At the heart of the McCormick Tribune YMCA is the power to transform—both yourself and the world around you.

**A CLOSER LOOK**

It’s often been said that the journey of a thousand miles begins with a single step. For 35 North Grand high schoolers on the path to accomplishing a great physical achievement—running a half marathon—the first step to crossing that finish line was to put in the work.

The North Grand students were provided two-month summer scholarships provided by the McCormick Tribune YMCA, to use YMCA equipment and facilities to perfect the art of running 13.1 miles. YMCA trainers were on hand to help coach and provide motivation to the teens throughout the two months. In addition to learning about the importance of good health and fitness, they were also able to develop friendships and build their self-confidence.

Thanks to the efforts of the YMCA, North Grand High School faculty, the Chicago Area Runners Association and the students’ own perseverance, medals weren’t the only thing these 35 teens ran away with after crossing the finish line. They now had the knowledge and power that they could do anything they set their minds to, as long as they were willing to back up their dreams with hard work and perseverance.

**WE’RE MORE THAN A GYM. WE’RE A CAUSE.**

Every day, Y staff, volunteers, members, friends and community partners work side-by-side to tackle important issues impacting our community. We recognize that for communities to succeed, everyone must be given the chance to learn, grow and thrive. Focusing on youth development, healthy living and social responsibility, everything we do at the Y is an exercise in possibility.

Visit mccormicktribuneymca.org to learn more.
HELP US GROW
STRONGER TOGETHER

You too can change a life by making a gift to the McCormick Tribune YMCA. Because membership dues and program fees support our daily operations, 100% of your gift will go directly to serving children and families in need. The impact of your gift will be felt when:

- A kindergartner starts school ready to learn because he attended the Y’s early learning center.
- A teen makes better choices because she feels welcomed and valued at the Y.
- A dad spends time with his child while coaching basketball.

Make a Gift. Change a Life.

To learn more call the McCormick Tribune YMCA at 773.235.2525 or make your gift today at donate.ymcachicago.org.

ABOUT THE YMCA OF METROPOLITAN CHICAGO

The McCormick Tribune YMCA is one of 22 membership centers, five camps and hundreds of partnerships and programs across the city and suburbs operated by the YMCA of Metropolitan Chicago. Collectively, we serve over half a million people with programs and services that provide opportunities for everyone to exercise their potential and have a greater, positive impact on society.

Learn more at ymcachicago.org.