



2024 Lift-A-Thon Fundraiser for Special Olympics Pledge Sheet

The Wellness Center in conjunction with USD Physical Therapy is hosting their 3rd Annual Ryan Hanks Lift-A-Thon to raise funds for the South Dakota Special Olympics.

- Each competitor will participate in Squat, Bench and Deadlift.
- The amount of your pledge per pound will be applied to the combined weight of all three lifts. For example: Uncle Tom pledges .05 cents per pound. You squat 500lbs, bench 200 lbs and deadlift 400 lbs for a combined 1,100 lbs. You collect $.05 \times 1,100 = \$55$ from Uncle Tom.

Important:

- Lift-A-Thon will be on April 6th at 9am.
- Bring this pledge sheet with you to the competition.
- All pledge money must be turned into the WC Admin. Office or to Ashton Kahloff by April 21st.

Competitor Name: _____ Squat: _____ Bench: _____ Deadlift: _____ Total: _____

Name	Phone #	Contribution	Cash/Check	Total Amount
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				