

UNSPEAKABLE STRENGTH III



Beyond Limits Training.net 24 HR Fitness

(United States Strongman Membership Required of all Contestants)

- PROMOTER:** Chris Vachio email: vachioc@gmail.com (I check it twice a day, AM and PM),
cell: 614-270-4613 Prefer text messages to calls. If you must call during the week,
call after 5:00pm EST – I do not answer my cell at work unless it's my wife calling.
If I don't answer, leave a message. I do not return calls otherwise.
- DATE:** July 29, 2017
- TIME:** 11:00am, quick rules meeting prior to each event.
- LOCATION:** Beyond Limits Training Reynoldsburg
6925 Americana Pkwy
Reynoldsburg, OH 43068
(Just North of Tussing Rd, slightly West of Brice Rd)
- WEB SITE:** [Facebook Event Page](#)
- HOTELS:** Red Roof Inn Columbus East - Reynoldsburg
2449 BRICE ROAD REYNOLDSBURG, OH 43068 US 614-864-3683 - (RRI033)
- La Quinta Inn Columbus Airport Area
2447 Brice Rd, Reynoldsburg, OH, 43068

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- HOTELS, cont.:** There is a Days Inn on Brice Rd also. AVOID IT LIKE THE PLAGUE. There are venereal diseases in that place that would make Johnston shudder.
- WEIGH-INS:** Friday, July 28th (5-7pm @ contest site); Saturday, July 29th 8-10am @ contest site
- CONTEST LEVEL:** Top 3 in each class qualifies for the 2018 USS National Championships.
- AWARDS:** Something large and cool for class winners, mini atlas stones for 2nd & 3rd. Whoopee cushions available for anyone who feels their performance warrants it.
- ENTRY FEES:** \$60 until Thursday July 13th. \$100 after that, up until July 26th. NO DAY OF ENTRIES!!! T-shirts and awards will be ordered on July 13th, classes will be set on that date as well. Anyone entering after that date will be put into the nearest class. All Entries are non-refundable. Any pros are free, just fill out a form.
- SPECTATORS:** \$5 dollar entry fee for all spectators age 12 and over. 11 and under free. Bring your own chair, just in case. We will provide some seating, but I'm not sure how much.
- *** NO ATHLETE GEAR IN THE SPECTATOR AREA!!!
- *** NO SPECTATORS IN THE ATHLETE AREA!!! The athletes may come out and visit in between events, you may not go into the athlete area.
- *** Coaches are spectators in my book. Your coach or trainer will NOT be getting in free and they will NOT be allowed into the athlete area.
- PARKING:** Free but limited. You may have to part on the street and walk a bit.
- USS MEMBERS:** United States Strongman membership required of all competitors. \$20 is the fee if you do not have a sticker.
- PAYMENT INFO:** [Pay Online](#) (By paying online, you automatically accept the terms of the waiver below. Please put information on shirt sizes in the "Notes to Seller" section).
- You can also just PayPal \$62 to vachioc@gmail.com
- Or mail check to: Chris Vachio
ATTN: Unspeakable Strength
1666 W. Arcadia Ave
Obetz, OH 43207-4408
- Or find me in person and shower me with cash. Make it rain...

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CONTEST INFO: The heaviest amateur strongman contest in the world (confirmed via starting strongman) returns! Based loosely on the pro Arnold strongman contest, with weights scaled down about 15% or so. The Arnold is the heaviest pro show on Earth, my aim was to make this show roughly the same level of heavy for the amateurs. The winners of this show are going to have to be really damn strong.

Class	Log Heavy	Log Light	Frame	Yoke	18 inch Deadlift	Stone
PRO Men SHW Men (275.5-308.4, 308.5+) HW Men (220.5-242.4, 242.5-275.4)	400	350	975	1300	Max	Max
MW Men (181.5-198.4, 198.4-220.4) HW Masters (40+) (220.5+)	350	300	875	1100	Max	Max
LW Men (<148.4, 148.5-165.4, 165.5-181.4) LW Masters (40+) (<220.4)	300	250	775	950	Max	Max
SHW Women (198.5+) HW Women (165.5-181.4, 181.5-198.4) Teen Men HW (148.5+)	250	210	625	800	Max	Max
MW Women t (132.5-148.4, 148.5-165.4) Teen Men LW (<148.5)	210	180	550	700	Max	Max
LW Women (<123.4, 123.5-132.4) Teen Women Masters Women (40+)	180	150	475	600	Max	Max

Order of events: Log, Deadlift, Frame, Yoke, Stone

Log Press: Clean and press each rep, max reps in 60 seconds. Heavy log will be attempted first. Light log may be attempted if heavy log is failed or the athlete passed on it. Wait for the down signal! Scoring - Most reps with the highest weight wins, 1 rep with the heavy log beats any number of reps with the lighter log. Wrist wraps, elbow sleeves (even the Inzer ones), knee sleeves, and belts are allowed. No built up belts. If you use a lever belt, the buckle needs to be to the side or behind. Women and lightweight men will be using a 12 inch Slater log. MW and HW men will be using a 14 inch Slater log. As always, do not drop the log!

Max 18 inch deadlift: 3 attempts, Wessels rules. Athletes will give their openers during registration. Strap in, pull, wait for the down command, lower the weight under control. You drop it, you miss the lift. Suits, knee sleeves, straps, versa grips are allowed.

Frame: 20 feet as fast as possible. 60 second time limit. Multiple drops allowed. Suits, briefs, knee wraps, sleeves, and STRAPS are allowed (no hooks, though). This is about your ability to carry heavy stuff, not grip.

Yoke: 20 feet as fast as possible. 60 second time limit. Multiple drops allowed. We'll be on stall mats so sliding will be pretty much impossible. If you do somehow manage to slide the yoke, 2 second penalty and my undying respect. Suits, briefs, knee sleeves, knee wraps, belts are allowed.

Max Stone: 48 inch bar, 3 attempts, Wessels rule in effect. Load the heaviest stone you possibly can. Athlete may NOT use the apparatus to help get the stone over the bar (i.e. grabbing the cross bar and humping the stone over). It's gotta be all you, bro. Tacky, sleeves, etc. is allowed.

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LEGAL STUFF AND WAIVER

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, Chris Vachio, Kilted Gorilla Promotions, Rich Lauro, Beyond Limits Training, 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. CONTEST 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 anytime 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: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Age: _____

Email: _____

Date of birth: _____ Sex: **Male / Female / Mike Johnston**

Division: _____ Weight Class: _____ Height: _____

Shirt size: **S (super size it) M (you, too) L XL XXL 3XL 4XL (you can stop, now) 5XL (no, really...stop)**

Signature: _____

(Parent or Guardian signature required if constant is under 18 years of age)