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**NORTH SUBURBAN
YMCA**
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FOR IMMEDIATE RELEASE

Local Powerlifters Use North Suburban YMCA as Springboard to Success

Northbrook, IL: August 2018 – Two Northbrook-based weightlifters achieved medal status at the Amateur American Powerlifting Federation (AAPF) “Summer Bash” meet, held in Park Ridge, Illinois on July 28 and 29. Both men credit the North Suburban YMCA with providing the facilities and support that enabled them to take their passion for powerlifting to the next level.

Casey Morgan Luc, age 23, placed third in the Junior AAPF division with a combined total lift of 640 KG (237.5 KG Squat, 152.5 KG Bench, 250 KG Deadlift). It was his first powerlifting meet in five years of training. Richard Tan, age 38, placed first in the Bench Only division, second overall in the meet with a lift of 446.4 LB. This lift was a meet personal record for Tan, who has been lifting for 19 years, and broke the state record for his weight class.

Luc and Tan both train at the North Suburban YMCA in Northbrook, taking advantage of the Y’s newly remodeled Strength Training Center. They took very different paths to their common goal: Luc grew up in NSYMCA programs, while Tan discovered the facility’s benefits while bringing his young son to classes for preschoolers.

“The NSYMCA enabled my passion for lifting by providing the right equipment and accommodating gym hours to train for my powerlifting competitions,” notes Tan. “While my son participates in the various preschool-based activities the NSYMCA provides, I can, in parallel, complete some of my personal goals.”

As a college and now graduate student, Luc is accustomed to adapting his workouts to fit a variety of venues and schedules. He has enjoyed being back at his hometown Y, especially with the recent upgrades.

“This last year, the NSYMCA has been my fitness home and I have to say, it is absolutely my favorite weightroom to date,” says Luc. “The recently renovated facility has all I need including deadlifting platforms and multiple squat racks. Through the utilization of these facilities, my interest in lifting grew from a hobby into a competitive passion as I increased my lifts by a total of 200 pounds in the last year, culminating in an award-winning competition performance.”

The NSYMCA offers members the free use of the Strength Training Center and Track, as well as top-quality cardio equipment, indoor lap swimming, a wide variety of fitness and yoga classes, and personal

training. Member registration is now open for fall programs, with classes beginning August 27. For more information, visit NSYMCA.org.

About the [North Suburban YMCA](#)

Celebrating its 50th Anniversary in 2018/19, the North Suburban YMCA provides individuals in Northbrook and 15 surrounding communities with programs and tools that help them become healthier, more connected, and confident, ensuring that everyone, regardless of age, income, or background, has the opportunity to learn, grow, and thrive. The NSYMCA focuses on Youth Development, Healthy Living, and Social Responsibility and is a charitable organization, inclusive and welcoming to all in our community. Learn more at NSYMCA.org.



Photo: Casey Morgan Luc competed in the American Powerlifting Federation Summer Bash meet in Park Ridge, Illinois.