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# **STORYTELLERS**

## **ANN & RICH**

The YMCA held a challenge at the beginning of 2015 to see who could complete 2015 miles in the year 2015, so we decided to challenge ourselves. We both needed to lose some weight and knew that exercising would help with that. Committing to the challenge helped to motivate both of us to get up off the couch and either go to the Y or go for walk or bike ride.

We were hoping to complete the challenge by the end of the year, but in April Ann started riding with several groups of cyclists and the miles began to add up quickly. As we logged our miles, we were encouraged that we could achieve our goal. Our legs became stronger and we lost weight. Ann completed the challenge June 30 and Rich reached 2,105 miles during the Friends of the Trail Fun'd Ride on September 19.

This challenge was a great motivator for us and we are so glad we accepted the challenge. Logging our miles daily allowed us to see how active we'd been during the week. Ann's ridden over 3,000 miles on her bike which is more than double the amount of her best year and Rich has over 60% more miles than his best year. We will continue to keep track in 2016.



**Thank you Ann & Rich for being a **STORYTELLER** for the YMCA!**