK (Chase Michael Anthony Kowalski) Foundation, celebrates the life of Chase Kowalski. Chase was an enthusiastic young triathlete. The program was developed to remember his life and spirit through the achievements and experiences of other children in the sport. The CMAK and YMCA partnership allows hundreds of children to participate in a youth triathlon training program free-of-charge through CMAK funding.

"It's always great to see our community's youth choose to do something healthy for the summer, and it feels even better to know that Race4Chase is able to provide an active summer experience to kids of any and all economic backgrounds. The Y's partnership with the CMAK Foundation strengthens our cause for healthy living in the community and beyond", remarked Charlie Clifford, District Executive Director of the Lakewood-Trumbull Y and the Woodruff Family Y.

The Race4Chase Triathlon Program will be offered to children ages 6-12 years old. The program provides youth with a fun, skill building, life-changing experience by introducing them to the sport of triathlon. The free program will run for 6 weeks beginning in June and ending on Race Day in August. Race day is the culmination of the program for all the YMCA Race 4 Chase programs. All participants will compete in a Youth Triathlon on this day.

Enrollment is limited. Applications will be posted to the Lakewood-Trumbull Y and Woodruff Family Y web sites. Applications will be evaluated based on several factors. Selection priority will be given to first time registrations, a demonstration of need, and those indicating a sincere desire to participate for the complete duration of the program. For more information, visit [lakewoodtrumbullymca.org](http://lakewoodtrumbullymca.org) and/or [woodruffymca.org](http://woodruffymca.org).

The initial three program sites (Regional YMCA of Western Connecticut, Lakewood-Trumbull YMCA and Greater Waterbury YMCA) will be joined by an additional four sites (Southington-Cheshire Community YMCA, Northern Middlesex YMCA, Northwest YMCA, Valley Shore YMCA, and Woodruff Family YMCA in Connecticut. Furthermore, three new sites are opening up in the Fort Mill-Rock Hill, SC area through the Upper Palmetto YMCAs and avid Race4Chase supporters in that region. Through these sites, the partnership will make upwards of 350 new Race4Chase triathletes by the end of next summer.

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**About Race4Chase:**

The Race4Chase program incorporates training with mentoring, often featuring special guests. Throughout the summer, the participants will hear from a number of local and regional triathlete superstars, as well as learn about much more than just swimming, biking and running. Race4Chase also focuses on building self-confidence and empowerment as a primary developmental asset. Children learn about centered and focused warm ups and create projects that help them learn about themselves and their personal transformations throughout the six weeks. Full details about the Race4Chase program can be found here: [YMCA](#) URL for race info. For information about the CMAK foundation please visit: <http://www.chasekowalskifund.com/>

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**About Us:** The Central Connecticut Coast YMCA is a charitable, not-for-profit, community service agency dedicated to putting Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. The Y strengthens the foundations of communities and families through youth development, healthy living and social responsibility in twenty-four towns and cities in the Greater Bridgeport and New Haven areas. Additionally programs and services are offered through YMCA Camp Hi-Rock located in Mount Washington, MA. YMCA membership and participation is welcoming, inclusive and open to all regardless of ability to pay. **W** [ccymca.org](http://ccymca.org) **P** 203 777 9622