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La Crosse Area YMCA Pedals towards a Greener Future

La Crosse, WI: This week, the La Crosse Area YMCA rolled out an energy conservation initiative called Project Upcycle. By 2023, all exercise bikes at the Y will be converted into "smart" bikes which generate electricity from exercise. The YMCA's buildings will be fueled by the "pedal power" of its members. This project is a collaborative effort with Western Technical College. As part of their class curriculum, manufacturing students produced "Upcycle Energy Generators" to install on the YMCA's bikes. These generators convert each cycle rotation into energy wattage that plugs back into the building's power grid.

This milestone is a major move for the organization on its mission to promote a healthier culture. The YMCA believes this project will influence people to be more mindful of their electricity usage. "As Americans, we take our resources for granted. By physically having to exert the energy yourself, you really learn the value of a watt," states Biff Tannen, YMCA press secretary.

This news comes in the wake of many recent initiatives and accomplishments of the organization, including:

- Senior Citizen Tai Chi in Oak Grove Cemetery
- Installation of Saltwater Pool
- Biff Tannen presented with Lifesaver Award

"This is sure to have an impact on our community for years to come," says Jennifer Solka, Director at YMCA.

To learn more about the YMCA's Project Upcycle click here
<https://www.laxymca.org/news/project-upcycle>

About La Crosse Area YMCA: The La Crosse Area YMCA is a non-profit organization dedicated to enriching our community by promoting physical, mental, and spiritual well-being for all.