

NYC'S STRONGEST MAN & WOMEN—10/3/09

On a brisk fall day, when the sun was fighting the clouds and losing, strong men and women came out to battle against each other and for a great cause.

On Saturday, October 3rd, forty two athletes from the metropolitan area and spanning from as far as Massachusetts to Maryland, competed at NYC's Strong Man Competition sponsored by Coliseum Gym. Up until now, Coliseum Gym has had a stellar reputation for being a hardcore gym for extreme athletes and sponsoring powerlifting competitions in NYC for charities that included St. Jude's Hospital, Autism Speaks, and Cooley's Anemia Foundation. So in the spirit of extreme lifting, it made sense to them to promote the strongman events and this time they selected another worthy charity to raise money for, the Inkwell Foundation at Sloan Catering Hospital for terminally ill children.

Over three hundred spectators gathered to cheer the athletes on, as their support could be heard blocks away as the DJ played classic metal songs. Children were entertained by face painters who volunteered their time and talents on behalf of the Inkwell Foundation.

The events consisted of: a Press Medley with axle, log and dumbbell; Tire Flip & Chain Drag; Last Man Standing Deadlift; Odd Object Load with atlas stone, keg, sandbag and hydrant; and the Harness Pull that included pulling a fire engine truck. But alas, it would turn out to be an imperfect day. Mid competition, it began to rain and the contest had to continue indoors with the Harness Pull being scratched from the competition. Though this bump in the road did not deter the spirit of the athletes. In the end, strong man trophies were given out to the top three male and female athletes in each division and \$1,500 was raised for the Inkwell Foundation.



Andrew Craczkaski - 1st Place MW OPEN



James Herbst - 3rd Place HW OPEN



NYC's Strongest Man Competitors

Special thanks go out to all the hardcore athletes who performed brilliantly, Joe D'Agastino and Impact Strength Products, Vic Kessler Signs Limited, JOJO Energy Drink, Satisfaction Guaranteed Entertainment who D.J.'ed the event, the Happy Church of Nazarene for lending their chairs and tables, Glendale Fabricators, Crown Trophies, Runway Towing who provided the trucks, Big John who lent us some equipment, Demetra Sirica who donated the pastries, NAS and their support, Matt Keller, the guys at Linden Yard, the volunteers from the Inkwell Foundation, Community Board #5, Captain Werner Hellmann, Officer Thomas Bell and the 104 Precinct, Johnny Wasiczko who last minute helped us run the show and is a true champion and gentleman, and the members of Coliseum Gym who helped make this event possible, especially Tony Esquerdo, Chris and Anthony Franco, Jack Favia and Panayiota Theodoropoulos.

by

Annastasia & Theodore Theodoropoulos



Photo: David Pambianchi

Stephanie Tropea- 2nd Place LW

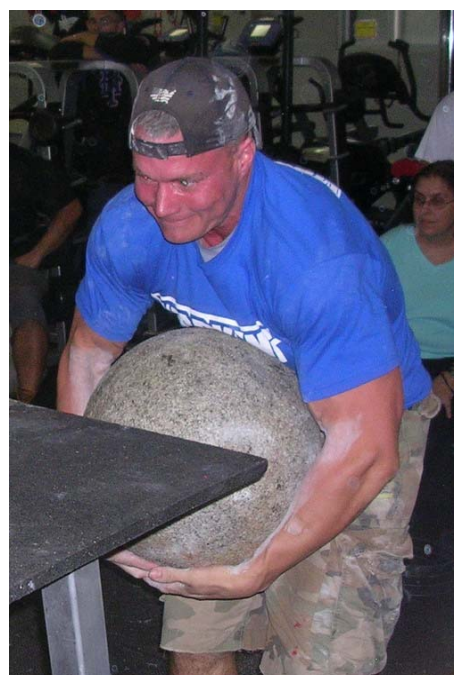


Matt Keller- 3rd Place LW OPEN



Photo: David Pambianchi

Michelle Ludena- 3rd Place LW



Jamey Bagazzo - 1st Place LW OPEN



Agnes Zolnierowska - 1st Place LW