



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN
YMCA**
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FOR IMMEDIATE RELEASE

YMCA to Welcome “Journey of Hope” Cross Country Bike Team on July 21

Northbrook, IL – July 2015: The “Journey of Hope” bike team from The Ability Experience will make its annual visit to the North Suburban YMCA on Tuesday, July 21 for a cookout and celebration with local children with special needs. The visit is a stopover in the team’s 4,000 mile cross-country bike ride that raises awareness and funds for children with special needs. This is the team’s sixth visit to the NSYMCA, located at 2705 Techny Road in Northbrook.

The Ability Experience (formerly known as Push America) is the philanthropic arm of the Pi Kappa Phi fraternity national organization. The Journey of Hope is an annual cross-country bike ride now in its 29th year, designed to bring a message of empowerment to individuals with physical and mental challenges. Three separate teams of approximately 30 riders each are currently en route from the West Coast to Washington, D.C., with a fundraising expectation of over \$600,000. Team members ride an average of 75 miles per day, with stopovers that raise money and build relationships within communities.

“We all look forward to the Journey of Hope visit every summer,” notes Barb Flanagin, NSYMCA Director of Development. “They come in with so much enthusiasm and warmth toward our community, and our kids love interacting with them. We’ll have lots of food, games, and activities to get everyone involved.”

The July 21 event at the YMCA, which is free of charge to children with special needs and their families, will run from 5:00 to 7:00pm. Activities will include a DJ for music and dancing, dinner, and games. Guests are asked to RSVP for the event by July 19 by calling the Y at 847 272 7250 or emailing Barb Flanagin at bflanagin@nsymca.org. For more information about The Ability Experience and Journey of Hope, visit www.abilityexperience.org.



Photo Caption: The Ability Experience “Journey of Hope” cross country bike team will return to the North Suburban YMCA on July 21 for an evening of food and activities for children with special needs and their families.



Photo Caption: The 2014 Journey of Hope visit to the North Suburban YMCA included lots of dancing and laughter with local kids. The bike team team returns to the Y on July 21, 2015.

About the North Suburban YMCA

The YMCA is a not-for-profit entity 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 Barb Flanagin at 847-272-7250 or bflanagin@nsymca.org, or visit www.nsymca.org.