



## **The Leukemia & Lymphoma Society's "Team In Training" Receives Donation from Westchester Health Club**

*THE GYM Armonk donates space and time for the cause, as the Westchester/Hudson Valley Chapter prepare for April Triathlons*

**Armonk, N.Y. (April 14, 2010)** – Participating in a Triathlon means months of training and hard work before the big event. For the Westchester/Hudson Valley Chapter of the Leukemia & Lymphoma Society's "Team In Training" (TNT) it is no different. Due to this winter's cold and unpredictable weather, the Westchester/Hudson Valley Chapter was grateful that THE GYM Armonk opened its doors to about 40 TNT members and offered the facility's Spin Room for the months leading up to two Spring Triathlons.

Susan Grimm, TNT mentor and member of THE GYM Armonk, first approached the fitness center's General Manager, Jamie Nicastrì, in January after the Westchester/Hudson Valley Chapter was in need of an indoor training facility for cycling. As a strong supporter of the cause, THE GYM was pleased to offer the chapter time and space on Saturday mornings to prepare for the April 25<sup>th</sup> St. Anthony's Olympic Distance Triathlon, as well as the June 19<sup>th</sup> Wyckoff Sprint Distance Triathlon.

Training in cold, snowy, or very rainy weather is not only dangerous, but nearly impossible for the TNT groups, especially because the majority of the Westchester/Hudson Valley Chapter members are novice athletes and new to triathlons. Cycle training is imperative to the team's success and is not something that can be put off until a few weeks before the event. After training weekly in THE GYM's Spin Room since January, the Westchester/Hudson Valley Chapter will be properly prepared.

According to the Leukemia & Lymphoma Society, a 2009-2010 case study showed that about 245,225 people in the United States are living with, or are in remission from, Leukemia. Likewise, an estimated 44,790 new cases were diagnosed in 2009. TNT is the largest fundraising campaign for the Leukemia & Lymphoma Society, and has raised \$1 billion to support blood cancer research and patient services. More than 420,000 people have participated in the organization's events which range from marathons, triathlons, 100-mile century bike rides, and hiking adventures.

"TNT is so grateful for the generosity THE GYM has shown us during these past few months, and we hope to continue the relationship in the future," said Tara Kelly, TNT Campaign Manager. "The Leukemia & Lymphoma Society relies on the kindness of organizations like THE GYM, and we are so thankful for their self-sacrificing support."

The Leukemia & Lymphoma Society, headquartered in White Plains, NY with 64 chapters in the United States and Canada, is the world's largest voluntary health organization dedicated to funding blood cancer research and providing education and patient services.

### **About The Leukemia & Lymphoma Society's Team In Training**

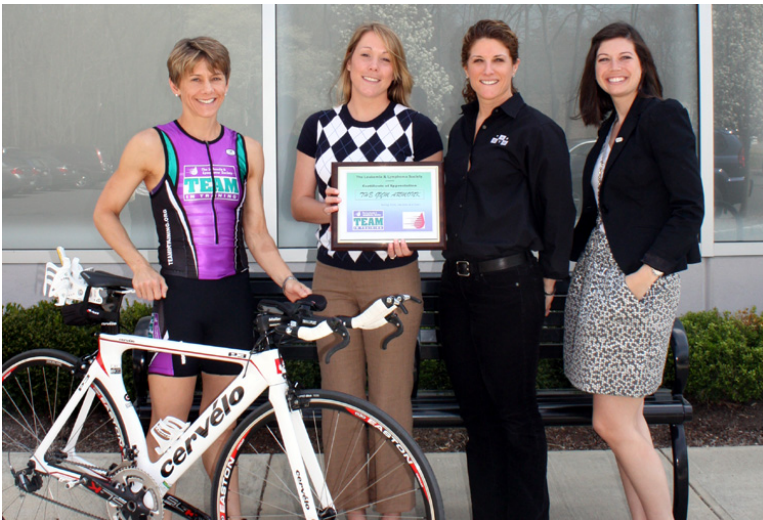
The Leukemia & Lymphoma Society's "Team in Training" program (TNT) is the largest endurance sports training program in the world. Since 1988, when the first team was formed, the program has helped 420,000 people achieve their dream of completing a marathon, half marathon, triathlon or 100-mile century ride. More importantly, TNT participants have raised over \$1 billion on behalf of The Leukemia & Lymphoma Society®. We are proud to see how far we have grown and how many lives we have changed.

## About THE GYM Armonk

THE GYM Armonk is a complete lifestyle and fitness center, designed to promote healthy living in a first class atmosphere. Its unique approach integrates total body conditioning and optimal fitness with individualized programs, a nutritional diet and the proprietary e3 Weight Management System. The health club's regularly scheduled classes include a full slate of strength, cardio, dance and cross-training workouts. Amenities include a clothing boutique, juice bar, spa and child care center. The staff's attentive service and the facility's array of scientifically devised programs provide members with a state-of-the-art experience. THE GYM Armonk is located in Westchester County on 99 Business Park Drive, Armonk, N.Y. Please visit [www.gettothegym.com](http://www.gettothegym.com) or call (914) 219-1601.

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**Left to right:** Susan Grimm, TNT mentor and member of THE GYM; Tara Kelly, TNT Campaign Manager of Westchester/Hudson Valley Chapter; Jamie Nicastri, General Manager, THE GYM; Erika Francisco, TNT Senior Campaign Director of Westchester/Hudson Valley Chapter.