



COUNTY OF YOLO
OFFICE OF THE DISTRICT ATTORNEY
JEFF W. REISIG, DISTRICT ATTORNEY

FOR IMMEDIATE RELEASE

Date: September 1, 2010

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My Strength Bench Press Competition 2010
It's Not Too Early to Start Bench Press Training

What: The Sexual Assault and Domestic Violence Center (SADVC) and the Yolo County District Attorney's Office will be holding its Fourth Annual My Strength Bench Press/Weightlifting Competition on October 2, 2010. The Davis Athletic Club in Davis, California will be graciously hosting the event for the second year in a row.

The competition centers on the theme of "My Strength is Not for Hurting," and is designed to raise awareness of sexual and dating violence among youth and highlight the vital role that young men can play in fostering healthy, safe relationships. The My Strength campaign emphasizes positive masculinity and enables men to maintain their strength in relationships without using coercion, intimidation, force or violence.

Participants can register at the Sexual Assault & Domestic Violence Center, 933 Court Street, Woodland or mail the registration forms into the Center. Entry fee for adults is \$25 and students with I.D. will be \$10. Participants can also register at Davis Athletic Club on the day of the event at 9 a.m. The My Strength Bench Press event proceeds will benefit Yolo County survivors of sexual assault and domestic violence.

The competition will begin at 9:30 a.m. at Davis Athletic Club and event T-shirts are provided for participants. For further information, please contact Mariana Negrete from SADVC at 530.661.6336.

When: October 2, 2010
Weigh in: 9:30 a.m.
Same-day Registration: 9 a.m.

Where: Davis Athletic Club located at 1809 Picasso Avenue, Davis, CA 95618

See attached photo from last year. Included in photo from left to right: Davis Athletic Club Owner Ryan Beede, Sacramento County Probation Chief Don Meyer, Yolo County District Attorney Jeff Reisig (on bench), Yolo County Sheriff Ed Prieto, Davis Police Chief Landy Black