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SPORTS

Time to Battle at the Barn in Coxsackie

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[Print Page](#)

COXSACKIE — Thirty Strongman competitors are expected to travel to West Coxsackie to compete in the third annual Battle at the Barn in Coxsackie on Jan. 29 at 10 a.m., according to a release from competitor and promoter Curtis Lake.

Strongman participants aren't your run-of-the-mill athletes who are out to make millions of dollars. Lake explains that most guys are the polar opposite.

"Most of the guys coming to compete don't make a living doing this — it's their hobby," he said. "They do it simply because they like to lift and carry things that most people wouldn't want to move with a forklift.

"While these guys are spending an enormous amount of time training for Strongman competitions, you see them in your everyday lives," he continued. "These competitors may be your child's football coach, the village police officer, a forklift operator, firefighter, steel fabricator or work at your local hospital. One of these strongmen might work right next to you."

Make no mistake about it though, not any man — or woman — can jump in and compete in one of these events. Many competitors train year-round for events like The Battle at the Barn.

"This is an extreme sport for extreme athletes, held at the Barn in the dead of winter, with men lifting and carrying objects the average gym-goer couldn't move," Lake said.

The event consists of five events. The Log Overhead Press Medley involves competitors picking up and pressing two different size logs over their head. The Frame Carry has athletes picking up a timber frame, that weighs up to 700 pounds, and carrying it 60 feet. In the Keg Toss each participant throws eight kegs over a 12-foot bar. The last three kegs are progressively loaded with more weight. The Giant Tire Flip consists of tires ranging from 350 pounds to over a half-ton and competitors attempt to flip the heaviest one they can handle. In the final event athletes load five stones onto a platform, each stone getting progressively heavier. The largest stone weighs in at 400 pounds.

According to Lake, there are over 100 Strongman competitions every year across the nation. Athletes compete in these events with hopes of earning a spot in the North American Strongman Championships.

The Barn is located at 575 Roberts Hill Road in West Coxsackie. There will be warm food, hot drinks and event memorabilia available. There is no entrance fee for the event.

The Battle at the Barn is supported by the following sponsors: Halsted's Outdoor Supply; Dr. Ness Certified Chiropractic Sports Practitioner; North American Strongman; Cutting Edge Sports Sciences;



Jon Van Tassel, reigning lightweight Master (over 40) National Champion, flips a 900-pound tire. (Contributed photo)

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More information is available online at www.nastrongmaninc.com and pictures of last year's competition can be viewed at www.battleatthebarn.net.

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