

**Michael LaViola  
STRONGMAN  
CHALLENGE**

Varsity House Gym is proud to announce the 11th annual Varsity House Strongman Challenge. Every year The Strongman Challenge brings our athletes together with the community for a great event, for an even better cause. All proceeds from The Strongman Challenge are donated to the Michael LaViola Foundation, which raises money to fund research for a rare form of cancer known as Synovial Sarcoma and offers scholarships for two graduating students of Northern Valley Regional High School at Old Tappan. Athletes will travel near and far to compete, and, as always, put on a good show.

The Strongman Challenge will consist of three events: *Overhead Log Clean and Press Away*, *Heavy Push-Pull Medley* and the *Max Distance Sandbag Carry*. Athletes will be competing within the following four categories: 8<sup>th</sup> & 9<sup>th</sup> graders (Jr. Varsity), 10<sup>th</sup>-12<sup>th</sup> graders (Varsity), College/Adult under 220lb and College/Adult over 220lb. We will award prizes and give-a-ways for all contestants, have a spectacular array of ALL-YOU-CAN-EAT food from local establishments, and offer a 50/50 raffle for all event spectators. The Strongman Challenge will take place on June 15<sup>th</sup> from 10am-1pm at Varsity House Gym in Orangeburg, NY. We are expecting, minimum, 50 contestants and hundreds of spectators at the event.

**WHAT**

Charity Strongman Fundraiser

**WHEN**

Saturday, June 15<sup>TH</sup>

10:00am - 1:00pm

\*Registration for contestants starts at 9am\*

**WHERE**

Varsity House Gym

337 Blaisdell Road Orangeburg, NY 10962

**Contestant Fee: \$25**

**Spectators and All You Can Eat: \$10**

**50/50 Raffle Tickets: \$20**

\*For more info please contact Varsity House Gym at 201.767.1305 or email [info@varsityhousegym.com](mailto:info@varsityhousegym.com).