



ARIZONA BEER BULLIES 2018

(Strongman Corporation Membership Required of all Contestants)

PROMOTER: Richard Mulder, MS, CSCS, PT (Liberty Performance Training)

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Phone: (928)273-8553

DATE: Saturday, February 3rd, 2018

TIME: 10:00 AM – 5:00 PM (Contestants arrive NLT 9:00 for rules briefing)

WEIGH-INS: Friday, February 2nd, 2018: 3:00 PM to 8:00 PM (Please bring proof of Strongman Corporation Membership)

LOCATION: Liberty Performance Training Gym – 2313 N. 24th St. Phoenix, AZ 85008

HOTEL: Embassy Suites by Hilton – 2333 E. Thomas Rd. Phoenix, AZ 85016

DIVISIONS: WOMEN: LWW (under 160.5 pounds), HWW (over 160.5 pounds); **MEN:** LWM (Under 175.5 pounds), MWM (175.5-231.5 pounds), HWM (Over 231.5 pounds)

EVENTS: Log Clean and Press Away, Last Man Standing Deadlift, Yoke Carry & Tire Flip Medley, Stone Over Bar, Keg Carry & Load Series

AWARDS: 1st – Trophy, \$150 of supplements, Qualifies for Strongman Corporation Nationals
2nd and 3rd – Medals

ENTRY FEE: \$70 – Entries after January 15th will be \$80

ADDITIONAL INFO: Spectator Entry will be \$10 (Children under 12 free). Wren House Brewery will be on site all day serving up their own beers as well as a special Strong Beer Brew for the event. You must be 21 years old or over to access to the beer tent. Wristbands will be

available at no additional cost upon entry. There will also be a food truck available from 11:30 to 1:30 with food available for purchase.

EVENT RULES

EVENT 1: LOG CLEAN & PRESS AWAY

- Each athlete will have 60 seconds to clean the log and press for as many reps as possible. If the log is dropped, you may attempt to re-clean and press again for as long as time allows. YOU MUST WAIT FOR DOWN CALL FOR THE REP TO COUNT.
- Chalk, belt, wrist straps, knee/elbow sleeves OK. NO TACKY OF ANY KIND.
 - LWW: 122 lbs, HWW: 162 lbs, LWM: 192 lbs, MWM: 232 lbs, HWM: 252 lbs

EVENT 2: LAST MAN STANDING DEADLIFT

- Each division will compete separately to find a 1RM deadlift, beginning at different weights for each division. Each athlete will receive ONE attempt at each weight until they cannot perform the rep, in which case they will be out. Weights are predetermined until the final two competitors for each division are left, at which time competitors may determine their own lifts. YOU MUST WAIT FOR DOWN CALL FOR THE REP TO COUNT.
- Chalk, belt, wrist straps, lifting straps, knee/elbow sleeves OK. NO TACKY OR DEADLIFT SUITS OF ANY KIND.
 - Starting Weights: LWW: 185 lbs, HWW: 225 lbs, LWM: 315 lbs, MWM: 375 lbs, HWM: 405 lbs

EVENT 3: YOKE CARRY & TIRE FLIP MEDLEY

- Each athlete will have a total of 120 seconds to carry their respective yoke 50' with unlimited drops, then flip their respective tire 50'. If an athlete fails to make it within the allotted time, they will be given a measurement.
- Chalk, belt, knee/elbow sleeves OK. Athlete can ditch the belt for the tire flip if desired.
 - Yoke Weights: LWW: 300 lbs, HWW: 400 lbs, LWM: 530 lbs, MWM: 620 lbs, HWM: 710 lbs
 - Tire Weights: LWW: 220 lbs, HWW: 340 lbs, LWM: 340 lbs, MWM: 435 lbs, HWM: 640 lbs

EVENT 4: STONE OVER BAR

- Each athlete will have 60 seconds to load their respective stones over a 46" (women) or 50" (men) bar for as many reps as possible.

- Tacky, chalk, knee/elbow sleeves, and forearm protectors allowed.
 - LWW: 90 lbs, HWW: 150 lbs, LWM: 150 lbs, MWM: 250 lbs, HWM: 300 lbs

EVENT 5: KEG CARRY & LOAD SERIES

- Athletes will carry & load a series of three ascending weight kegs and load to a platform (35" for women & 41" for men). Kegs will be placed 30 feet away from the platform. Weights will be revealed on event day. TRAIN HEAVY.
- Chalk, belt, knee/elbow sleeves OK.

