



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN
YMCA**
2705 Techny Road
Northbrook, IL 60062
www.nsymca.org

FOR IMMEDIATE RELEASE

Journey of Hope Bike Team Returns to North Suburban YMCA on July 24

Northbrook, IL: The North Suburban YMCA will welcome the Journey of Hope cross-country bike team for their ninth annual friendship visit on Tuesday, July 24. This group of college students travels coast-to-coast each summer, raising funds and awareness on behalf of individuals with disabilities. The community is invited to meet the team and learn about the value of inclusive sports at the Y, 2750 Techny Road in Northbrook, beginning at 6:00.

The annual Journey of Hope cross-country ride is sponsored by [The Ability Experience](#), a national philanthropic organization of the [Pi Kappa Phi](#) national fraternity. The ride is completed by fraternity members who travel 4,000 miles together from the West Coast to Washington, D.C. The vision of the organization is to “create a community, one relationship at a time, where the abilities of all people are recognized and valued.”

This year’s visit to the Y has a new theme: “Y Believes.” The riders will share a private reception with members of the Y’s Special Olympics swim team and their families, followed by a public screening of the documentary film *Swim Team*. This powerful film depicts the inspiring journey of young people with autism brought together as a competitive swim team, and how their triumphs brought a community together. The film will be introduced by two members of the Y’s swim team, who will describe what being part of the team means to them. The film screening is free and open to the public. Due to occasional strong language, the film may not be appropriate for all viewers.

"The YMCA embraces the opportunity to create a sense of belonging, diversity and inclusion for all," notes Ellen Mirochnick, NSYMCA Special Services Coordinator. "We believe that people of all abilities should have similar opportunities to participate. Our Special Olympics swim team is a testament to that belief. Our team has created an atmosphere of camaraderie and competition that provides wonderful benefits for our swimmers. Our coaches, Tom March and Missy Contri, have established an environment of mutual respect and inclusion and have even had several of our Special Olympics swimmers cross over to our traditional swim team. We are so proud of our swimmers for their perseverance, and we are looking forward to this special event with the Journey of Hope team and the community!"

For more information about the Journey of Hope visit or YMCA programs for individuals with special needs, contact Ellen Mirochnick, emirochnick@nsymca.org, or call 847 272 7250.



Photo Caption: The Ability Experience's Journey of Hope bike team visits the North Suburban YMCA on Tuesday, July 24.

About the [North Suburban YMCA](#)

Celebrating its 50th Anniversary in 2018/19, the North Suburban YMCA provides individuals in Northbrook and 15 surrounding communities with programs and tools that help them become healthier, more connected, and confident, ensuring that everyone, regardless of age, income, or background, has the opportunity to learn, grow, and thrive. The NSYMCA focuses on Youth Development, Healthy Living, and Social Responsibility and is a charitable organization, inclusive and welcoming to all in our community. Learn more at [NSYMCA.org](https://www.nsymca.org).