

Howdy,

My name is Sam Langenbahn and I would like to invite your organization to be a part of the Brotherhood of Christian Aggies LIFTATHON hosted on Wednesday, November 17, from 7-10:30pm at BoomFit located at 3200 Longmire Dr College Station, TX 77845.

This event is happening in order to raise money for our philanthropy, SOS Ministries, a local non-profit organization that is penetrating neighborhoods in Bryan/College Station and beyond through high-impact programs focused on spiritual and community transformation. All of the money that we raise will go directly to SOS Ministries.

The LIFTATHON will be a collective weightlifting competition between different fraternities, mens organizations, and core outfits. There will be a lightweight division (0-199lb's) and a heavyweight division (200lb's +) and an option for each participant to compete in 1 of the 3 main lifts; either the **back squat**, the **bench press**, or the **deadlift**. Each group is able to register between 1 and 5 lifters, and no more than 3 lifters in the same frat, org, or outfit can participate in the same lift. For example, 4 of your group's lifters cannot all choose to bench press.

BCA's LIFTATHON is free to spectate/attend but costs money to be a represented lifter. The fees will consist of \$15 per individual lifter, \$40 for 3 lifters (\$5 dollar discount), and \$50 for 5 lifters (\$25 dollar discount).

If you are interested, please have each interested participant fill out the google form **at the bottom of this page** by Monday, November 15th by 11:59pm. This form will provide you with lots of instruction, guidelines, and structure for what the actual event will look like. If we do not receive this form fully completed, the lifter cannot participate. Participants will need to arrive with their money (in cash) to give to a BCA member at the check-in desk. There will also be a liability waiver we are asking each participant to read and sign at the desk as well.

Lastly, there will be an award for the most represented group. At the check in desk, make sure to tell them who you are supporting and the winning group will be announced at the end of the competition. Please contact me at 2107773185 or email me at samtlangenbahn@gmail.com for any questions or inquiries you may have. We hope to see you there! It's going to be amazing.

Registration Form: <https://forms.gle/8SZHAsE2Dg7K4v6n8>

Best,
Sam Langenbahn