



FOR IMMEDIATE RELEASE

Contact: Lauren Bacigalupi, Chief Marketing Officer

Contact Phone Number: 215-301-8183

**Spring Valley YMCA Indoor Triathlon to Honor Beloved Coach,
Fund Free Memberships for Locals**

Royersford, PA — Monday, 3/31/25 — The Spring Valley YMCA is calling on triathletes ages 6 and up, at any level, to run, swim, bike on Sunday, April 13, 2025, as part of its annual “Tri for the Y”. This event benefits the Coach Brian Kozera Scholarship, which will fund free 1-year Y memberships for one adult and one youth.

Athletes will participate in 15-minute intervals of swimming, biking and treadmill running (with 5-minute transitions between) across the facility. The triathlon kicks off at 7:20 am with scheduled heats every 20 minutes. Cost is \$40. Participation fees benefit the Scholarship fund. Participants will receive a shirt and medal.

Brian Kozera, former head coach of the Spring Valley Y Multisport Gators, and a Corporal in the Norristown Police Department, was a dedicated First Responder, and passionate about triathlons. He loved competing, coaching, teaching, and motivating others as both a cancer survivor and multiple Ironman Triathlete. This scholarship advances his passion for the sport, awarding one adult and one youth (aged 6 – 17) a 1-year membership to the Spring Valley YMCA and membership to the Spring Valley Multisport Gators Team (total value = \$1,000).

The Spring Valley YMCA is in its 21st year of service to the Royersford area, with more 16,000 members on its roster. Known for its outdoor pool, children’s programs, and expansive facilities, it’s a mainstay of the community. The Multisport Gators team trains regularly inside the Y, helping experienced and beginner athletes prepare for competitions year-round.

To register for the indoor triathlon, visit <https://www.philaymca.org/events/tri-y-spring-valley-ymca>

Scholarship applications are open until April 4th. Recipients will be named at the Tri for the Y on April 13th. Applications are available at the link above.

About the Greater Philadelphia YMCA

The Y is one of the nation's leading nonprofits, strengthening communities through youth development, healthy living, and social responsibility. Throughout the Delaware Valley, the Greater Philadelphia YMCA serves more than 150,000 individuals each year – regardless of age, income, or background – across 15 branches located in Berks, Chester, Delaware, Montgomery, Philadelphia, Pike, Burlington, and Camden counties. Coupled with dozens of childcare sites, and one overnight camp in the Poconos, the Y has extraordinary reach in connecting people to healthier lives. For more information, please call 215-963- 3700 or visit philaymca.org.
