



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN YMCA**  
2705 Techny Road  
Northbrook, IL 60062  
[www.nsymca.org](http://www.nsymca.org)

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FOR IMMEDIATE RELEASE

**Keep Hope Rolling: Bike Team Wheels through YMCA**

NORTHBROOK, IL – The Journey of Hope bike team will be cycling into the [North Suburban YMCA](#) for their seventh annual friendship visit on July 26, 2016. Demonstrating the Y's commitment to helping all children and adults reach their full potential, this year's event theme is "Football for All," featuring a guest appearance from the Northwestern University football team.

In its 30<sup>th</sup> year, the annual Journey of Hope cross-country ride is designed to bring awareness to [The Ability Experience](#), a national philanthropic organization that strives to break down the barriers that keep people with disabilities from living life to the fullest. The ride is completed by members of [Pi Kappa Phi](#), who travel 4,000 miles together from the West Coast to Washington, D.C.

The Y will also partner with the [Great Lakes Adaptive Sports Association](#) (GLASA) and [North Shore Youth Football](#) to give children the opportunity to run football drills while experiencing the challenges of wheelchairs. Demonstrations and the Northwestern University Football "meet and greet" will begin at 6:30 pm at the Y, located at 2705 Techny Road in Northbrook.

Immediately following, GLASA wheelchair participants and Journey of Hope cyclers will face off in a friendly, high-energy "Wheels vs. Wheels" wheelchair football game. Prior to the events, the NSYMCA, GLASA and Journey of Hope will enjoy a casual reception where all food and drinks are donated by Noodles & Company and Home Depot.

The football events are free and open to all children and families. Guests are encouraged to come dressed in their favorite football team jersey or uniform. The activities that evening will enable all persons, regardless of existing physical challenges, to participate.

The NSYMCA provides high quality, inclusive opportunities in dance, yoga, art, fitness, and aquatics for children with special needs so they can learn, play, and interact with their peers within the context of the YMCA community. Children in the programs learn confidence, responsibility, and social skills while making new friends and developing important character traits in a supportive, nurturing environment under the guidance of highly qualified Y staff.

"We're thrilled to partner with two disabilities organizations, Journey of Hope and GLASA, for this unique event. Having Journey of Hope come home to the Y again is an honor. The cyclists bring so much

enthusiasm and positive energy to the community, and the kids feel encouraged to try new things,” said Kim Nyren, NSYMCA Development Manager.

Guests are asked to RSVP for the event by July 20 by calling the Y at (847) 272-7250 x. 1215 or emailing Kim Nyren at [knyren@nsymca.org](mailto:knyren@nsymca.org).

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#### **About the [North Suburban YMCA](#)**

The North Suburban YMCA is a charitable organization and relies on donations to make services available for all families and individuals in its 15-city region. All board members are volunteers, who donate their time, talents and financial resources. Located at 2705 Techny Road in Northbrook, the YMCA has served the northern suburbs of Chicago for over 45 years. The Y is about youth development, healthy living, and social responsibility, providing programs and services that address the needs of our diverse community and are accessible to all. For more information or to make a donation, contact the Development Department at 847 272 7250 x. 1219 or [awright@nsymca.org](mailto:awright@nsymca.org), or visit [nsymca.org](http://nsymca.org).

#### **About [The Ability Experience](#)**

Founded in 1977, The Ability Experience is the national philanthropy of Pi Kappa Phi Fraternity. Its mission is to instill lifelong service in its members and enhance the quality of life for people with disabilities. The organization uses shared experiences to support people with disabilities and develop the men of Pi Kappa Phi into servant leaders. Their vision is to create a community, one relationship at a time, where the abilities of all people are recognized and valued through programs that support their core values (abilities, teamwork, empathy, and integrity) while serving others. For more information, visit [abilityexperience.org](http://abilityexperience.org)

#### **About the [Great Lakes Adaptive Sports Association](#)**

GLASA operates under a mission to promote and support optimal development and well-being of youth, adults, and military veterans, who have physical or visual disability through the provision of inclusive recreation, fitness, and competitive sports activities. Founded in 1999, the agency strive to provide health and wellness programming to a segment of the population that is not often served by traditional physical activities and health promotion programs. Today the organization reaches over 3,000 youth and adults each year through education and outreach initiatives. To learn more about GLASA, please visit [glasa.org](http://glasa.org)

#### **About [North Shore Youth Football](#)**

North Shore Youth Football participates in The Chicagoland Youth Football League (TCYFL), the largest independent youth football organization in the country with over 48 participating communities. The NSYF creates better competition and fair play opportunities for all, offering tackle football for ages 6 thru 14 and is the only youth organization in the North Shore area to offer safe, tackle football for 6-9 year olds. For more information, visit [northshoryouthfootballclub.org](http://northshoryouthfootballclub.org).



*Photo Caption: The Ability Experience's "Journey of Hope" cross-country bike riding team will return to the North Suburban YMCA on July 26 for an evening of inclusive football-based fun, open to all children and their families.*



*Photo Caption: Athletes from the GLASA Wheelchair Football League will play a "Wheels vs. Wheels" football game with the Journey of Hope bike team at the North Suburban YMCA on July 26.*