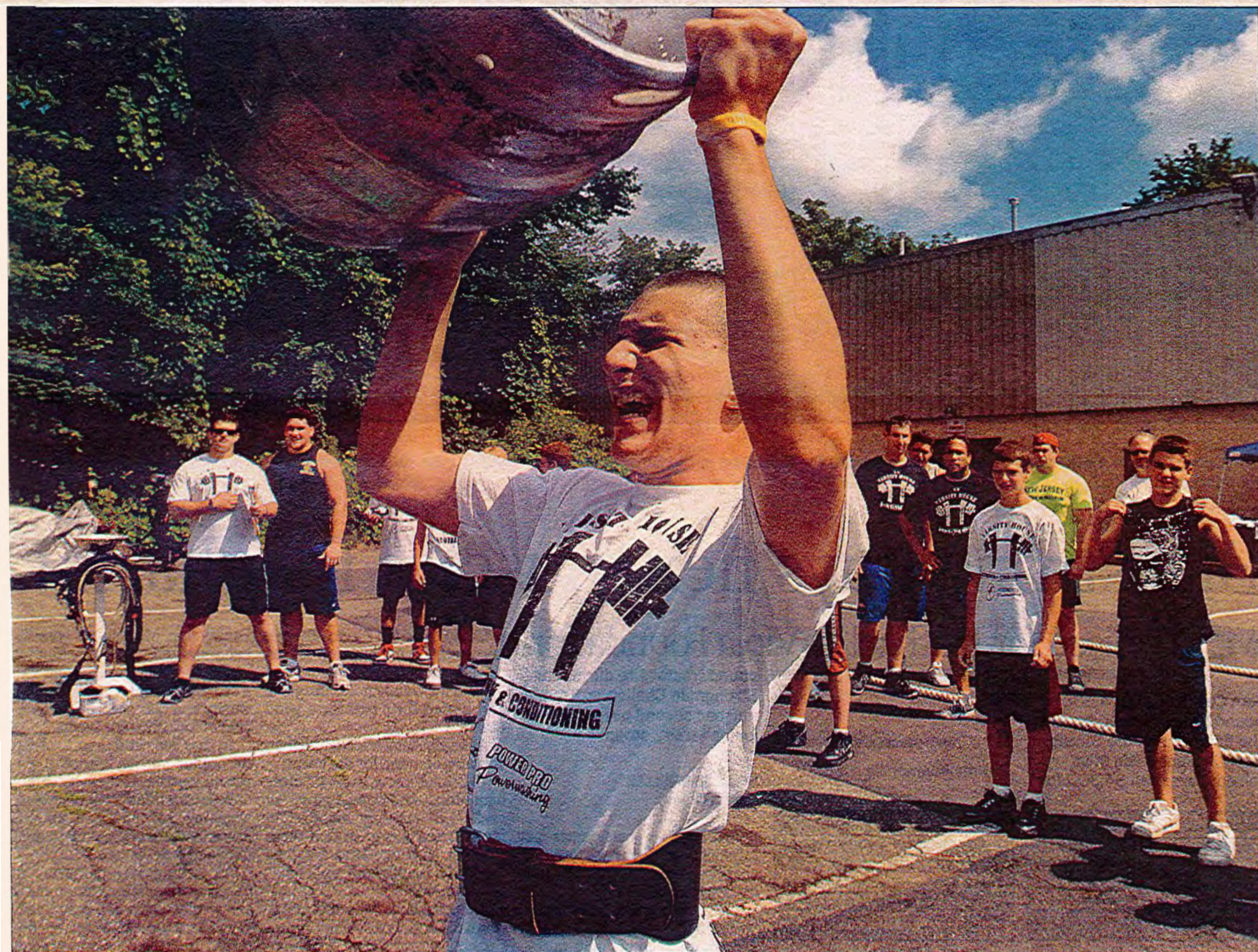


SUBURBANITE
SPORTS

AUGUST 6, 2009

Big guys raise big \$\$

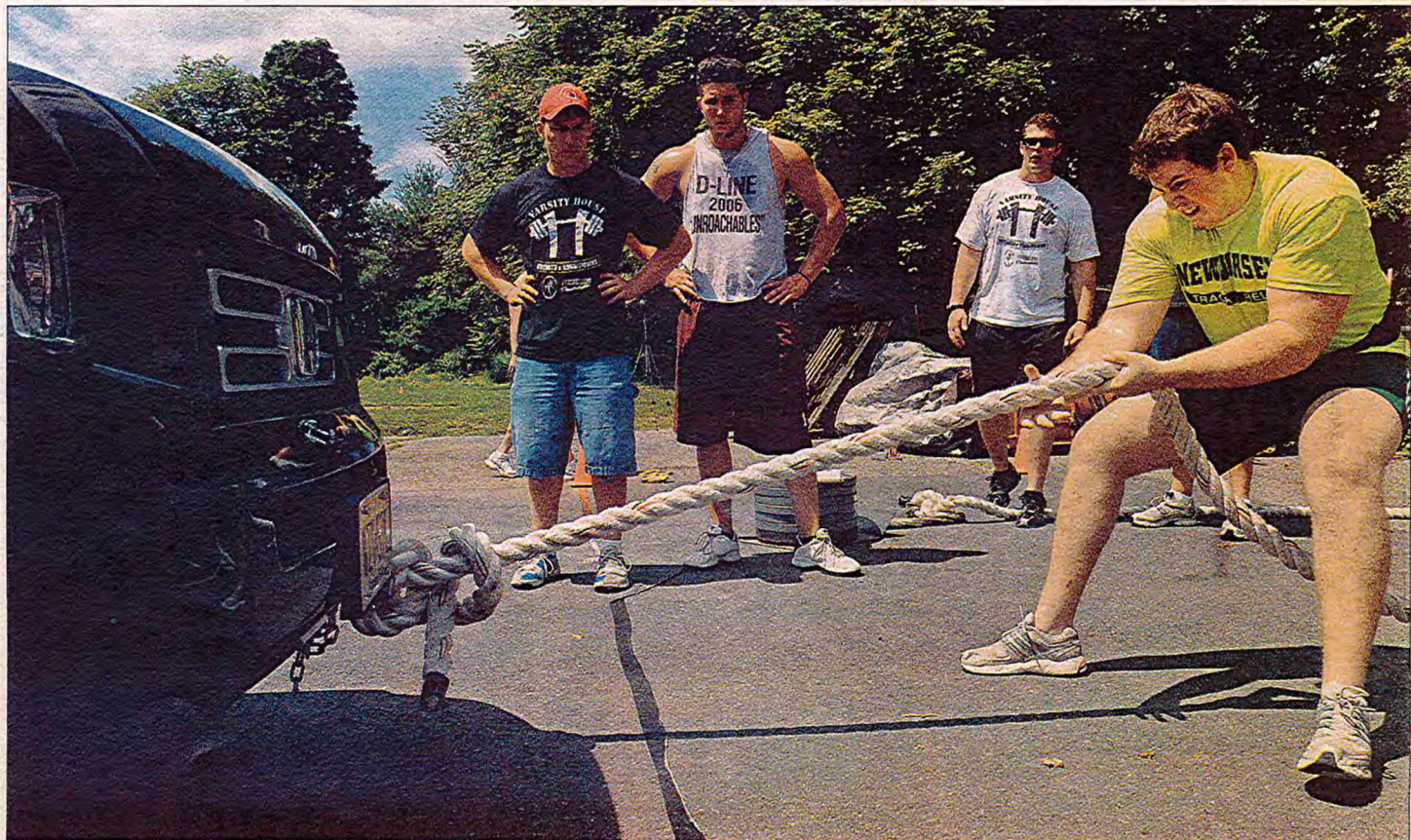
Strong men challenged | See page 36



DAVID BERGELAND/THE RECORD

Tony Milone lifts a 65-pound keg over his head during the Strongman Challenge at Varsity House in Old Tappan. Milone finished first overall in the junior varsity level. The competition raised more than \$4,300 for the Michael LaViola Foundation, which donates funds to support research into clinical sarcomas.

SPORTS



DAVID BERGELAND/THE RECORD

Tom Conroy pulls a 4,500-pound Honda pick up toward the finish line at the Strongman Challenge. Big guys raised more than \$4,300 for the Michael LaViola Foundation.

STRONGMAN CHALLENGE

Big, strong guys flex muscles for charity

\$4,300 raised for Michael LaViola Foundation

DAVID BERGELAND/THE RECORD

Tom Conroy pulls a 4,500-pound Honda pick up toward the finish line at the Strongman Challenge. Big guys raised more than \$4,300 for

the Michael LaViola Foundation.

DAVID BERGELAND/THE RECORD

Tommy Kramer flips a 350-

pound tractor tire during the Strongman Challenge. Kramer finished second overall in the junior varsity group.

BY J.C. BAUMULLER
Sports Editor

A bunch of beefy guys got together recently to raise funds for charity by lifting, pulling or pushing heavy objects.

The Strongman Challenge, hosted by Varsity House in Old Tappan featured big guys raising big bucks for the Michael LaViola Foundation, an organization created to support research into clinical sarcomas, which took Michael's life at the tender age of 20.

"When I heard it was a fundraiser for Mike, I said 'I'm there,'" said Old Tappan graduate John Tringali. "Mike was a good kid, a joker who was always smiling. He was good to be around, a quick wit that would always crack a joke."

"This means a lot to the LaViola

family," said Joe Riggio, strength and conditioning director of Varsity House. "And it means a lot to me and the competitors who came and busted their butt for a good cause."

