

Mt Rainier's Strongest Man and Woman III

Saturday, August 2nd, 2008

Presented by Rainier Crossfit, LLC

Hosted by The Old Cannery, Sumner WA

A 100% Event! All money raised goes to FRAXA, the Fragile X Research Foundation*

Events:

Yoke Race

Deadlift for reps

Double Decker Bus pull

Overhead press Medley

Stone loading

Our Sponsors: The Old Cannery, Sunset Chevrolet, MVP Physical Therapy, Sports Connection, Hot Off The Press, Starbucks, Chirofit, RPAA, US Heathworks, Team Buttercup, Farrellis Wood Fired Pizza, Ironmind, CrossFit, US Wellness Meats, Fleet Feet Bonney Lake, Mark Elmore DDS, Applebees, Toyota/Scion of Puyallup, Barrier Motors of Bellevue, Sharkeys Pub and Grub, Old School Frozen Custard, Again Faster, Sports Specific Training (SST) Branks BBQ, 911 Driving School of Bonney Lake, Bonney Lake Safeway, Bonney Lake Target, Fastenal, Mt. Rainier Bank, Columbia Bank, Super Jump Party Zone, Tony Truax - State Farm Insurance, Mountain Mist water, Super Supplements, The Garage Gym Store, Sensaria, Costco, Tims Cascade Chips, and Caseys Family and Friends

Placings: 1st, 2nd, 3rd, etc

LW Women: Kristyn V, Ila B, Jeralee A, Aby G

HW Women: Beth N, Kellee R, Melissa W, Lindsay S

LW Men: Steve S, Scott H, Steve F, Ryan K, Taha M, Jason W, Ed E, Justin F, Victor B

HW Men: Zack N, Tyler S, Dan A, Chris S, Jason L, Jesse W, Nate B

SHW Men: Mark W, Charles B, Matthew W, Troy D, Ryan R, Jay N

We raised just over \$13,000!! Thank you for your support, we'll be back next year, mark your calendars for Saturday August 1st!