



**Benefiting Hadassah Research
 Sunday, January 31, 2016
 Levite Jewish Community Center
 3960 Montclair Rd. Birmingham, AL 35213**

**Early Registration: On site-at LJCC or ICON Performance
 On line-www.hadassah.org/events/2016benchin before Jan. 15**

Fees:

**Teen Participants (13-18) \$18
 Adult 19- \$36
 Non-Benchin' Supporter (includes T-shirt) \$18**

Late Registration: January 15-January 30, 2016

**Teen Participants (13-18) \$28
 Adult 19- \$46
 Non-Benchin' Supporter \$18**

BFB Power Breakfast (reservation required) \$18

Schedule: Friday January 29

**12:00-5:00 Weigh-in at ICON Performance and Boobie Goodie Bag pick-up
 3156 Sunview Dr. Cahaba Heights.35243
 OR**

Sunday January 31

**8:00-9:30 Weigh-in at LJCC and Boobie Goodie Bag pick-up
 9:00-10:00 BFB Power Breakfast (by reservation)
 10:00-1:00 Benchin' For Boobs Benchpress Contest
 1:00 Awards Ceremony**

Please Return With Payment, Print Clearly to Birminham

NAME _____ AGE _____

MAILING ADDRESS _____ EMAIL _____

DIVISION Teen Novice Open Women

(circle one)

WEIGHT CLASS Bantam Light Middle Lt. Heavy Super Heavy

(circle one) <95-132 132-165 165-198 198-240 240+

FREE T-SHIRT (IF ENTRY IS RECEIVED BY January 15, 2016)

SIZE M L XL 2XL

(circle one)

Entry Fee _____ T-shirt (if after January 15, 2016) _____ Total Enclosed _____

You, our participants, are the most important part of this event. We need your help to make the biggest impact possible against this disease. Your registration fee helps cover this event's operating costs. Additional funding is how THE ONLY WAY to make an impact in completing more essential research and providing more critical services to people dealing with this disease. Your support will fund Hadassah's breast cancer research, screening, treatment and education programs that save lives in our community!

Here are a few things to know and share with everyone...

- You can feel confident donating to Hadassah. We were awarded **four stars** by
- Charity Navigator
- Donations are **tax-deductible**
Learn more about the research Hadassah does around the globe
- Learn more about our programs and how we serve our **local** community
- Remember to ask your employer and your donors for **Company Matching Gifts**

We're asking each BFB participant to raise AT LEAST \$75 in additional pledges.

Return this form with your checks to Birmingham Hadassah 3501 Springhill Road Birmingham, AL 35223

YOUR NAME _____

YOUR MAILING ADDRESS _____ **EMAIL** _____

| Donor Name | Pledge Amount | Donor Name | Pledge Amount |
|-------------------|----------------------|-------------------|----------------------|
| 1. _____ | \$ _____ | 10. _____ | \$ _____ |
| 2. _____ | \$ _____ | 11. _____ | \$ _____ |
| 3. _____ | \$ _____ | 12. _____ | \$ _____ |
| 4. _____ | \$ _____ | 13. _____ | \$ _____ |
| 5. _____ | \$ _____ | 14. _____ | \$ _____ |
| 6. _____ | \$ _____ | 15. _____ | \$ _____ |
| 7. _____ | \$ _____ | 16. _____ | \$ _____ |
| 8. _____ | \$ _____ | 17. _____ | \$ _____ |
| 9. _____ | \$ _____ | 18. _____ | \$ _____ |