

Join the Pack in Second Annual Pumpkinfest Fun Run and Relay By Holly Pendleton, CLC YMCA Program Director and Fitness Director

The Central Lincoln County (CLC) YMCA Fitness Department is leading the pack again with the Second Annual Pumpkinfest Fun Run and Relay. The Y will host the Second Annual Pumpkinfest Fun Run on Saturday, October 9, 2010, at 8:00 a.m. Registration forms may be found on the CLC YMCA's website [www.clcymca.org](http://www.clcymca.org), or may be downloaded from the Damariscotta Pumpkinfest website [www.damariscottapumpkinfest.com](http://www.damariscottapumpkinfest.com).

The Adult Fun Run covers a 2.5 mile loop through the back streets of Damariscotta, starting at the YMCA at 525 Main Street in Damariscotta. The Kids' Fun Run will start at the same time and will only be a one mile run. The Kids' Pumpkin Relay starts at 8:45 a.m. and is for children ages 1 to 14.

In the spirit of Pumpkinfest, anyone who dresses up by wearing a costume, face paint, or even carries a pumpkin, will receive \$5 off their entry fee! The YMCA Pumpkinfest Fun Run and Relay will be an enjoyable, family and community event. It's a great way to start the weekend off with exercise, laughter and a share of Pumpkin-mania!

The YMCA Fitness Department is sponsoring this event to raise funds for the Fitness Program. The Y currently offers 4 different spinning classes during the week, in morning

and evening time slots. One of the most popular is the 5:45 a.m. class. The spinning cardiovascular workout has become so popular at the YMCA that more bikes are needed to accommodate everyone who wants to ride!

Why spin for exercise? Each participant can vary the intensity of their workout based on their own personal goals and current fitness level. The CLC YMCA's "spinners" range in age from 16 to 75 years young! The key to successful exercise is to find an activity that you enjoy, so that you will consistently stick to it. These participants have certainly found spinning to be enjoyable, and it's helping them to meet their fitness goals. Check out the entire CLC YMCA class schedule online at [www.clcymca.org](http://www.clcymca.org), or call 207-563-3477.

Photo Caption:

2009 winners of the First Annual Pumpkinfest Fun Relay relax at end of the race at the Central Lincoln County YMCA.

