



For Immediate Release: 1/15/10

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## Buffalo News Sports Writer Speaks at Southtowns Family YMCA

(West Seneca, NY) - Join Amy Mortiz, a sports writer for the Buffalo News, on Thursday January 28, 2010 at the Southtowns Family YMCA for a presentation on “My transition from sports observer to endurance sports participant-the good, the bad, and the ugly.” Amy will speak at 12:00 pm in the pool viewing room located off of the lobby at the Southtowns Family YMCA located at 1620 Southwestern Blvd., West Seneca.



Amy will speak of her transition from sports observer to endurance sports participant and how a non-swimmer and non-runner not only finished her first triathlon but fell in love with sports and competition. She will also talk about the balance between competitive and social aspects of running a triathlon and ways to fit in training into your busy life schedules. Amy hopes to inspire others who were in her shoes to take the next steps to leading a healthier, happier, lifestyle. For more information contact Erica Tempestoso at 674-9622.

Locally founded in 1852, YMCA Buffalo Niagara is an inclusive association of people committed to a common effort to help individuals and families reach their fullest potential in terms of spirit, mind, and body. The YMCAs focus on health and wellness is reflected in the variety of programs that we offer for all ages and abilities. Additionally collaborations with insurance carriers such as Univera, Independent Health, and BlueCross BlueShield provide the opportunity for those wanting to take the first step toward a healthier lifestyle to do so at the YMCA.

A not for profit organization, YMCA Buffalo Niagara serves over 100,000 people annually through the seven branches located throughout Western New York, YMCA Camp Weona, as well as at over 40 community based program sites. This tremendous outreach would not be possible without the support of our volunteers. From summer camp, preschool and school age child care to SilverSneakers®, youth sports programs and swimming lessons-there is something for everyone at the YMCA. For more information visit us online at [www.ymcabuffaloniagara.org](http://www.ymcabuffaloniagara.org)

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