



**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](http://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**

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**Please Return With Payment, Print Clearly**

**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** \_\_\_\_\_

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