



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WORKING HARD REACHING HIGH GIVING GREAT ENERGY

**How hard work, optimism and perseverance can help you be more successful in work, school, sports and life.**

**Sean Snow** is a legend in Concord athletic circles. He grew up in the Concord area and is well known for his commitment to training and his prowess as an endurance athlete. He has worked for the Grappone Companies for 25 years.

Sean has finished 28 full Ironman triathlons (Swim 2.4, Bike 112, Run 26.2 miles). He is a five-time Hawaii Ironman finisher, has represented Team USA in multiple distance races, and has run the Boston Marathon for the past 5 years.

Sean has coached and encouraged many athletes to the finish line. All who know him admire his enthusiasm for life and positive energy.

Sean trains out of the Concord Y and has been a Y member for more than 25 years. His race schedule for 2019 includes the Boston Marathon, both Ironman Ireland and Lake Placid, and the 70.3 World Championships in Nice, France. Sean will share his insights with us on why he keeps trying to get better every day and how we can too.



Keynote Speaker: Sean Snow

## SPIRIT OF SERVICE CELEBRATION

### PLEASE BE OUR GUEST

Join us in celebrating 166 years of service to the Concord community at our Spirit of Service Celebration (formally named Annual Meeting).

**Monday, October 22 from 5:30 to 7:00**

**Concord Family YMCA**

Honoring our volunteers, members, donors, community partners, staff and board who helped make 2018 another successful year.