



Gila River Wellness Strong Man/Woman Challenge

Saturday May 12, 2018

Weigh In: 7:30am

Start Time: 8:00am

Registration Deadline: May 9, 2018

Minors must have parent/guardian permission.

ALL participants must be of sufficient health in order to participate.

First Name

Last Name

Phone

Email

DOB

Gender: MALE FEMALE

Emergency Contact

E.R Contact Phone

Ethnicity (circle all that apply):

GRIC Other Native
GRIC Employee Non Native

How did you hear about this event?

I _____ (PRINT NAME),
hereby enter the above activity at my own risk. I represent that I am in sufficient health necessary to participate in this activity. I further agree that the Gila River Indian Community, the District staff and/or facility along with the Tribal Recreation/Wellness Center will not be liable and/or responsible for any bodily injury, thefts or damages incurred prior, during or after the event. I will make no claim against the Gila River Indian Community, District staff, Tribal Recreation/Wellness staff, or institute any legal proceedings for the personal injuries or property damage arising from this Community event.

Participant Signature

Date

Parent/Guardian Signature

Date

CHALLENGE EVENTS

Participants acknowledge they are of sufficient health in order to participate.

All events and rules are subject to change at the discretion of the hosting department without prior notification.

Stone Carry

Participants will attempt to lift a weighted medicine ball from a dead stop then walk with the ball approximately 70ft and place ball onto a plyometric box approximately 4 feet off the floor. Participant will lift a lighter weighted ball and walk with the ball back to the starting line. If ball is dropped at any time participant is allowed to continue or choose to stop the event. Participants will be allowed 3 minutes to complete event. If participant does not complete within the 3 minute time frame allowed event is stopped.

Men: 150lb./ 100lb

Women: 80lb./40lb.

Tips

Participants will find difficulty lifting the ball onto a high platform and then continuing on by having to hold the large diameter ball in a bear like hug. Core work and leg strength are needed for this event.

Truck Pull

Participants will be geared up in a waist harness hooked to a truck. On referees command participants will attempt to pull the truck across the finish line. Participants will be allowed 2 minutes to complete event. If participant does not complete within the 2 minute time frame allowed, event is stopped.

Tips

The start of the truck pull is the hardest – persuading a heavy truck to start moving from a standstill is no easy task. Once the truck is moving it is essential that the competitor keeps momentum. Press feet firmly into front of tire, pull slack out of rope and lean back using your body weight as leverage will help participants move the vehicle.

If referees witness unsafe form participant will be asked to stop immediately. Time does not stop if participants needs to make adjustments.

Farmers Walk

Participants will attempt to farmers walk a loaded hexagon bar approximately 70ft across the finish line. If bar/weight is dropped at any time participant is allowed to continue or may choose to stop. Participants will be allowed 2 minutes to complete event. If participant does not complete within the 2 minute time frame allowed event is stopped. Straps are NOT allowed!

Men: 275lbs.

Women: 185lbs.

Tips

This event is usually a test of grip strength. Competitors grip may have been weakened by previous events. It is common that participants will struggle with the initial pickup and maintaining balance. Grip strength improvement and core work is recommended.

Tire Flip

Participants will attempt to flip a weighted tire 40ft across (approximately 3-4 flips) the finish line. Participants will be allowed 3 minutes to complete event. If participant does not complete within the 3 minute time frame allowed event is stopped.

Men 450lb.

Women: 220lb.

Tips

Leg strength improvement is recommended to help prepare you for this event.

Arm Over Arm

Participants will be using a rope and must pull a van down runway approximately 70ft. Unlike the conventional truck pull, participant will be seated on a large tire with their feet against the other end as a support. Participants will be allowed 2 minute to complete the event. If participant does not complete event within the 2 minute time frame event is stopped.

Tips

Although on first inspection you may think arm over arm would be heavily dependant on bicep/triceps strength, it is actually leg and grip strength that are most important. Most will bend at the knees, pull the rope taut and perform a movement similar to a leg press. As legs are generally a lot stronger than arms it allows participants to exert more force on the object they're pulling. Unfortunately this means grip becomes weak fast.

If referees witness unsafe form participant will be asked to stop immediately.

Time does not stop if participants needs to make adjustments

Participants acknowledge they are of sufficient health in order to participate.

ALL PARTICIPANTS MUST WEIGH IN PRIOR TO EVENT!

Participants must be 16yrs+ on day of event.

Weigh In's Begin	7:30am
Event Begins	8:00am
Last Weigh In	7:59am

FEMALE

Light Weight: 170lbs and below
Middle Weight: 170lb to 190lbs
Heavy Weight: 190lbs+

MALE

Light Weight: 200lbs and below
Middle Weight: 200lb to 220lbs
Heavy Weight 220lbs+

- This is a strenuous event designed to test you physically and mentally. It is the participants responsibility to ensure they are adequately prepared in order to partake in this event.
- Please see your physician if you have any injuries or concerns before registering.
- This event is designed to MIMIC a strongman competition. We seek to provide a "*strongman like*" experience at a community based level for anyone interested.
- The Wellness Center has multiple pieces of equipment for participants to use in training for this event including some of the actual event items such as tires, sleds etc. Training is available upon request and schedule availability of instructs.

SCORING

All events will be scored on a point system:

- 4 points: awarded to fastest time completed
- 3 points: awarded to 2nd fastest time
- 2 points: awarded to 3rd fastest
- 1 point: awarded for completing event within time frame allowed.
- 0.5 points: awarded for attempted but not completed within time frame.
- Winners will be chosen based off of most scores accumulated. In the event of a tie breaker, participants will face off in a sudden death event, TBD by event coordinators.

AWARDS

Light Weight	1st, 2nd, 3rd	Male/Female
Middle Weight	1st, 2nd, 3rd	Male/Female
Heavy Weight	1st, 2nd, 3rd	Male/Female
Overall Strong Man Champion		
Overall Strong Woman Champion		
Overall Strong Youth Champion		

Gila River Indian Community, the District staff and/or facility along with the Tribal Recreation/ Wellness Center will not be liable and/or responsible for any bodily injury, thefts or damages incurred prior, during or after the event.