



CALLING ALL STRONG MEN
& WOMEN...

COMPETE FOR PRIZES IN 4
EVENTS:

TIRE FLIP (most flips in a minute)
BODYWEIGHT CARRY (20 yards)
TIRE TOSS
BENCH PRESS (75% bodyweight/reps)

\$5/per event or ALL 4 FOR \$10
Proceeds go to FCCAN
Prizes given to top male/female in each
event...

All day during the CanoeFest Festival at
the FC FairGrounds!!!