Mike LaViola, Michael's father, was also on hand for the event. "Michael knew most of these high school and college guys," he said. "He was very involved in football and it is great that these guys are here for him. Michael touched a lot of people. My family is so thankful."

The challenge was the brain-storm of Riggio and Varsity House General Manager Dan Goodman, a Demarest and University of Rhode Island graduate.

"Joe and I wanted to have a strongman competition," said Goodman. "[Fellow trainer] Jarrod Mundy grew up across the street from Michael and it was his idea to have a fundraiser for the foundation. The community rallied around it. Everyone is excited and pumped up."

"Mike loved to work out and train here [at Varsity House]," said Riggio. "He was a local kid and we wanted to give to the LaViola

Foundation. Mike's been gone for two years and we all miss him."

The competitors were split into three age groups - junior varsity, varsity and college/pro - to compete in four different events.

In the Clean and Press for Reps the junior varsity hoisted a 65-pound keg, while the varsity and college/pro lifted a log overhead, weighing 125 and 150 pounds respectively, as often as they could in one minute.

All three groups competed in the Tire Flip. The junior varsity and varsity used a 350-pound tire; the college/pro men flipped a 450-pound tire. The object was to bend down and lift the tire up and over five times in the shortest amount of time.

"This is a good exercise for linemen and linebackers," said Goodman. "It's pretty intense."

The Farmer's Walk required contestants to grab a farmers' implement (disguised as a barbell of varying weight according to group) in each hand and walk 100 feet, in the fastest time possible.

The final event, the Truck/Sled

SEE STRONG, PAGE 37

COMPUTER SERVICES

COMPUTER PROBLEMS SOLVED!

- PC Service & Repair
- Hardware & Software
- Installation Upgrades
- Pre-purchase Consulting
- Broadband Internet Access
- Installation/Service
- Wired & Wireless Networking

ComPro 201-262-3743
www.compro.com service@compro.com

14TH ANNUAL

SUMMER HEART BASKETBALL CAMP 2009

Boys & Girls (grouped separately) Ages 5-15

AUG 10-14 • AUG 17-21 • AUG 24-28
Midland Pk. - Wyckoff - Ridgewood - Wash. Twp. - Glen Rock
201-652-4477 www.summerheartinc.com

INDOOR SUMMER SPORTS

North Jersey's #1 Sports Facility

- Soccer Training
- Kinder Soccer
- Speed & Quickness
- Kicks for Kids
- Foot Skills & Finishing



201-445-1900 • www.soccercoliseum.com

FIND HELP AT DIVORCECARE "Open to Everyone"

Find help at special weekly seminar/support group for those suffering from divorce/separation. Each week we cover various topics of healing from the pain of separation and divorce in a supportive environment.

The Presbyterian Church at Tenafly
55 Magnolia Ave., Tenafly, NJ
201-567-0111

For information call:
George T. Baxter
201-248-5125

SPORTS



DAVID BERGELAND/THE RECORD

Tommy Kramer flips a 350-pound tractor tire during the Strongman Challenge. Kramer finished second overall in the junior varsity group.

STRONG

FROM PAGE 36

Pull, had the junior varsity and varsity pulling a sled 25 feet. The junior varsity sled weighed 275 pounds and the varsity sled weighed 365 pounds. The college/pro group pulled a 4,500-pound Honda pick up truck.

Among all the house-sized athletes was muscular Kris Doyle, a 5-foot-8-inch accountant.

"I come here on Saturdays to train," he said. "The rest of the week I train in Hoboken. I like competing with these meatheads."

"He is the biggest CPA on the east coast," said Jordan Migliore, a Demarest graduate who is now a

lineman on the University of Albany football team.

Migliore compared this strongman challenge to "jailhouse Friday," a special training session done by his UAlbany team.

"We do regular lifting during the week," he said. "But this is a different kind of cross-training. I love it."

Old Tappan graduate Gene Oakley, who will battle for the starting center job at Villanova this season, said the Wildcats hold similar drills.

"We train like this every Friday," he said. "We have a strongman competition. This is good for football because it is high intensity."

Oakley made it to the fundrais-

er because he got a rare break from his college football year.

"College football is all year round," he said. "You play the regular season and get a break for Christmas. After the break is running and lifting, then spring football. Then comes summer session one and summer session two and then the fall season [begins again.]"

After the competition ended Riggio announced the winners in each group. Tony Milone, Tommy Kramer and Dan Shin finished 1-2-3 in the junior varsity group. Mike Reilly, Pete Alsharif and Joe McNerney were the top competitors at the varsity level and Chris Kulcsar, Tringali and Oakley topped the college/pro leader

board.

"They are training six days a week and came here for a good cause," said Riggio.

"These strongman events translate onto the field," said Kyle Elliott of Cresskill, who is a red-

shirt freshman defensive end at the University of Rhode Island. "The weight room is the weight room but this trains you to be explosive."

E-mail: baumuller@northjersey.com or call 201-894-6702