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**Media Contact:**

Lalita Llerena  
Communications Director  
813.224.9622 ext. 1240  
813.545.7772 (cell)  
[Lalita.Llerena@tampaymca.org](mailto:Lalita.Llerena@tampaymca.org)

## Tampa YMCA Wins Treadmill Tuesday Tie-Breaker

*Approximately 3,347 Floridians log nearly 6,987 miles in event to encourage healthier lifestyles*

**TAMPA, FL – (Mar. 27, 2018)** – The [Tampa Metropolitan Area YMCA](#) is pleased to announce its win in the Treadmill Tuesday Tie-Breaker, a 3<sup>rd</sup> annual competition with the YMCA of Florida’s First Coast. In total, 1,979 Tampa Bay residents completed 4,185.95 miles during the 12-hour event, surpassing the First Coast by about 1,385.15 miles. For the First Coast, 1,368 residents logged 2,800.80 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 Tie-Breaker has once again demonstrated the importance of community involvement in improving Florida’s health and well-being,” said Tampa YMCA President & CEO Matt Mitchell. “While this year’s tie-breaker ended in our favor, both Y associations 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 4,185.95 total Tampa Bay participants, 26 joined by uploading a post-workout photo of treadmill dashboard displaying the total distance on social media. The total distance and number of participants for the Tampa YMCA are listed below:

**@TAMPAYMCA**

26 Participants  
68.65 Miles

**Dade City Family YMCA**

46 Participants  
75.28 Miles

**Northwest Hillsborough YMCA**

238 Participants  
460.07 Miles

**Bob Gilbertson Central City YMCA**

109 Participants  
217.45 Miles

**Downtown YMCA**

90 Participants  
248.33 Miles

**Plant City Family YMCA**

144 Participants  
270.42 Miles

**Bob Sierra North Tampa YMCA**

281 Participants  
684.81 Miles

**East Pasco Family YMCA**

131 Participants  
224.69 Miles

**South Tampa Family YMCA**

200 Participants  
480.62 Miles

**Campo Family YMCA**

308 Participants  
654.86 Miles

**New Tampa Family YMCA**

132 Participants  
269.57 Miles

**West Park Village YMCA**

**Express**  
109 Participants  
224.18 Miles

**North Brandon Family YMCA**

165 Participants  
307.02 Miles

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About the Tampa Y

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The Tampa Metropolitan Area YMCA is a cause-driven [4-star charity](#), strengthening Hillsborough and East Pasco communities for 129 years, through youth development, healthy living and social responsibility. Across the Association, 18 facilities engage nearly 160,000 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](http://www.tampaymca.org)