

# SPRING VALLEY YMCA

*Morgan J. Arthur Jr. Memorial Fund: 2nd Annual Bench Press Competition*

## GETS SENIOR PARTICIPATION

*By: Katie Lehman*

*The Morgan J. Arthur Jr. Memorial Fund has been created to develop Youth Strength Training Centers in all branches of the Phoenixville Area YMCA. The Youth Training Centers will provide a place where youth can improve their health and well being in a fun, supervised environment.*



Limerick, PA: July 29, 2006 -- The Morgan J. Arthur Jr. Memorial Fund held their Second Annual Bench Press Competition on Saturday. The event proved to be a major success due to the number of enthusiastic participants and attendees present, as well as the number of overwhelming donations received.

According to Morgan J. Arthur Sr., Wellness Center Director, and Founder of the Memorial Fund, "I was surprised and pleased to see

as many spectators as competitors, it was as if there was one whole team present, cheering on and supporting each other, all for a good cause."

Competitors ranged from all ages, but the real surprise was the participation of seniors this year. Four senior women whose ages ranged from 60 to 80 (but don't tell them that!) bench-pressed between 50 and 90 pounds [pictured]. According to Patti Morris, Wellness Center Coordinator, and Contest Judge, "It was a beautiful morning which intensified the excitement and adrenaline for all of the competitors, this was expected, but what surprised me the most was the amount of weight the competitors from the Women's Senior Division were able to successfully bench on the Smith Machine."

Strength Training isn't simply training any longer. It has proved to be seemingly more important to train while entertaining the youth and encouraging the seniors, in order to truly reach them. With childhood obesity levels rising, and teens exercising less these days, it is important to reach out and grab the attention of the exercise-deprived youth who will mature into unhealthy adults and seniors. The Morgan J. Arthur Jr. Memorial fund makes this possible by providing the proper education, equipment, and motivational encouragement each child needs.

Morgan J. Arthur Sr. founded this Memorial Fund under these aforementioned principles, in order to fulfill his son's desire to help youth pursue active and healthy lifestyles. Morgan J. Arthur Jr. had been a long-time advocate of Physical Fitness for youth and served

as an outstanding role model for many YMCA children. With the money earned from participation in events like these, as well as outside donations, each M.A.J.I.C. Center (Morgan Arthur Jr. Inspirational Center) in the Phoenixville Area will be outfitted with appropriately proportioned, easy to use strength training equipment and cardiovascular machines. The Spring Valley and all Phoenixville Area YMCA staff are certifiably trained and excited to help all ages to develop healthy, active lifestyles that will last a lifetime.

For more information concerning donations or participation in events like this contact:

**Gerry Wetzel**  
President Financial Development  
**610-539-9190 ext.13**

**Morgan J. Arthur Sr.**  
Vice-Spring Valley YMCA Wellness Director  
marthur@paymca.org  
**484-984-2000 ext.2007**

Donations may be made payable to "Phoenixville Area YMCA"  
Send your gift to:

**Phoenixville Area YMCA, Corporate Office**  
**2460 Boulevard of the Generals, West Norriton, PA 19403**

*First Place Participants: (Youth Division) John Delorefice (135lbs); (Women's Division) Tricia Sherrick (110lbs); (Open Division) 132-148 John Mazzamuto (260lbs), 148-164 Tim Donnelly (250lbs), 181-197 Ryan Cannon (405lbs), 198-219 Mitch Nyman (415lbs), 220-241 Glenn Butler (420lbs), 242-274 Olin Honore (365lbs)  
Senior Participants: Lois Alexander (50lbs), Yvonne Dallam (55lbs), Sally McLaughlin (60lbs) Marylou Donahue (90lbs)*

*T-shirts sold at contest-all proceeds went to the memorial fund: on the front read I DID IT, CAN YOU  
1st place winners received trophies  
2nd, 3rd, and 4th place winners received medals  
However all of the participants were winners at this competition, each received a t-shirt.*

*Article Written By: Katie Lehman; Edited By: Faith Gonzalez  
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