



## **FOR IMMEDIATE RELEASE**

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### **“On Your Mark, Get Set – WOBBLE!” Greater Philadelphia YMCA Gears Up for Annual Gobble Wobble 5K**

**Abington, Haverford, Philadelphia & Royersford, PA** — The Greater Philadelphia YMCA is kicking off Thanksgiving in a fun, healthy way with its annual **Gobble Wobble 5K Run and Walk**. Originally founded in Abington, the race has expanded to four YMCA locations, drawing more than 4,800 participants in 2024. Proceeds support the **YMCA’s Annual Campaign**, which funds low- to no-cost memberships and programs for local residents.

A Thanksgiving Day tradition in Abington for over 20 years, the Gobble Wobble quickly became a hit in Haverford and Royersford. In 2023, the event debuted at the Navy Yard in Philadelphia, drawing over 600 runners—rain or shine.

Local dignitaries often join the festivities, including Pennsylvania Governor Josh Shapiro, who has frequently helped kick off the race in Abington.

The family-friendly courses make it a perfect way to start the holiday. And for seasoned runners, it’s one of the last chances to compete before year’s end.

The Gobble Wobble 5k Run and Walk is presented by **Independence Blue Cross**. IBX has been a proud supporter of the Greater Philadelphia Y for more than 20 years, and has been a presenting sponsor of the Gobble Wobble since 2020.

**Registration is now open** with an early bird discount available until September 1st. Fees are \$30 for individuals (ages 13+), \$27 for groups (4+ runners), and \$15 for children (12 and under). All fees include chip timing, bibs, refreshments, and are tax-deductible charitable contributions.

To register or learn more, visit [gw5k.org](http://gw5k.org).

“We’re so glad to see how this race has grown across our YMCA footprint,” says **Shaun Elliott**, President and CEO of the Greater Philadelphia YMCA. “Not only is it an important fundraiser for us—it’s at the heart of our mission: connecting

people to healthier lives. So gather the family, get some fresh air, and work up an appetite for that pumpkin pie. You won't regret it."

**ABOUT THE GREATER PHILADELPHIA YMCA:**

The Y is one of the nation's leading nonprofits, strengthening communities through youth development, healthy living and social responsibility. Throughout the Delaware Valley, the Greater Philadelphia YMCA serves more than 200,000 individuals each year – regardless of age, income or background – across 16 service locations in Berks, Chester, Delaware, Montgomery, Philadelphia, Pike, Burlington and Camden counties. Coupled with 80+ childcare sites, 30+ day camps, and one overnight camp in the Poconos, the Y has extraordinary reach in connecting people to healthier lives. For more information, please call 215-963-3700 or visit [philaymca.org](http://philaymca.org).

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