



FOR IMMEDIATE RELEASE

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**"On Your Mark, Get Set – WOBBLE!"
Greater Philadelphia YMCA Hosts Annual Gobble Wobble 5K**

Abington, Haverford, Philadelphia & Royersford, PA — The Greater Philadelphia YMCA is celebrating 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, with more than 5,000 participants already registered this year. Proceeds support the **YMCA's Annual Campaign**, which funds low- to no-cost memberships and programs for local residents.

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 are a perfect way to start the holiday. And for seasoned runners, it's one of the last chances to compete on a chip-timed course before year's end. Bright, chilly conditions are in the forecast, which often leads to a surge in last-minute registrations.

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 still open. Adults can register for \$40, children for \$25. Race day registration is also available with a \$5 increase for all categories. Fees include chip timing, bibs, refreshments, and are tax-deductible charitable contributions.

All 4 races have a start time of 8:30am, at the following locations:

Haverford YMCA: 891 N. Eagle Road, Havertown, PA 19083

Navy Yard: 1321 Intrepid Ave, Philadelphia, PA 19112

Spring Valley: 181 Rittenhouse Road, Royersford, PA 19468

Willow Grove: 1073 Old York Road, Abington, PA 19001

"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.
