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Contact: Al Goldberg
Marketing & Communications Director
YMCA of Superior California
916.452.9622 x 102 agoldberg@ymcasuperiorcal.org

FOR IMMEDIATE RELEASE
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Press Release – Press Release – Press Release

Sacramento Central YMCA Volunteer Hosts 12 Hour Pedal For The Y Relay
Pedal For The Y Relay aims to raise \$10,000 in YMCA Community Program Scholarships.

Sacramento Central YMCA 12-HOUR Pedal For The Y Relay

When: Friday, February 21, 2020, 6:00am – 6:00pm

Where: Sacramento Central YMCA - 2021 W Street, Sacramento 95818

What: 12 hour Bike-A-Thon with photo opportunities, interview opportunities with Y-Assist recipients, live streaming of footage and real time tracking of funds raised.

Sacramento, CA – Isaac Gonzalez, a Sacramento Central YMCA Advisory Council Member, has challenged himself to raise \$10,000 before his 39th birthday by riding a stationary bicycle for 12-straight hours in the lobby of the Sacramento YMCA. Gonzalez raised more than \$10,000 during his birthday 13-hour bike-a-thon at the Y in 2019 and is determined to inspire others to join the cause by participating as individuals or as part of a relay team. This year will be his 5th and final Pedal For The Y Marathon.

Pedal for the Y is part of a larger community-wide effort to raise funds for the YMCA's Y-Assist Program. Y-Assist provides critical funds to children, adults and seniors in the community who would not otherwise be able to participate in the YMCA's many beneficial programs such as camp, childcare, membership, swim lessons, and youth sports.

"I can't believe it's been five years since I first challenged myself to do this," says Gonzalez. "I'm hoping to go out with a big bang and I'm counting on my friends, family, and community at large to help me finish strong and on time!"

Last year's bike-a-thon extended past the 12 hour mark because Gonzalez had not reached \$10,000 in donations by 6 pm. By continuing for another 75 minutes, Gonzalez was able to entice more donors to support the YMCA and finally dismounted from his stationary bike after hitting his goal. This year, Gonzalez pledges once again to not stop pedaling until he surpasses the \$10,000 mark.

Additionally, various Sacramento Central YMCA community members will bike alongside Gonzalez in support and to raise additional funds for Y-Assist. There is still time for interested members in the community to register for those who wish to ride with Isaac. Riders can register as an individual, or as a relay team, at www.ymcasuperiorcal.org/PedalForTheYRelay. To help Isaac start and finish his 12-hour ride, join our cycling instructors for a special power hour cycling class in the lobby of the Sacramento Central YMCA. Power Hours: 7:00am and 5:00pm

Footage will live stream from the YMCA of Superior California's Facebook and Twitter accounts (@SacramentoYMCA) throughout the day while donations will be tracked in real-time on a thermometer in the lobby, and on Isaac's donation page.

YMCA members, staff, volunteers and Y-Assist recipients will cheer all of the participants on. Donations in support of Gonzalez and his goal can be made online at www.isaacbikeride.com, <https://app.mobilecause.com/vf/SACRAMENTO/IsaacGonzalez> or by texting "SACRAMENTO5" to 71777.

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About the Y

Inspiring all to a healthy life - in spirit, mind and body is the mission that guides the work of the YMCA of Superior California. More than a pool or gym, the Y is a cause dedicated to the positive development of youth, healthy living for people of all ages, and social responsibility in addressing the critical needs of the communities we serve. With programs from athletics to advocacy, dance to disease prevention, and cycling to child care, the Y doesn't just strengthen individuals, it strengthens communities. Learn more and get involved at ymcasuperiorcal.org.