

Mt Rainier's Strongest Man and Woman II

Saturday, July 21st, 2007

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, in order:

- Yoke Race - 250# Women, 526 LW, 596 HW
- Max Axel Deadlift - 3 attempts for your max!
- Double Decker Bus Pull - the Cannery's 28,000# red double-decker bus
- Log Lift for Reps - 103# axel W, 190# wood log LW, 210# log HW
- Stone Load, Farmers Walk Medley - Women 100, 125 keg, 155 keg, 175 for stones and 125 per hand for farmers, Light Men 175, 200, 230, 260 for stones and 188 per hand for farmers, Heavy Men 200, 230, 260, 300 for stones and 188 per hand for farmers.

Sponsors:

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The Old Cannery, The Law Offices of James Newton, FRAXA, Tom Matson Dodge, Sunset Chevrolet, 911 Driving School, Fleet Feet Sports, Mt. Rainier National Bank, Tony Truax State Farm Insurance, Cornforth Campbell GMC Pontiac Buick, Sharkeys Pub and Grub, Sports Connection, Starbucks, Emerald City Smoothie, FarWest Steel, Columbia Bank, ZipFizz, US Healthworks, MVP Physical Therapy, Farrellis Wood Fire Pizza, Ironmind, CrossFit, US Wellness Meats, RPAA, Parker Pacific, Target, Line X, Hot Off the Press, Toyota / Scion of Puyallup, Scotty Farman and Team Buttercup, Casey's Family and friends.

Winners!

Women:	LW Men:	HW Men:
Amy W	Paul B	Tyler
Kristin L	Scott	Charles
Dawn S	Jeremy B	Ryan
Heather	Tim T	Jason
Natalie	Nick	Matt
Machelle	Ed	Ron
Carrie	Chris G	
Korina	Chris D	