



## **RANDOLPH-ASHEBORO YMCA**

### **Congratulations Two Time Bronze Medal Winner Michael Bentley**

Congratulations to Randolph-Asheboro YMCA Member, Michael Bentley, from Randleman who recently won Bronze medals in both the 1 Mile and 10K Cycling competition during the 2020 Senior Games State Finals that recently took place virtually.

Michael is a regular attendee of our Tuesday Cycling Class at 4:30 PM with Tracey and the Thursday 9:00 AM Cycling Class with Amy. He credits both working out in these classes and riding on the road in Randleman as what helped prepare him to compete successfully in the State Finals.

"Be sure to check out the Cycling classes at the Y. They are a great way to exercise." – Michael Bentley