Make all checks payable to: Liberty Performance Training

Send entry forms to:

Richard Mulder

901 E. Van Buren St. #1080

Phoenix, AZ 85006

You may also send in entry forms via e-mail to richardtmulder@gmail.com and pay via PayPal to richardtmulder@gmail.com

****Entries received are non-refundable****

Assumption of Risk & Waiver Release Form

STRONGMAN CORP. AND LIBERTY PERFORMANCE TRAINING, STRONGMAN CORP. and LIBERTY PERFORMANCE TRAINING will take reasonable endeavors to comply with all applicable obligations of the Health & Safety at Work, Act 1974 and the Management of Health and Safety at Work Regulations 1992 (amended 1999) ensuring as far as reasonably practicable, the health, safety and welfare of all its employees freelance and contracted personnel and others, including the general public, who come into contact from time to time with any of, STRONGMAN CORP. AND LIBERTY PERFORMANCE TRAINING's work activities.

The Athlete shall fully co-operate with, STRONGMAN CORP. AND LIBERTY PERFORMANCE TRAINING and not disregard any information, instruction or training given in the interest of the Athlete's health and safety in accordance with sections 2 and 3 of the Health and Safety at Work, etc. Act 1974 and Regulation 10 & 13 of the Management of Health & Safety at Work Regulations 1999. Furthermore, the Athlete agrees not to willfully interfere with or damage any equipment including protective equipment provided in the interest of health, safety and welfare and the Athlete agrees to strictly comply with all of, STRONGMAN CORP. AND LIBERTY PERFORMANCE TRAINING's instructions at all times, in accordance with sections 7 and 8 of the Health & Safety at Work, etc. Act 1974.

In accordance with the Health & Safety at Work Act 1974, the Athlete shall take all reasonable steps to safeguard their own health and safety and that of any person who may be affected by their activities during participation in events and competitions.

The Athlete shall co-operate with, STRONGMAN CORP. AND LIBERTY PERFORMANCE TRAINING and their designees or appointees in this regard. The Athlete shall not participate in any competition or event if not in good health nor fit enough to participate.

The Athlete shall inspect all equipment used in the competition and confirm that in his opinion it is safe to use.

INJURIES

The Athlete understands and accepts that events and competitions involving contests of strength may as with any sporting contest result in injury.

The Athlete hereby waives and indemnifies STRONGMAN CORP. AND LIBERTY PERFORMANCE TRAINING from any and all liabilities that may arise or be incurred by STRONGMAN CORP. AND LIBERTY PERFORMANCE TRAINING through the Athlete's participation in any event and/or competition organized or licensed by or for and on the behalf of STRONGMAN CORP. AND LIBERTY PERFORMANCE TRAINING.

The Athlete fully understands and accepts that events and competitions of Strength athletics involves physical exertion. The Athlete shall not enter nor continue in any event or competition unless medically and physically fit enough to do so and by any event or competition the Athlete shall warrant the same and hold, STRONGMAN CORP. AND LIBERTY PERFORMANCE TRAINING free from any and all liability.

The Athlete warrants that he has read and fully understood the, STRONGMAN CORP. AND LIBERTY PERFORMANCE TRAINING Health Policy and agrees to comply with the same and hold, STRONGMAN CORP. AND LIBERTY PERFORMANCE TRAINING free from any and all liability in respect of, STRONGMAN CORP. AND LIBERTY PERFORMANCE TRAINING adopting and implementing the same.

The Athlete expressly releases, STRONGMAN CORP. AND LIBERTY PERFORMANCE TRAINING and its employees, servants, agents, designees and appointees from any and all actions, claims, liabilities, loss, costs or expense which may arise whether directly or indirectly from participation in any, STRONGMAN CORP. AND LIBERTY PERFORMANCE TRAINING event or competition including but not limited to injury and the implementation of the, STRONGMAN CORP. AND LIBERTY PERFORMANCE TRAINING Health Policy.

Therefore, I affix my signature below to serve as proof that I have read and fully understand the STRONGMAN CORP. AND LIBERTY PERFORMANCE TRAINING health policy:

NAME: _____ **AGE:** _____
ADDRESS: _____
CITY: _____ **STATE:** _____ **ZIP:** _____
PHONE: _____ **DATE OF BIRTH:** _____
EMAIL: _____
DIVISION: _____ **WEIGHT:** _____ **T-SHIRT SIZE:** _____
SIGNATURE: _____
(PARENT OR GUARDIAN SIGNATURE REQUIRED IF CONTESTANT IS UNDER 18 YEARS OF AGE)