



## ARIZONA BEER BULLIES 2019

(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 2<sup>nd</sup>, 2019

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

**WEIGH-INS:** Friday, February 1<sup>st</sup>, 2019: 3:00 PM to 8:00 PM (Please bring proof of Strongman Corporation Membership)

**LOCATION:** Liberty Performance Training Gym – 2313 N. 24<sup>th</sup> 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:** Clean and Press Medley, Last Man Standing Deadlift, Yoke Carry/Duck Walk/Farmers Medley, Stone Over Bar, Keg Carry & Load Series

**AWARDS:** 1<sup>st</sup> – Trophy, Medal, Customized 2lb Protein jug, Qualifies for Strongman Corporation Nationals  
2<sup>nd</sup> and 3<sup>rd</sup> – Medals

**ENTRY FEE:** \$70 – Entries after January 1<sup>st</sup> will be \$80

**ADDITIONAL INFO:** Spectator Entry will be \$5 (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 enter. We will also host an aerial performance in between indoor and outdoor events and there will be a food truck available from 11:30 to 1:30 with food available for purchase.

### EVENT RULES

#### **EVENT 1: CLEAN & PRESS MEDLEY (LOG, AXLE, DUMBBELL FOR REPS)**

- Each athlete will have 60 seconds for this event. They must clean and press the log one time, then the axle bar one time, then the dumbbell for as many reps as possible. If a weight is dropped, you may

attempt to re-clean and press again for as long as time allows. Each lift must be completed before moving to the next lift. **YOU MUST WAIT FOR DOWN CALL FOR THE REP TO COUNT.** 10-inch log, 23 lb traditional axle bar, dumbbell or circus dumbbell. Chalk, belt, wrist straps, knee/elbow sleeves OK. **NO TACKY OF ANY KIND.**

- Log Weights: LWW: 122 lbs, HWW: 162 lbs, LWM: 192 lbs, MWM: 232 lbs, HWM: 252 lbs
- Axle Weights: LWW: 125 lbs, HWW: 160 lbs, LWM: 200 lbs, MWM: 250 lbs, HWM: 275 lbs
- Circus Dumbbell Weights: LWW: 85 lbs, HWW: 100 lbs, LWM: 150 lbs, MWM: 170 lbs, HWM: 190 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. Barbell is a Rogue Ohio Deadlift Bar and we will be able to load the bar up to 1,000 pounds. **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: 205 lbs, HWW: 275 lbs, LWM: 365 lbs, MWM: 405 lbs, HWM: 450 lbs

## **EVENT 3: YOKE, DUCK WALK, FARMERS CARRY MEDLEY**

- Each athlete will have a total of 120 seconds to carry their respective yoke 40' with unlimited drops, then carry their respective duck walk weight 40' with unlimited drops, then carry their respective farmers carry handles 80' with unlimited drops. 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
  - Duck Walk Weights: LWW: 55 lbs, HWW: 100 lbs, LWM: 145 lbs, MWM: 190 lbs, HWM: 235 lbs
  - Farmers Carry Weights (per hand): LWW: 105 lbs, HWW: 135 lbs, LWM: 185 lbs, MWM: 225 lbs, HWM: 255 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 (46" for women & 50" for men). Kegs will be placed 80 feet away from the platform. **Shouldering the implements will NOT be allowed.**
- Chalk, belt, knee/elbow sleeves OK.
  - LWW: 77 lb keg, 96 lb kettlebell, 112 lb keg, HWW: 77 lb keg, 112 lb keg, 130 lb Husafel Stone, LWM: 112 lb keg, 130 lb Husafel Stone, 180 lb keg, MWM: 130 lb Husafel Stone, 180 lb keg, 227 lb keg, HWM: 180 lb keg, 227 lb keg, 275 lb Husafel Stone.

**Make all checks payable to: Liberty Performance Training**

**Send entry forms to:**

**Richard Mulder**

**353 E. Thomas Rd. #C408**

**Phoenix, AZ 85012**

**You may also send in entry forms via e-mail to [richardtmulder@gmail.com](mailto:richardtmulder@gmail.com) and pay via PayPal to**

**[paypal.me/libertyperformance/70](https://paypal.me/libertyperformance/70)**

***\*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)**