



THE IRON GAUNTLET STRONGMAN CHALLENGE

511 2nd St. Yuba City, CA 95991

Fri 10 Jul @ 4:00PM

USS National/USS-CA Record Breaker
All National & State Records are Fair Game

Sat 11 Jul @ 9:00AM

USS Strongman/Strongwoman Show

Tentative Events List

Log Press	Axle Tire Squat	Giant Dumbbells	Block Press	Viking Press
Atlas Stone Load	Farmer's Walk	Yoke Walk	Tire Flip	Truck Pull
Crucifix Hold	Sand Bag Carry	18" Dead	Axle Press	Fingal's Fingers
Wheel Barrel	Frame Carry	Conan's Wheel	Car Dead	Keg Load
Axle Dead	Keg Toss	Husafell Stone	Power Stairs	Arm/Arm Pull

*This is a list of equipment currently on hand at Ironborn Strength and is not inclusive

Weight Classes:

Men: 148/165/181/198/220/242/275/308/308+

Women: 123/132/148/165/181/198/198+

Athletes may compete in one or both events
Upon registration, athletes will be granted complimentary access to
Ironborn Strength Gym all Saturdays between 30 May & 11 Jul

More information available at:

www.Facebook.com/Ironbornstrength
www.Facebook.com/events/472392796257395

A HALL OF SAND, STEEL & STONES

IRONBORN'S STRENGTH

THE IRON GAUNTLET

Day 1: USS National/USS-CA Record Breaker

United States Strongman, Inc. sanctioned National/State Record Event
Entrants must have a valid United States Strongman card. Athletes may register at the show or at:
www.unitedstatesstrongman.com

Contest Director: Ronald A. Strahan
E-mail: rastrahan@icloud.com Phone#: 775-720-2757
Location: Ironborn Strength Gym: 511 2nd St, Yuba City, CA 95991
Contest Hotel: To be announced (check Facebook event page for updates)

Schedule of Events:

Weigh-in/Registration: Thursday, July 9, 2015 4:00PM-6:00PM or Friday, July 10, 2015 3:00PM-4:00PM
Note: Athletes competing in the traditional strongman show on Saturday will NOT need to weigh-in again

Lifting: Friday July 10, 2015, Rules @ 4:00PM, Event 4:30-8:30PM* and will be an "Open Gym" format. Event starts with static events (Overhead, Deads) and finishes with moving events (Yoke/Farmers). Athletes may rest as much – or little as desired in between attempts and notify judges when they are ready to make their next lift. No limit on different numbers of records athletes may challenge.

*Attempts can be coordinated Thurs July 9-Sat July 11, contact promoter immediately coordination

Divisions:

Open Men	Open Women
Lightweight (148,165,181)	Lightweight (123, 132)
Middleweight (198,220)	Middleweight (148, 165)
Heavyweight (242, 275)	Heavyweight (181, 198)
Super Heavyweight (308, 308+)	Superheavyweight (199+)

Record Levels: United States Strongman Home Office Reps and a USS-CA State Rep will be present. All existing records may be challenged and new records may be set.

Equipment available: BiggDogg Strongg Logg, Iron Mind Axle w/ Tires, Texas Dead Lift Bar, 18" Dead Lift Blocks, BiggDogg Strongg Farmers Walk Handles, BiggDogg Strongg Yoke

Record norms/rules can be found at: www.unitedstatesstrongman.com/#!/record-rules/c1ta5
Current National Records can be found at: www.unitedstatesstrongman.com/#!/uss-records/clnt
Current USS-CA Records can be found at: www.facebook.com/USStrongmanCalifornia (Posted by June 1)
Awards: To be determined (check Event Page www.facebook.com/events/472392796257395 for updates)

Record being challenge	Weight Class	Current Record	Opener:
ex: <i>National Max Log Press</i>	<i>Open Men 198</i>	<i>280</i>	<i>265</i>

Athletes may register in person or mail entry forms & fees to:
Ironborn Strength Gym: 511 2nd St, Yuba City, CA 95991
Entry Fee: \$45.00 if received/postmarked by June 23, 2015, athletes may register at the door with a \$20 late fee. We cannot guarantee t-shirt sizes for late entries. Additional shirts may be pre-purchased for \$20 per shirt, include desired sizes and submit with this form.

