

The Strongest of the Strong

Hosted by the Garfield County Fair & Rodeo

1001 Railroad Ave, Rifle, CO 81650

Please complete this form and mail with your check or money order for ENTRY FEE ONLY to:

Make checks payable to-
Iron Mountain Chalk 130 N. 9th St. Silt, Co 81652

EVENT DAY: Saturday August 4th, 2018 starting at 11am entry fee is \$60.00, \$50.00 for service members, before July 20th. If postmarked after July 20th, fee increases to \$70.00 or \$60.00 (cash or check ONLY)

Entries will be accepted up to the day of the competition. Limit 30 competitors.

PLEASE PRINT CLEARLY

Name: _____ Age: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone #: _____ Email: _____

Weight: _____ T-shirt Size: _____ Division: _____

Police:___ Fire/EMS:___ Military:___

T-shirt sizes: Small, Medium, Large, X-Large, XX-Large, XXX-Large **Additional T-shirts available for \$15 at contest**

| MEN | | WOMEN | |
|---------|-------------|---------|-------------|
| Masters | 45+ | Masters | 45+ |
| Open | LW 220 lbs | Open | LW 165 lbs |
| | HW 220+ lbs | | HW 165+ lbs |

The undersigned, being of adult age, and in consideration of his/her participation in the Strongman competition conducted by Iron Mountain Chalk and Garfield County, does expressly assume all risks and hazards from the sponsors, officials, employees, and other participants from any claim arising out of any injury to him/her or any injury to person or property caused by the undersigned. . All tax obligations and record keeping is the responsibility of the participant.

Signature: _____ Date: _____

Events:

Axle press- all sleeves and belts allowed. Chalk ONLY. The athlete will pick the bar from the floor and overhead press for reps. 60 second time limit

Keg toss: This is a last man standing event. Everyone starts at the same height and they have 3 attempts to clear each height. If they are unable to clear the bar, they are out. The winner is the person that throws the keg the highest.

Last man standing deadlift- all sleeves and belts allowed. Chalk ONLY. The athlete will have 60 seconds to complete as many reps as possible. No Tacky.

Hercules hold: This event is a lot of fun. There is a weight on each side of the athlete. They have to grab the handles on the weights and the weight is released. Then the athlete has to stand and hold the weight for as long as they can.

Atlas stones- all sleeves and belts allowed. Tacky allowed. The athlete will have 60 seconds to complete as many reps as possible. The bar height will be 48". If the athlete grabs the bar, the rep will not count.

Weights:

| Weight class | LW women | HW women | LW Men | HW Men | Masters women | Masters men |
|---------------------|-----------|-----------|-----------|-----------|---------------|-------------|
| Axle press | 125 | 150 | 225 | 275 | 120 | 225 |
| Keg toss | Empty keg | Empty keg |
| Deadlift | 185 | 185 | 185 | 185 | 185 | 185 |
| Hercules hold | 150 | 185 | 225 | 300 | 150 | 225 |
| Atlas stones | 125 | 150 | 245 | 300 | 125 | 245 |

The Strongest of the Strong at the Garfield County Fair & Rodeo is the second Strongman competition to be held at the Garfield County Fair & Rodeo. This year all proceeds will be going to Brent's Place. Brent's Place is the only certified safe-clean complex for children suffering from illness. They house the child and their family with 3 meals per day at no cost to the family. One of my family members had Leukemia and because of that, her and her family lived there for almost 6 months before her passing. It is because of this that all of the proceeds are going to Brent's Place. We will have shirts for sale and donation jars placed around the event area.

I thank all who compete and donate to help Brent's Place.