

with barbells on the side.

Special Awards from our 2009 Awards/ Banquet



Presenting the Iron Man of the year awards Jeff Vause

Iron Man of the Year Award



L-R



James Orton 1 night 210 shoes Jim Lisk 2624 shoes for the year

John Lonsdale 1 night 210 shoes Each received a cooler bag with the barbells and Iron Man of the year embroidered along with their name.