



Komen Connecticut
Keeping It Local.

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MIDDLETOWN COMMUNITY COMES TOGETHER TO BENCH PRESS FOR BREAST CANCER

MIDDLETOWN – September 15, 2010 – Members of the Middletown community and the Connecticut community at large came together this past July to “Bench Press for Breast Cancer” and raise nearly \$7,000 to fight the disease.

On June 26, The Refuge gym in Middletown offered its space for participants to lift weights and raise money for the Connecticut Affiliate of Susan G. Komen for the Cure®. Supporters pledged five cents a pound to sponsor a lifter, or turned in a flat donation in support. This was the second annual breast cancer fundraiser they gym has held.

The event coordinator, Brian LaPila, is a 2009 world champion and a world record holder in the raw bench press. He involves not only other power lifters in his event, but local police officers, fire fighters, and corrections officers. Two years ago, Brian came up with the idea for the event after his wife, Ninette, asked him to participate in Komen Connecticut’s signature event, the Race for the Cure.

“I told her, ‘I’m not a walker, but I do know something I can do to raise money for breast cancer,’” Brian said, and the idea for a bench press fundraiser was born. “We each have a way we can be active in the fight against breast cancer. You just need to find what works for you and get involved.”

This year’s “Top Fundraiser Award” winner was Jeff Hirsch, who raised well over \$1,000 in donations for the local fight against breast cancer.

The Komen Connecticut Affiliate will invest seventy five percent of the money raised from the event back into the community in the form of grants to fund breast cancer education, screening and treatment programs. The remaining twenty five percent will fund national and local research initiatives.

“Through events like this, we’re able to provide education, screening and treatment at the local level so no person goes untreated until the cures for breast cancer are

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Bench Press for Breast Cancer, Add 1

discovered,” said Anne Morris, executive director of Komen Connecticut. “We thank Brian and the community for their support.”

Plans are already under way for a 2011 event. For information about how to get involved, contact Brian LaPila at brianlapila@yahoo.com.

About the Connecticut Affiliate of Susan G. Komen for the Cure® Komen for the Cure’s presence in Connecticut began in 1994 with a Race for the Cure. The local organization was incorporated as an Affiliate of Susan G. Komen for the Cure in 1999. Komen Connecticut serves local communities by providing funding for research and local life-saving programs which address education, screening and treatment for Connecticut residents. In 2010, Komen Connecticut invested \$1.02 Million locally, providing funding to 21 Connecticut breast health programs. Since 1994, Komen for the Cure has awarded more than \$20 Million to programs in our local communities. For more information, visit KomenCT.org or call 860-728-4955.

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