

***United States Strongman, Inc. Contest Entry Form***  
***Renaissance Periodization and Glenbrook Dodge Present:***  
**Battle of the Borders and U82.5kg WORLD CHAMPIONSHIP!**

Contest Director: Shane Rickman  
 Contact: Phone 248.221.0476  
 Date & time: Saturday September 30, 2017 12pm. until 6(ish)pm  
 Weigh in: Friday Sept 29 12pm. until 7p.m.  
 Location: Quality Inn & Conference Center  
 13508 St Route 15  
 Montpelier, Oh 43543  
 419.485.5555 (mention strongman for special rate)

Divisions: Mens Lightweight, Middleweight, Heavyweight, Super Heavyweight  
 Mens Masters, Mens Novice  
 Womens: Lightweight, Middleweight, Heavyweight, Super Heavyweight  
 Womens Masters, Womens Novice

Event	LW/Nov Men	Mw/Mas Men	HW Men/U 82.5kg	SHW Men	LW/Nov Women	MW/Mas Women	HW Women	SHW Women
WheelBarrow Load and Race	150, 160, 200, 200	200, 200, 225, 250	225, 250, 250, 275	250, 275, 275, 300	115, 150, 125, 150	125, 150, 150, 180	150, 175, 175, 180	175, 200, 180, 200
Max Log	140 min start	200 min start	220 min start	260 min start	80 min start	100 min start	120 min start	120 min start
Axle Tire Squat	400lbs	450lbs	500lbs	550lbs	230lbs	255lbs	300lbs	325lbs
Car DL	Car	Car	Car	Car	ATV	ATV	ATV	ATV
Max Stone	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD
WheelBarrow:	Wheelbarrow is loaded with first bag and then picked and moved, with a pick and load of either a keg or sandbag every 20 feet over an 80ft long course. 4 total loads into 35" wheelbarrow. No straps, No tacky,							
Max Log:	Wessel's Rule. Three Attempts, 60 seconds per attempt. No resting on head. Miss and you're done. 10lb jumps will be called out. You may skip weights.							

<b>Axle Tire Squat</b>	Axle will be unracked and squatted until tires hit boxes on each side, and squatted up. Wait for Judges down call. Max reps in 60sec. 26" box for men and 24" for women with 32" tires. (Near parallel for most) Suits, sleeves, knee wraps allowed.
<b>Car DL:</b>	Athlete is given 60 seconds to complete as many repetitions as possible with side handle car deadlift. Up and Down commands will be given. Straps, suits allowed.
<b>Max Stone of Steel load.</b>	Three attempts to load your heaviest stone of steel. 60 sec to perform rep. Miss and you're done. Grip shirts, gloves, grip sleeves, tacky towels allowed.

**Awards: Trophies for first place, each division. Medals for second and third place, each division. U82.5kg World Champion will receive Championship Belt!**

**Entry fees: Battle of Borders 75.00 until August 30, 2017 then 90.00 thereafter  
U82.5kg Worlds \$100.00**

**Entry deadline: Saturday, September 23, 2017. Not guaranteed a VERY COOL t shirt if entry is received later than September 1, 2017.**

**Mail entries and fees:**

Shane Rickman/Strength Depot  
5728 Branch Ct  
Canton, Mi 48187

(Make checks payable to Strength Depot)

In consideration of your acceptance of this entry, I hereby, for myself, my heirs, executors and administrators, and my assignees, waive and release all rights and damages I may have against United States Strongman, Inc., Willie Wessels, any and all sponsors of the event, their representatives and assigns, for any and all injuries incurred by me in conjunction with these championships and in traveling to and from the event. And in further consideration of permission being granted to me to participate in the United States Strongman, Inc. CONTEST and its related events, I hereby grant United States Strongman, Inc., and/or any other approved video or entertainment organization and all of their agents, successors, licensees and assigns, the right to photograph or otherwise reproduce (whether by film, tape, still photography or otherwise) my voice, appearance and name, and to exhibit, distribute, transmit, and/or otherwise exploit any and all media, including without limitation, by means of still photography, motion pictures, radio, television, television motion pictures, video, printing or any other medium now known or hereafter devised, including with respect also to any merchandising, advertising and/or publicity, and the right to use my name and information about me in any connection with any of the foregoing. The rights granted by me hereunder are granted for the entire universe and shall endure in perpetuity and no further compensation shall be payable to me at anytime in connection therewith. Nothing contained herein shall be deemed to obligate United States Strongman, Inc., and/or any other approved video or entertainment organization, to photograph or otherwise reproduce my voice, appearance or name, or to make use of any rights granted herein. I also understand that the aforementioned rights may be reassigned at any time without further consent. I understand that United States Strongman, Inc. and/or any other approved video or entertainment organization, are videotaping and photographing the Event in express reliance upon the foregoing, and I represent and agree that I am free to grant the rights granted to United States Strongman, Inc. and/or any other approved video or entertainment organization hereunder. Therefore I affix my signature below:

Name: \_\_\_\_\_

Age: \_\_\_\_\_ Shirt Size: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Email: \_\_\_\_\_

Division: \_\_\_\_\_ Weight Class: \_\_\_\_\_ Height: \_\_\_\_\_

Gym: \_\_\_\_\_

**Signature** Guardian signature required if the contestant is under 18.) \_\_\_\_\_

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