

Capitol City Classic

(North American Strongman Inc. Membership Required of all Contestants)

PROMOTER: Mark Cummings / Louisiana Strength Foundation

DATE: August 29, 2009

TIME: 12pm

LOCATION: Baton Rouge River Center 275 S River Rd Baton Rouge, LA 70802

HOTEL: TBA

WEIGH-INS: From 5:00pm to 8:00pm at the Hotel on 8/28, and from 11-11:30am on 8/29

RULES: 11:30am

DIVISIONS: Masters, LW, and HW

WEIGHT CLASSES: Masters compete with LW under 231.4 / HW over 231.4

EVENTS: 5 Implement Carry and Load

Farmer's Walk or Car DL Hold, if Farmers then MA/LW 240lbs, HW 270lbs

Truck Pull

Tire Flip

Fingal's Fingers

Atlas Stones, MA/LW 225, 250, 290, 315, 325/ HW 250, 290, 315, 325, 380 (both classes available for Louisiana State Record)

Events subject to change without notice

AWARDS: Plaques or Trophies

ENTRY FEES: \$60 Check here and include an extra \$15 if you would like a video copy of the event_____

ENTRY DEADLINE: August 15, 2009 Max competitors 25 entries

MAKE ALL CHECKS PAYABLE TO: Louisiana Strength Foundation (*Entries received are non-refundable*)

10621 Holly Hock Dr

Greenwell Springs, LA 70739

Email/Phone number: mark@lastrongman.com /225-202-0591

Website: www.lastrongman.com

ENTRY FORM

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 the Capitol City Classic, Mark Cummings, or Louisiana Strength Foundation or any of its associates, North American Strongman Society, Willie or Dione Wessels, 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 2009 Capitol City Classic and its related events, I hereby grant NAS 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 NAS 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 NAS 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 NAS INC. and/or any other approved video or entertainment organization hereunder. Therefore I affix my signature below:

NAME: _____ **AGE:** _____

ADDRESS: _____

CITY: _____ **STATE:** _____ **ZIP:** _____

PHONE: _____ **DATE OF BIRTH:** _____

DIVISION: _____ **WEIGHT CLASS:** _____ **HT:** _____ **T-shirt Size:** _____

SIGNATURE: _____

(PARENT OR GUARDIAN SIGNATURE REQUIRED IF CONTESTANT IS UNDER 18 YEARS OF AGE)

