

# GATEWAY GAZETTE

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The Wisdom Warrior Challenge kicked off its national month-long campaign to promote physical activity for senior adults with a race event at the Vi at Lakeside Village in Lantana on March 6.  
WISDOM WARRIOR CHALLENGE/COURTESY

By Alex Kushel  
Sun Sentinel Correspondent

The Wisdom Warrior Challenge recently kicked off its national month-long campaign to promote physical activity for older adults as participants from Vi at Lakeside Village in Lantana competed in a race event.

The Wisdom Warrior Challenge is a free event that allows participating senior living communities to enter a compe-

## ‘It’s electric out there’ Wisdom Warrior Challenge promotes physical activity for older adults

tion of several distances from 50, 100, 200, 400, 800 and 1600 meters in different age divisions. The participants include age 50

and up. They also receive T-shirts, swag bags and medals.

Linda Borgmeyer, a Palm Beach Gardens resident, created

the Wisdom Warrior Challenge in 2019. She is a volunteer and founded the nonprofit to dispel myths about aging and limitations.

Age is just a number and individuals have control over how they age with the ability to make better choices for their physical and emotional health, she said.

“The events get the participants moving again through physical activity,” Borgmeyer said. “Our first event of the year was very successful.”

The event at the Vi at Lakeside Village in Lantana attracted more

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# Erin Andrews talks Tom Brady, helps raise \$500K for YMCA in Boca

By Gary Curreri  
Sun Sentinel Correspondent

Inclement weather did not dampen the spirits of the 600 guests who recently attended the 22nd annual YMCA of South Palm Beach County's Inspiration Breakfast featuring sports broadcaster icon Erin Andrews as keynote speaker.

This year's event, which took place at the Peter Blum Family YMCA of Boca Raton, is the Y's largest fundraising special event, honoring its vision and commitment to promoting youth development, healthy living and social responsibility.

Proceeds from the breakfast help fund scholarships for individuals and families to participate in Y programs, including teen leadership and summer camps.

"It's an honor to be here," said Andrews, who signed a three-year deal in 2022 with FOX Sports. "When I started this whole obsession and wanting to do it, I never thought about the role that came with it of having girls come up to me or having dads come up to me asking how they get themselves into sports.

"It is really, really cool," she said. "I just love sports and reporting on sports, the athletes and coaching... the organizations and the general managers. To be able to do that, and to be a woman at the same time, does mean a lot. It's been the last couple of years that have touched me in a really cool way."

Andrews, an Emmy-winning FOX Sports broadcaster, touched on many subjects during a candid press conference with reporters before speaking at the breakfast in a question-and-answer session with award-winning interviewer and South Florida media personality Paige Kornblue. Following that 30-minute segment, Andrews took questions from the crowd.

Andrews, whose appearance coincided with the



Paige Kornblue goes one-on-one with Erin Andrews, right, sportscaster and television personality, during the annual YMCA of South Palm Beach County Inspiration Breakfast at the Peter Blum Family YMCA of Boca Raton. **GARY CURRERI/CONTRIBUTOR**

kickoff of Women's History Month and International Women's Day, is very much a woman in a man's field. On trips to games, she is one of 60, and the rest are men, in a travel party.

When she first began, Andrews said she wanted to work as many games as she could when she was with ESPN — so she worked two college football games a week, College Game Day, college basketball, Monday Night Baseball and Wednesday Night Baseball.

"I wanted to do as much as I could and I wanted to get better," said Andrews, who also spoke at Mississippi State earlier in the week. "I was super competitive, and I didn't want anyone else to have that role. There aren't many women that get a chance to do it, and I get it.

"But there are changes coming," she said, "especially on the field. You see trainers, you see assistant coaches, you see women in the front office as well. We are making strides and I do realize that I can wave the

flag and say women do care and love sports and football."

Andrews talked about the advice of her own greatest female mentor and "massive trailblazer" Lesley Visser.

"Being a female will get your foot in the door, but how hard you work will keep you there," she said. "She talked about bringing out the best in ourselves. I feel like I'm at this point where I've really proved how much I put into this — so there's always going to be people who are like, 'Oh, she's in it to be in front of the camera,' but if you don't have it figured out by now how much I love this and how much respect I have for the guys in this league, then sorry."

A mother with a teenage daughter who had just failed a school math test had a teacher-parent conference before breakfast. She asked for advice from Andrews.

"She came home hysterically crying," the mother said of the 14-year-old freshman. "She has done really well in yearbook, and she might want to pursue a career path

similar to yours."

"You really don't need math in my job," Andrews quipped, drawing laughter and applause from the crowd. "(Just tell her): You are great in some things and not so great in others. Just find something you are great at and do it."

Andrews, who is estimated to have an annual salary of \$2 million a year with FOX Sports, discussed how growing up she had a love of sports, and competition, and is a self-described tomboy. She has gone from covering the Florida Gators as a student journalist to sideline reporting for college, MLB and the NFL.

"Show them why you stand out, and then worry about the clothing brands and the speaking engagements and the celebrity golf tournaments," said Andrews, who is married to former NHL player Jarret Stoll.

Andrews has since started other ventures like her Fanatics clothing line, Wear by Erin Andrews, and in

2021, she started hosting the Calm Down podcast with fellow FOX Sports reporter Charissa Thompson. Her clothing line has been worn by Taylor Swift.

Among other topics covered by Andrews was interviewing and now working with Tom Brady this upcoming football season; beating cancer; a friendship with Aaron Rodgers who gives her an unfiltered interview each year; the trials and tribulations of her alma mater, the Florida Gators football team; getting married; her son's birth through surrogacy last year; placing third on "Dancing with the Stars"; and the possibility of a morning TV show.

She said her most memorable interview was probably her 2014 post-NFC championship game sideline interview of Seattle Seahawks defensive back Richard Sherman. He ranted about San Francisco wide receiver Michael Crabtree.

Jason Hagensick, president and CEO of the YMCA

of Palm Beach County, said Andrews joins the likes of Emmitt Smith, Jason Taylor, Bill Walton, Dara Torres, Alonzo Mourning, Jim Kelly, Joe Theisman and Desmond Howard, among others, who have been Inspiration Breakfast keynote speakers.

"The list is incredibly impressive on so many levels that we are able to get such recognizable names," said Hagensick, who mentioned between 800 to 1,000 children will participate every day, Monday through Friday, in a camp this summer. "Even more impressive than that, was it was pouring down rain just an hour ago, and we are going to have 600 plus people under the tent and we are going to raise \$500,000 to support the YMCA and support kids and give them an opportunity to go to camp.

"We serve about 30,000 people on an annual basis," he said. "More than half of them are children."

The event was emceed by Y Vice Chairman Brad Winstead, who said he felt a "slight pit" in his stomach before the event when he woke up to thunderstorms in the area.

"This event always delivers, rain or shine," he said. "I think it is really about the message that brings them here to the Y. I have been involved this year for the first time as a chair and two years before that as a co-chair. We have been planning this for five months."

Longtime donor Robin Deyo, who is also involved in other local nonprofits, said participants know even though it is early in the morning, there is always a great speaker.

"There were a lot of benevolent people in the crowd, and we are going to send a lot of kids to camp this summer," said Deyo, who pitched in during the auction of items before Andrews went on. "This is a feel-good event. You leave here inspired and ready to charge into the day."

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