

# PUSH and PULL For Life

ASHLAND ELEMENTARY SCHOOL GYMNASIUM • SCHOOL STREET • ASHLAND, NH  
August 5, 2017 - Ashland, NH

First Lift at 9:00 A.M.

A fundraising event co-sponsored by  
Lisa's Personal Training & Jeremy Hiltz Excavating  
to benefit FIRST STAR TONIGHT.

**ALL PROCEEDS GO TO FIRST STAR TONIGHT.org**

**Would you like to compete in this event and make the experience meaningful, not only for you, but for others as well?** Contact Lisa at *Lisa's Personal Training* to fill out an entry form and to pick up your sponsorship form. There is a \$15.00 entry fee and all competitors will receive a tee-shirt on the day of the event. The event is limited to 35 lifters.

**Would you like to be a sponsor or donor?** Each competitor will be looking for multiple sponsors. The more sponsors, the more money raised for **FIRST STAR TONIGHT**. If you would like to sponsor a lifter, please contact Lisa and she will be glad to set you up. Along with the money raised from the participant's sponsors, direct donations to **FIRST STAR TONIGHT** will also be accepted. Any amount helps and is appreciated. Checks may be made out to **FIRST STAR TONIGHT** and mailed to Lisa's Personal Training, PO Box 207, New Hampton, NH 03256, dropped off at Lisa's Personal Training, 58 Main Street, Ashland, NH or made on the day of the event.

**Would you like to attend the event?** This will be a fun event with folks of all shapes and sizes competing. There will be a \$5.00 entrance fee at the door for adults, children are free. This money will also be going to **FIRST STAR TONIGHT**.

**Who is First Star Tonight?** **FIRST STAR TONIGHT** was organized in 1986 by a group of community minded people who recognized the need for a local focus in providing support for terminally ill children and young adults. The mission of **FIRST STAR TONIGHT** is simple... to bring light into the lives of children and young adults who face illness. You may find more information about **FIRST STAR TONIGHT** at [www.firststartonight.org](http://www.firststartonight.org).



[www.jeremyhiltzexcavatinginc.com](http://www.jeremyhiltzexcavatinginc.com)



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