



NEWS RELEASE

City of Los Angeles Department of Recreation and Parks

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SHOW OFF YOUR WEIGHTLIFTING PROWESS

Registration under way for Strict Curl Power Lifting Competition

LOS ANGELES – Registration is under way for the 2008 Strict Curl Power Lifting & West Coast Iron Grip Challenge, to be held Saturday, May 17 at Venice Beach Recreation Center, a City of Los Angeles Department of Recreation and Parks facility at 1800 Ocean Front Walk.

The event will have competitions for both men and women in four divisions – Open, Master (ages 40-49, 50-59, and 60 or older), Junior (ages 14-16, 17-19, and 20-23), and Special Olympian (Juniors, ages 16-19; Seniors, age 20 or older), with multiple weight classes.

Competitors stand with their shoulders, back, and head against a wall and lift a curl bar with weights on it from below their waist up to their chin, then lower it back down.

Early registration fees are \$60 per lifter through May 3, \$70 from May 4 through May 16, and \$80 on the day of the event. For those who are eligible to compete in more than one division, there is an additional \$20 fee per division. The fee for each Special Olympian is \$30. Groups of lifters who want to compete as a team can do so for an additional \$70 for the group.

Representatives from the United States Strict Curl Association (USSCA) will be at the event to that participants can get a valid USSCA card; memberships are \$12 per lifter (\$9 for those in the Junior and Special Olympian classifications).

The top three lifters in each weight class and the best overall lifter in each division will receive awards, except for Special Olympian (which will award the top five lifters), and the team competition – only one award will be given out.

For more information about or to register for the strict curl competition, call Venice Beach Recreation Center at (310) 399-2775.

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For more information about Department of Recreation and Parks events, activities, services, programs, and facilities, go to www.laparks.org, or call 311, or (213) 928-9200.