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Tampa YMCA Competes Against Jacksonville in Treadmill Tuesday Rematch

Free event encourages friendly competition and healthy living

TAMPA, FL – Mar. 8, 2017 – The [Tampa Metropolitan Area YMCA](#) and YMCA of Florida's First Coast are going head-to-head in the 2017 Treadmill Tuesday Rematch - a competition between the Tampa Bay and Northeast Florida communities for the greatest distance traveled on a treadmill.

This free friendly competition takes place **Tuesday, March 21 from 6:30am-6:30pm** and is open to YMCA members and nonmembers across the entire Tampa Bay and Northeast Florida areas, encouraging physical activity and healthy living among community members.

All Tampa Bay area community members are invited to participate by completing a 30-minute treadmill workout at any [Tampa YMCA](#) location or by posting on social media. At Tampa Y facilities, staff will record the distance each participant walks, jogs or runs on a treadmill for 30 minutes. To join from home or other locations via Twitter or Facebook, participants should post a post-workout photo of the treadmill dashboard displaying the total distance. Social media participants should use [#TreadmillTuesday](#) tagging [@TampaYMCA](#).

This is the second consecutive year the Tampa YMCA will rally the community for Treadmill Tuesday. Last year, a total of 1,686 Tampa Bay residents completed 3,636 miles, coming in short by only 176 to the First Coast's winning 3,812 miles.

Throughout the Mar 21st event, the Tampa YMCA will offer free giveaways, chance-drawings and free Fitbits to the top mileage earners at each Y. To learn more about Treadmill Tuesday, contact Dawn.Kita@tampaymca.org. Media members wishing to cover Treadmill Tuesday should contact Lalita.Llerena@tampaymca.org or 813.545.7772.

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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