



photo by [Leila Roche](#)

More than 180 runners participated in the YMCA's Spring Stride 5K and fun run.

Starting spring off on the right foot

By [Leila Roche \(Contact\)](#) | Suffolk News-Herald

Published Monday, April 5, 2010

With morning mist still hanging in the air, a crowd gathered early Saturday morning at Lone Star

Lakes to start spring off on the right foot.

The Suffolk Family YMCA hosted its eighth annual YMCA Spring Stride 5k and one-mile fun run and walk, followed by a lunch sponsored by Suffolk Chick-fil-A.

"It's been fantastic," said Jennifer Hall of the YMCA. "It's proved to be a great way to kick-off the Easter weekend."

Despite the fact it's Easter weekend and many families are out of town and busy, 188 runners registered for the fun run.

"We're really happy with the turn out this year," Hall said.

Some runners participated to use the race as a pre-qualifier, while others brought the family for a fun day in the park.

"We didn't have soccer today, and thought it'd be a great way to spend the morning," said Dianna Gross, whose husband and two children, ages 7 and 10, participated in the run.

All proceeds from the run benefit the YMCA's We Build People program, which donates funds to allow community members the opportunity to receive YMCA services, such as swim lessons and summer camp.