



LAKESHORE

Your Weekly Update

March 9, 2022

Member News

Have a suggestion? There are two ways you can leave a member suggestion at Lakeshore. You may place a suggestion in the suggestion box in the lobby next to the Member Services Desk or you may fill out our new online [member suggestion form](#).

Lakeshore's west entrance (Sington Lobby) is now open for members to use Monday through Friday from 8 a.m. to 5 p.m. Just press the door open button to enter and scan your member card at the check-in desk.



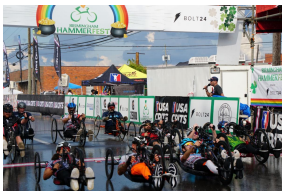
Lakeshore has solid performance at SEC Championship

The Lakers and Sharks youth wheelchair basketball teams faced some fierce competition at the Southeastern Junior Division Conference Championship held at Lakeshore over the weekend. In the Varsity division the Lakers took third place, with Jackson Horne and Ja'Karius Kemp being named to the All-Tournament Team. In the Prep division, the Sharks fought hard to finish fourth overall, and Lily Dobson was named to the All-Tournament Team. If you missed the action, check out our photo album on our [Facebook page](#) or watch replays of the games on our [YouTube channel](#).



Watch USAWR Compete in Colombia

This week, USA Wheelchair Rugby take on five Americas Zone nations March 9-13 at the Americas Wheelchair Rugby Championship in Medellin, Colombia. All games will be live streamed at <http://wwr2022americas.com/>. Visit usawr.org for game summaries and score updates and follow the team on [Facebook](#), [Instagram](#) and [Twitter](#).



Support Lakeshore and Hammerfest this Weekend

You don't want to miss Hammerfest this weekend. Stop by Pepper Place on Saturday to cheer on the crit racers, check out the Kids Zone, and participate in the Lil' Shamrock fun ride. On Sunday, support Lakeshore by participating in the FREE 30 or 60-mile Hammer Ride! All funds raised from the Hammer Ride will go to support our cycling program. Visit <https://www.birminghamhammerfest.com/> for more info and to register.



Get Moving Alabama!

The 100 Alabama Miles Challenge kicks off on March 26, and we want you to join in. The goal is to walk, run, push, hike, bike, swim, paddle, ride or roll 100 miles in the span of a year. Learn more, and sign up to take the challenge by visiting <https://100alabamamiles.org/>.



Learn About the Lat Pulldown

Watch this video to get the low down on all the ways you can use the lat pulldown machine in our Fitness Center. Then plan your next strength workout. If you ever have any questions about our fitness equipment, just ask one of our knowledgeable fitness staff members.

Give
Today

Lakeshore Foundation | lakeshore.org

