



HILLSDALE COLLEGE

PURSuing TRUTH · DEFENDING LIBERTY SINCE 1844

FOR IMMEDIATE RELEASE

Oct. 7, 2025

CONTACT:

Emily Stack Davis

517-803-3745

PR@hillsdale.edu

Follow [@HillsdalePR](https://twitter.com/HillsdalePR) on X.

Hillsdale College Holds Man Up Event for Freshman Men

The event included weightlifting, wrestling, and an obstacle course.

HILLSDALE, Mich. — Hillsdale College hosted a Man Up event for freshman men on Sept. 14. Around 150 young men attended. The voluntary event featured weightlifting, wrestling, and an obstacle course, as well as a talk on the importance of training both mind and body. Man Up is a program run by the Dean of Men's Office for freshman men at Hillsdale.

"Man Up is more than just a catchy phrase; it's a call to action," said Jeffery Rogers, associate dean of men. "Our desire is for young men to look up and find strength in the Lord Jesus Christ. When you look at the data, men in our country are too often missing in action, seeing life as a game without responsibilities or commitments. We started Man Up to stand against that by shaping students who embrace responsibility, grow in maturity, and live with purpose."

The afternoon began with prayer and the national anthem. Ian Church, associate professor of philosophy, spoke to the students about the importance of training both mind and body. After a series of warm-ups, the students participated in wrestling and weightlifting before marching in formation to the College's Hayden Park for an obstacle course.

At the obstacle course, the young men ran through 20-foot drainage tiles, jumped over 600-pound hay bales, scaled a seven-foot wall, dragged two tires attached to a fire hose, and worked in teams of 10 to carry utility poles. The Hillsdale County Drain Commission, the Hillsdale Board of Public Utilities, the Hillsdale Fire Department, and a local farmer all contributed materials to the course. The day ended with a shared meal of steak and macaroni and cheese.

Rogers said that the physical challenge tests students' character and builds camaraderie, but he said the purpose of Man Up goes deeper than physical training.

“It’s called a confidence course,” Rogers said. “Some people couldn’t get over the wall. I don’t care if you get over it; I want you to try. I don’t want you to quit or give up or turn back or look back. Try. The way you respond to a challenge reveals your character.”

For photos from the event, click [here](#). For a video from the event, click [here](#). For more information about the Hillsdale College deans, click [here](#). For photos of Hillsdale College, click [here](#). For a high-resolution copy of the Hillsdale College clocktower logo, click [here](#).

About Hillsdale College

Hillsdale College is an independent, nonsectarian, Christian liberal arts college located in southern Michigan. Founded in 1844, the College has built a national reputation through its classical liberal arts core curriculum and its principled refusal to accept federal or state taxpayer subsidies, even indirectly in the form of student grants or loans. It also conducts an outreach effort promoting civil and religious liberty, including a free monthly speech digest, *Imprimis*, with a circulation of more than seven million. For more information, visit hillsdale.edu.

###