FASKIDZ 2026

Welcome to FasKidz! This is our 17th season of Youngstown's favorite youth running program. Our goal for the next six weeks is to introduce your child to a lifelong activity that will educate and motivate them about this great sport! We have about a half dozen volunteer coaches who combine for more than a century of running and racing experience! We'll make it fun, yet challenging. Kids love to run. We will just bring some focus to it realizing that some run just for fun, while others run to satisfy their competitive nature. Many FasKidz have gone on to compete in middle school, high school, college and beyond. Whatever the motivation, they will be sure to improve their fitness by the time we're done and with a little luck, we'll get them hooked!

The Plan

Running is much more than putting one foot in front of the other. We will be teaching the kids about proper form, how running makes positive changes to their bodies and how what they eat affects performance. We talk about safety on the road, running etiquette, goal setting, racing strategies and more. Over the first few weeks of the program, we will work on developing a cardio "base". This period is usually something that takes months to see significant results. But make no mistake. The children WILL see improvement! The last few weeks, we will work on different types of training that varies the speed, distance, and terrain in preparation for race day. We will work hard to get everyone out on time, but please be aware that sometimes we may go a bit over or under based on the workout or the weather.

Location

Our initial meeting location on April 13 will be at Mill Creek Park's Hike and Bike trail. This will be our welcome and general introduction. Subsequent weeks will be at a variety of locations around the community to keep the experience fresh and give us different training options. All practices will begin at 4:45 pm and wrap up around 5:45 pm. Following is the schedule for the six weeks.

Date	Location	Training Type
Week 1		
MO Apr 13	Hike Bike Trail MCP	welcome and intro
TH Apr 16	Hike Bike Trail MCP	time trial
Week 2		
MO Apr 20	Coach Tom at Boston Marathon. Run on your own	
TH Apr 23	Hike Bike Trail MCP	base training
Week 3		
MO Apr 27	Metroparks Bike Trail	base training
TH Apr 30	Metroparks Bike Trail	base training
Week 4		
MO May 4	BHS XC Course	strength building
TH May 7	BHS XC Course	strength building
Week 5		
MO May 11	Wick Recreation Area	hill training
TH May 14	Wick Recreation Area	hill training
Week 6 May		
MO May 18	BHS Track	speed work
TH May 21	BHS Track	speed work
Mem. Day May 25	Chili's parking lot	race time!

For the Mill Creek Park Hike-Bike Trail, we'll meet at the auxiliary parking lot on West Golf Drive across from the clubhouse. You can access it from Shields Rd. heading south or from Rt. 224 heading north. The Metroparks Bike trail workout meets at the Experimental Farm in Canfield (Rt. 46 across from the Fairgrounds). The BHS XC course is at Boardman High School, but park in the Boardman Glenwood Junior High School west parking lot, 7635 Glenwood Ave. Week 5 at Wick Recreation Area on McCollum Rd meets at the Par 3 Golf Course upper parking area near the playground. Finally, week 6 is at the Boardman HS Track, 7777 Glenwood Ave. We'll meet at the northeast corner of the student parking lot. I'll have lots more to share later about the logistics of race day on Memorial Day, so stay tuned.

Inclement Weather

Weather wise, we will meet pretty much rain or shine. I'm kind of hardcore about that. Nothing says commitment more than slogging through a steady rain when you could be at home playing on your Xbox. However, if the rain is extra cold, a deluge, or the threat of lightning exists, practice will be cancelled or delayed. To communicate a cancellation, I will use the YMCA mobile app which can be downloaded from the App Store or Google Play. Search for YMCA of Youngstown, OH. Make sure push notifications are enabled and you have specifically chosen "FasKidz" to get alerts. When necessary, I will send an alert at least 30 minutes prior to the workout. I will also leave a message at the Service Desk. If there are any questions, feel free to call or text my cell phone at 330-720-9355. Keep in mind that I will not be able to answer if I'm engaged with the kids, so if you need to reach me, call or text at least 15 min prior to the start of our workout, not 15 minutes in. Unfortunately, our schedule does not have room for make-ups and the weather is out of our control. If we must cancel, try to get your child out for a 20 or 25 min run around the neighborhood or somewhere safe when the opportunity arises, and the weather improves.

Clothing

Make sure your child has proper running shoes for the workout and dresses appropriately. If it is cool, layering is always preferred. Moms, don't overdress them. I know you want to. Bring a water bottle or sports drink. They can leave it in the back of the FasKidz truck for safe keeping while we are out running. While it will be tough to keep from grabbing a snack after school, please try and minimize them until after practice is over to avoid gastrointestinal distress.

You Can Help!

Lastly, and perhaps most importantly, we must depend on you to help your child reach his or her potential. That might mean joining him or her on a run or two during the week when we are not meeting. Three times per week is generally the minimum for best results. Since we are only meeting for two, I'm depending on you to lace up your shoes or hop on your bike on a quiet neighborhood street one day over the weekend or if you happen to miss a practice. The more time they spend running, (within reason) the faster their bodies will adapt and improve. Who knows, you just might find you like it too!

Please feel free to contact me at any time with any questions or concerns. I can be reached via email at tgrantonic@youngstownymca.org, at the Y at 330-480-5656, or by cell phone, 330-720-9355. Thanks again for your participation! We are looking forward to another great FasKidz season!

Tom Grantonic
Head FasKid