Name: _____
Age: _____ Phone: _____ Email: _____
Division: _____ Weight Class: _____ Height : _____ T-Shirt Size _____
Additional T-Shirts Y / N Number: _____ Sizes: _____

A HALL OF SAND, STEEL & STONES



THE IRON GAUNTLET

Day 2: Traditional Strongman Show

United States Strongman, Inc. sanctioned Strongman Show

Entrants must have a valid United States Strongman card. Athletes may register at the show or at www.unitedstatesstrongman.com

Contest Director: Ronald A. Strahan

E-mail: rastrahan@icloud.com Phone #: 775-720-2757

Location: Ironborn Strength Gym: 511 2nd St, Yuba City, CA 95991

Contest Hotel: To be announced

Schedule of Events:

Weigh-in/Registration: Friday, July 10, 2015 8:00AM-10:00AM AND Saturday, July 11, 2015 7:00AM-8:00AM

Note: Athletes competing in the record breaker event may weigh in as early as Thursday, July 9 4:00-6:00PM

Show: Saturday July 11, 2015, Rules @ 8:00AM, Lifting Starts 9:00AM. Where possible, events will be run head-to-head or in multiple lanes to cut down on time. This show/format favors battle-hardened athletes and we will not be offering Newcomer/Crossover divisions. The goal is to have all lifting completed by 3:00PM

Divisions:

Open Men	Open Women
Lightweight (148,165,181)	Lightweight (123, 132)
Middleweight (198,220)	Middleweight (148, 165)
Heavyweight (242, 275)	Heavyweight (181, 198)
Super Heavyweight (308, 308+)	Superheavyweight (199+)

This show will be capped at 50 athletes. *if there are fewer than 3 athletes per weight class, divisions will be combined. Example: 4x 275 athletes and 2x 242 athletes will result in all Heavyweights being scored against each other.

Events:

To pay homage to our forefathers of strongman, this will be an 'unannounced events' contest. Expect five strongman disciplines that will test your strength, power, speed, endurance and grip. Train for a heavy Overhead, heavy Deadlift and traditional strongman events (moving, loading and flipping). Athlete order of first event will be based off of order of entries received. Subsequent events order will be off of overall points.

Awards: To be determined (check Event Page www.facebook.com/events/472392796257395 for updates)

Athletes may register in person or mail entry forms & fees to:

Ironborn Strength Gym: 511 2nd St, Yuba City, CA 95991

Entry Fee: \$70.00 if received/postmarked by June 23, athletes may register at the door with a \$20 late fee..

We cannot guarantee t-shirt sizes for late entries. \$15.00 discount applies for athletes competing on both days. Additional shirts may be purchased for \$20 per shirt, include desired sizes and submit with this form.

Name: _____

Age: _____ Phone: _____ Email: _____

Division: _____ Weight Class: _____ Height : _____ T-Shirt Size _____

Additional T-Shirts Y / N Sizes _____

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IRONBORN'S STRENGTH

United States Strongman / USS-CA Waiver of Liability

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, (Ironborn Strength Gym, Ronald A. Strahan) 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. The Iron Gauntlet 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 any time 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: _____
Date of Birth: _____ (Parent or Guardian signature required if the contestant is under 18.)
Address: _____
City: _____ State: _____ Zip Code: _____
Phone: _____ Email: _____
Signature: _____ Date _____

Signature of Parent or Guardian of contestant under 18 years of age

Name: _____
Date of Birth: _____ (Parent or Guardian signature required if the contestant is under 18.)
Address: _____
City: _____ State: _____ Zip Code: _____
Phone: _____ Email: _____
Signature: _____ Date _____