



PRESS RELEASE

FOR IMMEDIATE RELEASE

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PUSH-N-PULL MEET SET FOR MARCH 22

GREENVILLE, OH (January 17, 2008) – The YMCA of Darke County Higher Power Lifters weightlifting team will host its 3rd annual weightlifting competition in approximately 8 weeks. The YMCA Push-n-Pull Meet will feature a dead lift competition and a bench press competition. The event will take place on Saturday, March 22, 2008 at the YMCA in Greenville at 10:30 a.m. General admission is \$5.00 for adults and \$3.00 for youth under 18. The public is welcome and encouraged to watch the competitors demonstrate their strength. Weigh-in for competitors is Friday, March 21, 6:00 p.m.-8:00 p.m. and Saturday, March 22, 8:00 a.m.-9:30 a.m. There will be a rules briefing at 10:00 a.m. Divisions include Men's, Women's, Master's (age 40 and over) and Teen's. Individuals as well as teams are encouraged to participate. There are awards for top individuals and teams. Registration forms are available at the YMCA in Greenville and Versailles or online at www.ymcadarkecounty.org. The YMCA of Darke County is seeking business sponsors for this event. If you are interested in sponsorship options or would like more information about the Push-n-Pull Meet, please contact Darla Sutherland, Fitness Director at the YMCA of Darke County at (937) 548-3777 or dsutherland@ymcadarkecounty.org.

The YMCA of Darke County is a non-profit service association with over 5,500 members with facilities in Greenville and Versailles. The mission of the YMCA of Darke County is to develop the whole person – spirit, mind and body – through character development programs that reinforce Christian principles and that build strong kids, strong families and strong communities.

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