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MEDIA ADVISORY // FOR IMMEDIATE RELEASE

Reidsville YMCA Members Participate in Dixie Diva Triathlon

Greensboro, N.C., June 16, 2010 – Nine women who trained at the Reidsville Y participated in the Dixie Diva Triathlon on June 13, 2010 at Northeast Park. The women varied in ages from thirty-two to fifty-two. All nine women placed in their respective age groups.

The women trained at the Reidsville Y through the beginner triathlon-training program. This program offered a swim, bike, and run clinic, along with a ten-week training program for participants to follow. The training program generally included two swim days, two bike days, and two run days, along with strength training twice a week. Coaches guided workouts twice a week and provided email communication throughout the class.

Crystal Bibee, an AFAA Certified Group Fitness Instructor and Y coach, said "coaching and working with these ladies over the course of ten weeks has been incredibly rewarding. They are inspiring, hardworking and there is nothing that provides me any more satisfaction than being able to help someone achieve their goal."

For more than 120 years, the mission of the YMCA of Greensboro has been to put Judeo-Christian principles into practice through programs that build a healthy spirit, mind and body for all. We build strong kids, strong families, and strong communities.

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