

NEWS RELEASE

FOR IMMEDIATE RELEASE

October 3, 2014



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EAST SUFFOLK RECREATION CENTER HOSTS ANNUAL MEN'S AND WOMEN'S BENCH PRESS COMPETITION

SUFFOLK, VA (October 3, 2014) Just how strong are you? Are you ready to test your maximum upper-body strength against other men or women? Try three attempts to bench press as much weight as you can. Contestant categories are separated by weight class.

We would like to invite those 16 and older to join us on Friday, October 17th in the fitness center at the East Suffolk Recreation Center located at 138 South 6th Street. Weigh-in will occur at 5 p.m. and competition runs until 8 p.m. Participation is free. Please be sure to dress in athletic attire.

For more information regarding the Bench Press Competition, please call or email Mike Frickanisce at (757) 514-4504 or mfrickanisce@suffolkva.us.

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