

**Michael LaViola  
STRONGMAN  
CHALLENGE**

Dear Sponsors,

Varsity House is proud to announce the 9<sup>th</sup> annual Michael LaViola Strongman Challenge. This is going to be a great event, for an even better cause. All proceeds from The Strongman Challenge are donated to the Michael LaViola Foundation. To date we have raised nearly \$100,000.00 dollars which raises money for Pediatric Sarcomas, a rare form of cancer, and offers scholarships for 2 graduating students of Northern Valley Regional High School at Old Tappan.

The Strongman Challenge will consist of three groups: 8<sup>th</sup> & 9<sup>th</sup> graders (Jr. Varsity), High School, and College/Adult Athletes. There will be three events: *Overhead Log Press*, *Death Medley* (Tractor Tire / Farmers Walk,) and the *Heavy SandBag Carry*. We award prizes and give-a-ways for all contestants, a spectacular array of ALL-YOU-CAN-EAT foods from local establishments, as well as a 50/50 raffle for all event spectators. The Challenge will take place June 17<sup>th</sup> from 10am-1pm at Varsity House Gym. We are expecting at least 50 contestants and hundreds of spectators at the event.

Our first twenty Gold Sponsor's logo will have their name/logo printed on event T-shirts, and may set up one table at the event to showcase their company's products/services. All sponsors will be listed in the event's program which will be given to all contestants and spectators. Sponsors are also included on Michael LaViola Foundation, and Varsity House Gym websites. Lastly, this event is featured in a press release by the Bergen Record and the Suburbanite newspapers, which will be covering the event on June 17<sup>th</sup>. Come take part in a great cause, and may the strongest come away victorious!

- **Gold Sponsorships - \$400 - Your logo on event t-shirt and program. You can also set-up a table at the event or leave literature for our sponsors table**
- **Silver Sponsorships - \$200 - Your name on event t-shirt and program. Leave literature for our sponsors table**
- **Bronze Sponsorships - \$100 – Your name in event program**

Confirmed Gold Sponsors: Shoprite of Northvale, Skae Power, Power-Pro Power Washing, Par Pharmaceuticals, Drucker Financial, Baviellos Deli.... **ADD YOUR NAME!**

Send Checks and Sponsorship registration form to - Varsity House Strongman Challenge 337 Blaisdell Road, Orangeburg NY 10962 \***Make ALL Checks Payable to: The Michael LaViola Foundation\***

For more information call the gym at 201.767.1305. [info@varsityhousegym.com](mailto:info@varsityhousegym.com) or visit [www.michaellaviolafoundation.org](http://www.michaellaviolafoundation.org)



**SPONSORSHIP REGISTRATION FORM**

Sponsor/Company Name: \_\_\_\_\_

Sponsor/Company Address: \_\_\_\_\_  
\_\_\_\_\_

Sponsor/Company Phone Number: \_\_\_\_\_

Sponsor/Company Web Address: \_\_\_\_\_

Sponsor/Company Primary Contact (NAME, EMAIL, PHONE) \_\_\_\_\_  
\_\_\_\_\_

Donation Amount: \_\_\_\_\_ Gold  Silver  Bronze

***Please make checks or money orders payable to: The Michael LaViola Foundation.***

For more information about the foundation visit their website at: [www.michaellaviolafoundation.org](http://www.michaellaviolafoundation.org)

**PLEASE FILL OUT AND RETURN ALONG WITH SPONSORSHIP DONATION TO: Varsity House  
Strongman Challenge – 337 Blaisdell Rd Orangeburg NY 10962**

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## Event Description and Rules

**Overhead Press** – In this event each athlete will have to clean and press a steel log over their head to full lookout as many times as possible in one minute. The most successful lifts in the allotted time wins.

- Jr. Varsity – 75lb Steel Log
- High School – 125lb Steel Log
- College/Adult (under 220) – 150lb Steel Log
- College/Adult (over 220) – 200lb Steel Log

**Death Medley** – This event consists of three individual events: Tractor Tire Flip/ 50ft Farmers Carry. Each athlete must carry/pull each implement 50ft in the fastest time possible. If the athlete cannot complete the course, then the best distance and time will be marked.

- Jr. Varsity – 250lb Tire Flip - 60lb Farmers
- High School – 400lb Tire Flip - 110lb Farmers
- College/Adult (under 220) – 500lb Tire Flip - 150lb Farmers
- College/Adult (over 220) – 550lb Tire Flip – 150lb Farmers

**Heavy Sandbag Carry** – In this event athletes will carry a heavy sandbag for Max distance. The athlete who carries the sandbag the farthest wins.

- Jr. Varsity – 100lb Sandbag
- High School – 150lb Sandbag
- College/Adult (under 220)– 200lb Sandbag
- College/Adult (over220) – 250lb Sandbag

*IN THE EVENT OF AN OVERAL TIE THERE WILL BE A ONE EVENT SHOWDOWN TO DETERMINE THE WINNER. MAY THE STRONGEST COME AWAY VICTORIOUS!!!*