

# DOWNTOWN YMCA YMCA of Central Ohio

40 W. Long Street, Columbus, Ohio 43215

February 2011 Newsletter



## PEOPLE HELPING PEOPLE

*Annual Season of Giving:  
February 14-April 30, 2011  
Can you help just one?*



Any pledge that you can make in this Season of Giving will be used to help families find affordable daycare for their children; provide transitional housing for adults, veterans and other at-risk persons at the residence hall adjacent to the Downtown YMCA or at Sunshine Terrace; and to ensure that no person or family is ever turned away from the YMCA and its services.

Your pledge can be as simple as having \$5—or any additional amount—drafted from your account each month. You may also make a single donation for the full amount of your choice. Once you have made your pledge, we will add your and/or your family's or business's name to the brick-by-brick wall in our East Lobby where we can gauge our progress toward our fundraising goal of \$85,000 by April 30, 2011. Please give what you can to help us reach our goal to help our community.

Please stop by the Pro Shop Desk to make your pledge or contact Sue Darby at 614-224-1131 or [sdarby@ymcacolumbus.org](mailto:sdarby@ymcacolumbus.org) for more information.

## Other Ways You Can Contribute to People Helping People...

**BIG RIDE IS BACK!**  
Saturday, February 26th  
9am-1pm



The best instructors, great prizes, and a whole lot of fun!

9am-11am  
\$25 / non members \$40  
11am-1pm  
\$25 / non members \$40

Pick one or take both!

Sign up TODAY at the front desk. Bikes fill up fast!

**Volunteer for a Corporate Challenge  
Event Throughout the Year**



Local businesses give their time, energy, skills and athleticism to be a part of the YMCA community's fundraising efforts for People Helping People.

Employees participate in a variety of events.

Those events include darts, basketball, volleyball, table tennis, euchre, a triathlon, soccer, horseshoes, a fitness challenge and more. YMCA members can help add to the success of Corporate Challenge events by volunteering their time to help with scoring or selling raffle tickets.

For more information, contact Lisa Cline at 614-224-1311 or [lccline@ymcacolumbus.org](mailto:lccline@ymcacolumbus.org)

**Silent Art  
Auction Premiere**  
Monday, March 14, 6:00pm with  
light hors d'oeuvres at the event



The premiere event brings the work of local artists into the Downtown YMCA and gives our members and residents of the downtown community an opportunity to acquire a unique work of fine art and contribute to the YMCA of Central Ohio Scholarship Program.

Auction continues  
March 14-25 in the West Lobby

For more information,  
Contact Joel MacCaughey at  
614-224-1131 or  
[jmccaughey@ymcacolumbus.org](mailto:jmccaughey@ymcacolumbus.org)

**YMCA Mission: To serve the whole community through programs expressing  
Judeo-Christian principles that build a healthy spirit, mind, and body.**

# BODY OF IRON IS BACK!

## What is Body of Iron?

Body of Iron is an indoor triathlon sponsored by the Downtown YMCA of Central Ohio.

It is an endurance event totaling 152.1 miles, a distance greater than the Iron Man Triathlon Competition.

Participants will log mileage every time they work out at the Y. Simply complete the workout and have a YMCA staff member confirm workouts in the Body of Iron log.

An up to date record of athletes' progress will be displayed in the Pro Shop Lobby.



## Starts Monday, February 21!

For more details, please contact Joel MacCaughey at 614-224-1311 or [jmaccaughey@ymcacolumbus.org](mailto:jmaccaughey@ymcacolumbus.org)

**Cost to Participate:** \$45

### Participants race to complete:

- 2.5 mile swim
- 123.7 mile bike
- 25.9 mile run

### Prizes:

- All participants will receive a Body of Iron T-Shirt.

### Prizes for top finishers in the following categories:

1st Place Female/Male Finalists

- **Ultimate Swimmer**—Finalist with greatest overall distance swum.
- **Ultimate Biker**—Finalist with greatest overall distance on bike.
- **Ultimate Runner**—Finalist with greatest overall distance run.

It's once again the time of year to Commit to be Fit!

Beginning February 25, you and your team will begin your Commit to be Fit Weight Loss Challenge.

Form a team between two (2) and five (5) people. Each team member must be 18 years of age or older to participate. Choose a team name and designate a team Captain.

You may pre-register your team at the YMCA of Central Ohio website at [ymcacolumbus.org](http://ymcacolumbus.org).

Also, you may register at a YMCA branch. Designate one person from your team to pick up a team packet at any YMCA of Central Ohio location OR your entire team may visit any YMCA of Central Ohio location and complete their registration. Return the completed registration packet to the YMCA location where your team will weigh-in and weigh-

**commit to be fit**  
**Community Weight Loss CHALLENGE**  
**LOSE FOR A CHANCE TO WIN OVER \$1000 IN PRIZES!**  
**February 25 - May 8, 2011**

out. Pre-registered teams who return their paperwork by noon on Thursday, February 24, 2011 will be given priority.

Walk-in teams who are not pre-registered may experience significant wait times and may be turned away.

**Once your team is pre-registered:** Visit a YMCA of Central Ohio location February 25, 26, or 27, 2011 from 1:00-7:00pm for your team's official weigh-in.

All team members must be present and together at initial weigh-in to qualify for challenge participation and for

a team photo. All team members **must** wear t-shirt, shorts and socks to weigh in.

## PRIZES!

### ONE GRAND PRIZE PACKAGE FOR THE WINNING TEAM!

One (1) YMCA of Central Ohio, Single, Adult, one-year membership for EACH member of the winning team. Up to a total of five (5) memberships.

One (1) Frontrunner Gift Card for \$50 for each team member.

One (1) Trek 820 Bicycle for each team member.

One (1) Day Metro Parks Reservable Lodge or Picnic Area Certificate for each team member.

**Total Value of the Grand Prize (per team member) is \$1,026.27.**

Grand prize winners for the Commit to be Fit Weight Loss Challenge will be notified via email or phone call.

## WINTER SESSION II: FEBRUARY 22-APRIL 10

Check the communications station for class schedules.