



LIFT-A-THON

PROJECT BREAK THE CYCLE

STRONGER PEOPLE. BRIGHTER TOMORROWS.

A community fitness event supporting women, children, families and veterans. Together, we can break cycles of violence, trauma and crisis — and build stronger futures.

**LIFT
SUPPORT
EMPOWER
CHANGE
LIVES**



**SATURDAY
OCTOBER 24, 2026**
10:00 AM – 5:00 PM
REGISTRATION 8:00 AM



**THE BODY SHOP
OF MENTOR**
8824 Mentor Avenue
Mentor, OH 44060

**COMPETE
for a cause!**

COMPETITION EVENTS



SQUAT



BENCH PRESS



DEADLIFT

YOUTH EVENTS:

PUSH-UPS | SIT-UPS | PULL-UPS

DIVISIONS

- Men
- Youth
- Adults
- Women
- Young Adults
- Seniors

Gym Team Challenge:

5-person gym teams compete for the Strongest Gym Belt.



**STRONGEST
GYM BELT**

AWARDED TO THE
STRONGEST GYM TEAM

**ALL FITNESS LEVELS
ARE WELCOME!**

**LET'S LIFT
FOR A BRIGHTER TOMORROW!**

Morris's
CHIROPRACTIC

**WILL BE ONSITE
PROVIDING SPINAL SCANS
TO COMPETITORS.**

PARTICIPANT FUNDRAISING GOALS

YOUTH (AGES 6-17)		ADULTS (18+)		GYM TEAMS (5 PEOPLE)	
Minimum	Goal	Minimum	Goal	Minimum	Goal
\$75	\$200	\$150	\$250	\$750	\$1,500

SPONSORSHIP OPPORTUNITIES

Help Us Build a Stronger Tomorrow!

PRESENTING	PLATINUM	CHAMPION	ADVOCATE	SUPPORTER	FRIENDS
\$7,500	\$5,000	\$2,500	\$1,000	\$500	\$250
• Premier logo placement • Event recognition • Marketing & media exposure • Community impact	• Logo placement • Event recognition • Social media & website • Community impact	• Logo placement • Event recognition • Social media mention • Community impact	• Logo on event signage • Social media mention	• Name on event signage • Social media mention	• Name listed at event • Show your support



*Scan here to
Register, Donate,
or Sponsor*



EMPOWERING
WOMEN



PROTECTING
CHILDREN



SUPPORTING
FAMILIES



SUPPORTING
VETERANS

BREAKING CYCLES. RESTORING LIVES.

alove@lovefoundationohio.org | 440-525-0777

www.lovefoundationohio.org





LIFT-A-THON

PROJECT BREAK THE CYCLE

PARTICIPANT APPLICATION



October 24, 2026 | Registration 8 AM | Event 10 AM - 5 PM
The Body Shop of Mentor - 8824 Mentor Avenue, Mentor, OH 44060
Youth: Minimum Sponsorship \$75 | Goal \$200
Individual Participants: Minimum Sponsorship \$150 | Goal \$250
Gym Teams: Minimum Sponsorship \$750 | Goal \$1,500

PARTICIPANT INFORMATION

Full Name

Date of Birth

Age

Phone

Email

PARTICIPANT CATEGORY

☐ Youth

☐ Teen

☐ Young Adult

☐ Adult

☐ Senior

Gym / Team / Organization (if applicable)

EVENT(S) ENTERING

Strength Events

☐ Squat

☐ Deadlift

☐ Bench Press

Youth Events

☐ Push-ups

☐ Sit-ups

☐ Pull-ups

EMERGENCY CONTACT

Name

Relationship

Phone

APPLICATION ACKNOWLEDGMENT

I confirm that the information provided on this application is accurate.
A signed waiver on page 2 is required before participating in the event.

Participant Initials

Date

IN PARTNERSHIP WITH





LIFT-A-THON

PROJECT BREAK THE CYCLE

PARTICIPANT WAIVER & RELEASE



October 24, 2026 | Registration 8 AM | Event 10 AM - 5 PM
The Body Shop of Mentor - 8824 Mentor Avenue, Mentor, OH 44060

PLEASE READ CAREFULLY BEFORE SIGNING

Assumption of Risk

I understand that participation in weightlifting, strength competitions, fitness activities, and related event activities involves inherent risks, including strains, sprains, falls, equipment-related injuries, serious bodily injury, disability, or other harm. I voluntarily choose to participate and accept these risks.

Health and Fitness Responsibility

I represent that I am physically able to participate in the activities I select. I am responsible for deciding whether an activity is appropriate for me and for stopping participation if I experience pain, dizziness, shortness of breath, or other concerning symptoms.

Release and Hold Harmless

To the fullest extent permitted by law, I release and hold harmless Love Foundation, The Body Shop of Mentor, Blackout, and their owners, officers, directors, employees, volunteers, sponsors, vendors, event staff, and agents from claims arising from my voluntary participation in the Lift-A-Thon, except where such release is prohibited by law.

Emergency Medical Authorization

If I am injured or become ill during the event and cannot make medical decisions, I authorize event staff to contact emergency medical services and obtain reasonable emergency care on my behalf. I understand that I am responsible for any medical expenses incurred.

Rules and Conduct

I agree to follow event rules, safety instructions, and directions from event staff. Unsafe or disruptive conduct may result in removal from an activity or from the event.

OPTIONAL PHOTO / MEDIA CONSENT

- ☐ Yes, I give permission for event photos/video of me to be used for Love Foundation event and promotional purposes.
- ☐ No, I do not give permission.

ACKNOWLEDGMENT AND SIGNATURE

By signing below, I acknowledge that I have read and understand this waiver and voluntarily agree to its terms.

Participant Printed Name

Date

Participant Signature

FOR PARTICIPANTS UNDER AGE 18

Parent / Legal Guardian Printed Name

Date

Parent / Legal Guardian Signature

General event waiver; legal counsel can review it if state-specific language is required.

IN PARTNERSHIP WITH





PROJECT BREAK THE CYCLE LIFT-A-THON

PARTICIPANT SPONSOR TRACKING SHEET

Saturday, October 24, 2026 | The Body Shop of Mentor



Participant Name: _____	Team/Organization: _____	Phone: _____	Email: _____
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Youth: Minimum \$75 | Goal \$200

Individual Participants: Minimum \$150 | Goal \$250

Gym Teams: Minimum \$750 | Goal \$1,500

Ask friends, family, coworkers, and local businesses to sponsor you with a flat donation. Record each sponsor below.

#	Sponsor Name	Phone / Email	Notes		Sponsorship Amount	Paid?	Payment Method
1						☐	
2						☐	
3						☐	
4						☐	
5						☐	
6						☐	
7						☐	
8						☐	
9						☐	
10						☐	
11						☐	
12						☐	
13						☐	
14						☐	
15						☐	

Total Sponsorships Pledged: \$ _____

Total Amount Collected: \$ _____

Minimum Sponsorship Met: Yes / No

Balance Submitted: \$ _____

Participant Signature: _____ Date: _____ | Questions: (440) 525-0777 • alove@lovefoundationohio.org