

## **Carolyn Livengood: Weightlifting contest benefits Peninsula Family Service**

By Carolyn Livengood

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Carla and Dominic Tringale invite the public to participate in the fourth annual Gina Tringale Bench Press Benefit at the San Mateo Athletic Club at the College of San Mateo.

The event is at 10 a.m. July 9-10. It commemorates the life of the San Carlos couple's daughter, who was born on June 5, 1983, and died on Nov. 17, 1997, from Rubinstein-Taybi syndrome, which is characterized by short stature, developmental delays and other conditions.

All donations and pledges will benefit Peninsula Family Service, which provides child development, senior services, family support and financial empowerment to those in need.

Each weightlifter has one hour to make as many lifts as he or she can (the weight is 135 pounds for men and 65 pounds for women). Friends and spectators pledge and donate money to Peninsula Family Service based on the number of lifts made. The age brackets are 18-29, 30-39, 40-49 and 50 and older. Chris Kelly will be defending his record 1,226 repetitions in the 30-39 age division.

Entry fee is \$10 for members and \$20 for nonmembers. It can be paid in person at the San Mateo Athletic Club or mailed to 1700 W. Hillsdale Blvd., San Mateo, CA 94402. The deadline for registrations is June 30.

Individual tax-deductible donations can be made to Peninsula Family Service, with "Bench Press Benefit" in the note field, and given or mailed to the athletic club at the above address.

For inquiries, call 650-378-7373 or email [smac.fitness@smccd.edu](mailto:smac.fitness@smccd.edu).