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Tampa YMCA Wins Treadmill Tuesday Challenge

Approximately 3,210 Floridians log nearly 6,700 miles in event to encourage healthier lifestyles

TAMPA, FL – Mar. 21, 2017 – The [Tampa Metropolitan Area YMCA](#) is pleased to announce its win in the Treadmill Tuesday Challenge, a 2nd annual competition with the YMCA of Florida's First Coast. About 1,630 Tampa Bay residents completed nearly 3,358 miles during the 12-hour event, surpassing the First Coast by about 21 miles. For the First Coast, 1,580 residents logged 3,337 miles. Together, the Tampa YMCA and First Coast YMCA leveraged a friendly competition to inspire community members to become more physically active and adopt healthier lifestyles.

"The remarkable turnout of the Treadmill Tuesday Challenge has once again demonstrated the importance of community involvement in improving Florida's health and well-being," said Tampa YMCA President & CEO Tom Looby. "While this year's competition has come to an end, both communities' Ys remain committed to strengthening the health of our communities."

In addition to participating at their neighborhood Y, community members were able to join the competition from other locations via social media. Of the 3,210 total participants, 94 joined by uploading a post-workout photo of treadmill dashboard displaying the total distance, tagging @TampaYMCA and using #TreadmillTuesday. The total distance and number of participants for the Tampa YMCA, who joined the competition via social media or at a Tampa Y facility, are listed below:

@TAMPAYMCA

71 Participants
142.61 Miles

Dade City Family YMCA

36 Participants
66.19 Miles

Northwest Hillsborough YMCA

215 Participants
427.85 Miles

Bob Gilbertson Central City YMCA

111 Participants
225.80 Miles

Downtown YMCAs

99 Participants
234.58 Miles

Plant City Family YMCA

88 Participants
167.95 Miles

Bob Sierra North Tampa YMCA

226 Participants
556.11 Miles

East Pasco Family YMCA

81 Participants
128.85 Miles

South Tampa Family YMCA

184 Participants
366.87 Miles

Campo Family YMCA

224 Participants
456.52 Miles

New Tampa Family YMCA

126 Participants
214.81 Miles

West Park Village YMCA Express

78 Participants
162.9 Miles

North Brandon Family YMCA

91 Participants
206.87 Miles

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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