

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-
Greg Orosz 130 N. 9th St. Silt, Co 81652

EVENT DAY: Saturday August 3rd, 2019 starting at 9am 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, check, or Venmo @GregOrosz). All athletes must have a current United States Strongman membership which can be purchased on the day of for \$20.

Entries will be accepted up to the day of the competition.

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 166 lbs
	HW 220+ lbs		HW 166+ lbs

The undersigned, being of adult age, and in consideration of his/her participation in the Strongman competition conducted by Work Harder Fitness 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/Keg Press Medley- all sleeves and belts allowed. Chalk ONLY. The athlete will pick the one implement, then the other for reps.

Odd Object Carry- This is a distance event. We will run 3 lanes at a time. Competitor will pick the odd object from the line and carry it down and back 60' for max distance. Once the sandbag touches the ground, their run is over. No shouldering. Chalk ONLY, no tacky.

Farmer's Deadlift- All sleeves and belts allowed. Chalk ONLY. The athlete will have 60 seconds to complete as many reps as possible. No Tacky.

Arm Over Arm Drag- This event is for time. The athlete will grab the rope, sit down, and pull the vehicle. Event is scored on time to cover 60' or distance covered in 60 seconds. If the vehicle does not move, it will be a no rep. Chalk ONLY, no tacky.

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
Medley	125/100	150/125	225/200	275/250	120/100	225/200
Odd Object Carry	125	150	200	250	125	200
Deadlift	150	175	200	250	150	200
Arm Over Arm	TBD	TBD	TBD	TBD	TBD	TBD
Atlas stones	125	150	245	300	125	245

The Strongest of the Strong at the Garfield County Fair & Rodeo is the first 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.