



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

FOR IMMEDIATE RELEASE

Media Contact:

Lalita Llerena
Communications Director
813.224.9622 ext. 1240
813.545.7772 (cell)
Lalita.Llerena@tampaymca.org

Pedal for a Purpose at the South Tampa YMCA

Tampa, FL (March 7, 2017) – The entire community is invited to get a great workout while raising money for a worthy cause during the [South Tampa Family YMCA's Spinathon](#) on Saturday, April 8th from 7am-1pm. Different instructors, including ABC Action News Anchor Wendy Ryan, will keep spirits high and energy flowing during the outdoor fundraising event at the South Tampa Y on 4411 South Himes Avenue in Tampa.

Riders of all ages and all levels of experience are welcome to register for any or all of the six rides available throughout the day. The first hour-long ride begins at 7am and the day's final ride starts at 12pm. Spinning bikes may be reserved by individuals, teams of riders who want to cycle together or groups who wish to reserve a bike for the entire event but take turns riding that bike. In addition to spinning and teamwork, prizes, food and fun are included.

In addition to participating in the rides, community members can also show their support by sponsoring another rider, making a monetary donation, donating in-kind prizes or volunteering to work the event. Dollars raised benefit the South Tampa Y's annual campaign, which helps ensure everyone has access to Y programs such as summer camp, swim lessons, **LIVESTRONG®** at the YMCA, Pedaling for Parkinson's, Y memberships and other programs that strengthen spirit, mind and body.

A \$100 donation reserves a bike for an hour and includes a T-shirt, food and beverages served throughout the Spinathon. Riders are encouraged to bring a hand towel and water bottle. Advance registration is recommended due to the limited number of bikes available for each session. Anyone interested in registering, sponsoring, making a donation or volunteering can [click here](#) or contact Group Exercise Coordinator Alan Dubois at alan.dubois@tampaymca.org or 813.839.0210.

###

About the Tampa Y

The Tampa Metropolitan Area YMCA is a cause-driven [4-star charity](#), strengthening Hillsborough and East Pasco communities for 128 years, through youth development, healthy living and social responsibility. Across the Association, 18 facilities engage more than 150,000 men, women and children — regardless of age, income or background — to nurture the potential of children and teens, improve our community's health and well-being, and provide opportunities to give back and support neighbors. The Tampa Y has long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change. www.tampaymca.org