

Youth Challenge 2018 ... Are You In?



The **Youth Challenge** is an opportunity for young people to participate in an event that is fun, challenging and promotes physical fitness and positive mental health.

The **Youth Challenge** is designed to meet the criteria set out in the 'Junior Cycle Curriculum for Wellbeing' and covers the bronze medal requirements for the GAISCE Award's 'Physical Recreation' Category.



There's a **Choice** of **TWO EVENTS**

1. Youth Challenge Fun 5k:

A professionally organised and fun 5k run/walk, free to enter and open to participants from 13 years of age.

Date: Wed. 14th March

Time: 2.00pm

Location: Tramore Valley Park (Off South Link Rd)

2. Cork City Marathon Youth Challenge:

Teams of 5 complete the Cork City Marathon course as a relay, taking a section of the course each and completing a minimum of 7k and maximum of 9k.

Date: Sun. 3rd June

Time: 8.30am (TBC)

Location: Starts/finishes on St Patrick's St. (Entry fee applies)

"The 5k event was great; the young people enjoyed it immensely."
Youth Work Ireland

"Being part of a team felt fantastic. I ran the last leg, so crossed the Marathon finish line - I'll never forget that feeling."
2016 participant

For more information and/or to register your interest in the events, log on to

www.corkcitymarathon.ie/youth-challenge/



Comhairle Cathrach Chorcaí
Cork City Council



PHYSICAL EDUCATION
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