



WHO HAS THE MOST MUSCLE?!

THIS EVENT IS OPEN TO EVERYONE

Recruit your CrossFit gyms, local emergency responders, high school sports teams, groups of friends, businesses, unions, family members...
team options are endless!

SATURDAY, JUNE 17, 2017, 9AM – 2PM

Downtown Troutdale, Old Columbia River Historic Highway

GENERAL TEAM INFORMATION:

- **THE “EVENT”:** Teams of 12 pull a 33,000lb. FIRE ENGINE for time!
- **Fastest team wins.**
- Teams can consist of 15 people—but only 12 pull at a time
- There will be 4 ROUNDS:
FIRST ROUND — All teams compete
SECOND ROUND— The top 10 from Round #1 compete...
THIRD ROUND — The top 5 from Round #2 compete...
CHAMPIONSHIP ROUND - The top 3 from Round #3... and then the WINNER is announced!
- Teams will know their “pull time” the day before (Teams will be randomly drawn to determine their competition time).

TEAM SAFETY: Each team member will be required to sign Liability Waiver & Safety Guidelines... along with viewing the Safety Video the day of the event.

REGISTRATION: **\$1,200 PER TEAM** (tax-deductible—all funds go directly to support TIP)
Teams can find a sponsor, pay as a team or pay individually!

Registration DEADLINE is Friday, May 26
Register online and find out more at www.tipnw.org
or call 503-823-3937

