



For Immediate Release

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The Y Is Full of Average Joes

Chicago, IL (Jan. 15, 2008) –Once again, the Buehler YMCA, located at 1400 W. Northwest Highway in Palatine, will offer the Average Joe triathlon program during the month of February.

From Feb. 1-March 1, the program encourages community individuals, families, companies or classrooms to cover triathlon distances, 2.4-mile swim, 112-mile bike ride and 26.2-mile run. Participants may earn miles by engaging in traditional fitness activities, but also may earn miles if they attend a health screening, walk their dog, stop smoking, take the stairs or eat healthier, to name a few options. This is the third year of the program that has grown into a community partnership, allowing participants to adopt healthier lifestyles through a variety of community-based programs and services.

The Buehler Y's Average Joe Month of Movement and Fun counts on the support of: the Village of Palatine, the American Cancer Society, Northwest Community Hospital, the Palatine Park District, William Rainey Harper College, the Palatine Area Chamber of Commerce, Palatine Township, Community Consolidated School District 15, the Palatine Public Library, the Palatine Opportunity Center, the Religious Association of Palatine, Wellness Place and, most recently, Whole Foods.

“We really want to show that health and wellness extend beyond a treadmill and beyond a New Year's resolution. Everyone is capable of small, yet impactful, changes,” said Laura J. Brown, Buehler YMCA Executive Director.

In 2007, the Buehler YMCA, alone, organized this event and almost 500 people participated. Given the interest, strong base of support and inclusion of community partners, the Y expects to double its number of participants.

“As our community experiences exponential growth, we need to offer opportunities for recreation, education and wellness. The Y really has taken the lead in providing these opportunities and serving as a catalyst for community initiatives,” explained Palatine Mayor Rita Mullins.

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Recently, the Village of Palatine announced the Palatine Great American Health Challenge, an initiative designed to raise cancer-prevention awareness. Additionally, the initiative seeks to provide community residents with the necessary tools and information to adopt and maintain a healthy lifestyle. As part of this, the Buehler YMCA expanded its Average Joe program beyond its members to residents of Palatine and surrounding communities.

The Average Joe Month of Movement and Fun program is open to all and is free of charge.

“The main goal of the event is to get people up and moving, and to have fun doing it,” stated Brown. “Becoming and staying healthy and fit can, and should, be fun.”

Interested participants can register for the program at the Buehler YMCA Member Services Desk or at any of the community partner locations. Additionally, the registration form is available online at www.buehlerymca.org

For additional information about the Average Joe Month of Movement and Fun, please contact Milos Babic, Buehler Y’s Assistant Health Enhancement Director, at 847-410-5204.

About the Buehler YMCA and the YMCA of Metropolitan Chicago:

The Buehler YMCA is a membership facility within the YMCA of Metropolitan Chicago. Through its 65 locations and more than 100 extension sites, the YMCA helps children learn and grow, teaches young people to lead, brings families closer, and encourages individual health and well-being. The fourth largest non-profit in Chicago and one of the largest human services organizations in the nation, YMCA programs impact hundreds of thousands of lives annually, helping to strengthen neighborhoods and respond to community needs across Chicagoland. To learn more about the YMCA of Metropolitan Chicago, visit www.ymcachgo.org. To learn more about the Buehler YMCA, visit www.buehlerymca.org.

The Buehler YMCA serves the following communities: Palatine, Inverness, Barrington, South Barrington, Arlington Heights, Hoffman Estates, Rolling Meadows, Buffalo Grove, Cary, Fox River Grove, Deer Park, Long Grove and Wheeling.

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