

# 16TH ANNUAL CAPITAL CITY CHALLENGE

# STRONGMAN

## COMPETITION

**Date: Saturday, June 6, 2015**

**Time:** 9:00-9:30am-Check-in, 10:00 am-Competition begins

**Location:** Olbrich Park, Monona Drive, Madison, Wisconsin

**Promoters:** Karl Kurth 608-276-9539 and Ford Sheridan 608-249-4227

**Divisions:** Women's Division

**NEW** Men's Lightweight (200lbs and under)

Men's Heavyweight (over 200lbs)

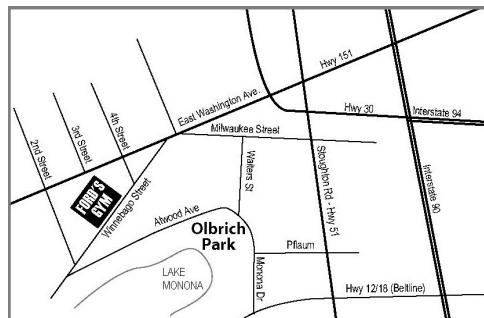
**Entry Fees:** \$35.00 - Payable to Ford's Gym. Fees are not refundable.

Add \$10.00 for late entries. All Strongman competitors will receive a free contest T-shirt.

**Entry:** Fill out attached form and email to [ford@fordsgym.com](mailto:ford@fordsgym.com) or mail to Ford's Gym, 2114 Winnebago Street, Madison, WI 53704. Entries must be postmarked by May 27, 2015.

- Events:**
1. Cast Iron "Log" Lift
  2. Sled pull
  3. Atlas Stones
  4. Tire Flip
  5. Farmers Walk

Visit [www.fordsgym.com](http://www.fordsgym.com) to download an entry form, results and photos of last years event.



*\*We reserve the right to change the individual Strongman events....just to keep it interesting.*

**Entry Form:** Entries must be postmarked by May 27, 2015 and contain entry form & fee payable to Ford's Gym.

Name: ..... Phone: ( ..... ) .....

Address: ..... City: ..... State: ..... Zip: .....

**Weight Classes:**  Men's Lightweight (200lbs and under)  Women's Class Age: .....  
 Men's Heavyweight (over 200lbs) T-Shirt Size (unisex): .....

So you can receive more contest information, please provide the name and address of the club you workout at:

Name ..... Address: ..... City: ..... State: ..... Zip: .....

**RELEASE FROM LIABILITY** Read this release carefully, when you sign it you will be giving up important legal rights.

In consideration of accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators assume all responsibility for injuries I may incur as a direct or indirect result of my participation in this event and waive and release any and all rights and claims for losses and damages I may have against the City of Madison, participating sponsors, Karl Kurth, Fords Gym, Inc., their employees or assistants, their directors, employees and/or agents for any and all injuries suffered by me in this event. I further attest that I am physically fit and have trained sufficiently for this event. I further agree to abide by all decisions of the contest director and declare that all of the information contained herein is to the best of my knowledge true, correct and complete. Also, I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings or other record of this event for any purpose whatsoever.

*Please forward this flyer to friends or family who may be interested.*

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Signature of applicant