



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MEMBER OF THE MONTH



Paul Ogren
Member since 1983

Some fun facts about Paul :

"I was born in Cincinnati, Ohio in 1957, went to Purdue University and played defensive end for their football team. I got married to Beth in 1981 and we lived in Chicago for three years before moving to Minneapolis. We bought a house in which we still live in today! Raised 3 boys with all the comings and goings - soccer, wrestling, baseball, and lacrosse. I coached them all in soccer and baseball until they got better than me. I am a Civil Engineer with the City of Minneapolis Public Works Department. I am a snowboarder and a member of the National Ski Patrol for the past 35 years, currently an adjunct professor at Hennepin Technical College & I became a Certified Personal Trainer recently, specializing in working with senior folks in the home environment. I have currently become a brewer of beer - with varying degrees of success!!!"

What motivates you to stay active?

"It's a good release of stress and tension. Plus with my Personal Training business - I need to stay in shape. I am a year round biker, have run 5 marathons in the past, 2 Tough Mudder's, and am currently experimenting with Triathlons (have 3 under my belt) - so I want to be able to do the things that I want to do."

What keeps you coming back to Blaisdell?

"I have been a member of the Y since I was a kid in Elkhart, Indiana and I support the mission of the Y. Specifically the Blaisdell Y provides a neighborhood opportunity to not only exercise but to converse with others and develop relationships. You are also given the opportunity to share experiences with persons of different and diverse backgrounds and experiences and learn. It is very refreshing, both physically and mentally, to come to the Blaisdell Y."