

## **BAY ATHLETIC CLUB ORGANIZES AREAS FIRST STRONGMAN COMPETITION**

Eight area men proved they are tough during Alpena's first Strongman Competition held at Northern Lights Arena on October 20, 2007. The event, organized by Bay Athletic Club Head Trainer Casey Stutzman, brought the area a new venue for athletic showmanship. "The event was a phenomenal success. The athletes had a great time and the spectators did a great job of cheering them on. I couldn't have asked for a smoother run of our first Strongman Competition," said Stutzman.

Participants were broken into two different weight categories with Heavyweights weighing more than 200 pounds, and Lightweights weighing less than 200 pounds. All participants competed in four different Strongman events.

Athletes started off with the Stone Carry using a round 150 lb. manhole cover for the Heavyweights, and a square 150 lb. sewer grate for the Lightweights provided by the Alpena Public Works Department. Contestants had to carry the pieces back and forth across a 90 foot stretch as many times as possible.

The second event was the tire flip in which contestants flipped a tire end over end down a 100 foot stretch as fast as they could. Heavyweights flipped a 500 pound tire and Lightweights a 400 pound tire provided by Triple M Tire North of Alpena.

The third event was the Truck Pull. In this timed event, contestants were harnessed to a Charter Communications van and using rope supplied by the U.S. Coast Guard, had to pull the vehicle 100 feet.

The final event was the Keg Carry. Athletes carried five kegs, provided by Fletcher Street Brewing Company (and filled with water), and placed them on a platform of wood, courtesy of Home Depot. Heavyweights had to carry the kegs 30 feet and Lightweights went 20 feet to a shorter platform.

"Each event called for use of different body mechanics, so it was a great way for athletes to test their boundaries blending strength and athleticism. You can lift weights in a gym for years and never really understand how much your body can handle until you test it with events like this. I am really proud of all the participants; they had great results and encouraged each other throughout the competition. I am excited to see how next year's event will go," said Stutzman.

The winner of the Heavyweight division was Josh Ferguson, with Cory Standen second, Nate Gagnon third, and Chris Lanciano fourth. Anthony Hoffman was the winner of the Lightweight division, with Spence Fletcher second, John Wysocki third, and Jerry Rice fourth.

The next event will be held May 31, 2008.