

News Release

Date: Nov. 10, 2013

New York Arm Wrestling Association

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**Re: 36th Empire State Golden Arm Tournament of Champions
NEWS RELEASE (Recap) - photos available – results enclosed**

BELLROSE, QUEENS, MAN STRONGARMS ALL COMERS JASON VALE WINS NY STATE STRONSEST ARM MVP AWARD

Hungry contenders share the winners' circle at the 36th Annual Empire State Golden Arm Tournament of Champions hosted by Cheap Shots Sports Bar in Flushing, Queens.

New York, New York - Tuesday, November 10, 2013 --- Last Sunday, Nov. 10, 2013, The New York Arm Wrestling Association presented the 36th Annual Empire State Golden Arm Tournament of Champions (Official New York State Arm Wrestling Championships). The Event was sponsored and hosted by Cheap Shots Sports Bar in Flushing, Queens, NY. The Overall MVP awards were sponsored by Ironmind.com who handed out Captains of Crush Grippers to the overall MVP award winners.

Nearly 90 contestants both men and women competed in 14 weight classes and some 300+ spectators stopped by during the day resulting in a captive, screaming and cheering audience, rooting for both the favorites and underdogs in a display of grimacing faces, awesome feats of strength, exhausting endurance and explosive raw energy. The event is part of the NY Golden Arm Series, in which tournaments are held in each of the five NYC boroughs and on Long Island to culminate in the Empire State Championships. Since there are no residency requirements, contestants from out of state and even foreign countries competed in the open walk-in contest.

The 198 pound Heavyweight pro champion Jason Vale from Bellerose, Queens took first place in his weight class and then beat all the winners of the day's pro right hand competition including super heavy weight champion Karol Brozowski from Poland in the final match. Vale captured the right hand overall NY State Strongest Arm Captains of Crush Grippers MVP Award and \$100 cash prize. The day's Left hand overall MVP went to Seth Barnett from Wakefield, RI. In the female open weight class competition the winner was Ana Kenah from Jersey City, NJ who won both the right and left hand women's weight classes. Kenah was also chosen as the NY State Arm Wrestler of the year for her winning efforts in winning the 2013 NYC Big Apple Grapple International last April where she was crowned 2013 Queen of Arms. At that event she beat long time Queen of Arms title holder Joyce Boone from Brooklyn. In the amateur category; super-heavyweight David Milburn from Jamaica outdid himself by placing first in both the right and left hand weight classes to win the day's Arm-Star Award, given to anyone who could win both right and left hand championships.

"The Empire State Golden Arm Tournament of Champions is New York City's oldest and most prestigious sought-after title," said Gene Camp, founder and president of the New York Arm Wrestling Association (NYAWA). "This event is the culmination of the 2013 NYAWA season and was an exciting event that was loaded with top talent locally, from all over the tri-state area and far beyond." "We are happy about the turnout today of top quality amateur and pro arm wrestlers, teams and the excited and loud cheering audience"; Camp added

The Empire State Championship is the finale of the multi-event NY Golden Arm Series. Contestants and teams competed locally from the five NYC Boroughs and Long Island and from as far away as Russia and the Ukraine. The team championship was won by Road Island.

The New York Arm Wrestling Association is now scouting venues and sponsors for the 2014 season. Fans can visit the NYAWA website at nycarms.com for upcoming events, photos, results and more and or call the HOTLINE at 718-544-4592. "END"

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