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Volunteers Lift 500 Tons in Under 8 Hours!
Getting By with a Little Help from Friends

WHEATON, ILLINOIS -Mike Lifts 100 Tons, a fundraiser to support DuPagePads, in the past consisted of Mike DeMeritt lifting weights at CrossFit Carol Stream to reach the cumulative total of 100 tons in under eight hours. Mike had been preparing for this years event on September 12, when he faced unexpected health concerns and doctors' orders that caused him to enlist the help of friends and coaches from CrossFit Carol Stream to reach his ambitious goal.

This year Mike and Friends took on the 100 ton challenge and not only succeeded, but surpassed it. Athletes stopped in throughout the day to take their turn lifting, adding to the cumulative total. At the end of the 8 hour feat, the group lifted 500 tons, the equivalent of one million pounds.

"Last year it was fun cheering Mike on, but being involved this year as part of a team is even better. These athletes are a joy to be around," said Isabella Stone, one of Mike's friends, who can deadlift 305 pounds.

Mike DeMeritt has already raised more than \$8,500 for DuPagePads housing programs and supportive services this year and hopes to raise over \$10,000 by Saturday, September 19, in time for DuPagePads 11th Annual Run 4 Home, 10K and 5K Run and 5K Walk. Donations can be made to Mike and Friends Lift 100 Tons online at bit.ly/mikelifts100.

Proceeds from both Mike Lifts 100 Tons and DuPagePads Run 4 Home will be used towards the agency's solution to end homelessness: housing coupled with support services and employment. For more information on Mike and Friends Lift 100 Tons and the DuPagePads 11th Annual Run 4 Home, visit dupagepads.org or call 630.682.3846.

DuPagePads, founded in 1985, is the largest provider of services to those who are homeless in DuPage County. Providing the county's largest Interim (Overnight) Housing and Supportive Housing Programs, DuPagePads' solution to ending homelessness is housing, coupled with support services and employment which leads to improved health and economic sustainability. The administration office is located at 601 West Liberty Drive, Wheaton, IL 60187. Additional information can be obtained by contacting DuPagePads at 630.682.3846 or at www.dupagepads.org.

