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Powerful strongman competitors coming to Princeton



Submitted Photo

Brad Anderson, who will be helping demonstrate Strongman lifts on Dec. 4, works on his farmer's carry.

MICHAEL PAPPAS
Union-Times

Jay Grove, a trainer/coach of Cross-Fit Beyond Sport in Princeton has a passion that he wants to share with the community.

Starting several years back, Grove was introduced to the Strongman competition.

With that introduction, a love was born by Grove for the Strongman competition and the lifts that go along with the event. "I've been involved and competed for several years at the amateur level. I love the sport," said Grove.

Having that love for the competition, Grove aspires to introduce the sport to central Minnesota and possibly spark that passion for others in the area. "It's a growing sport and I want to

be a part of that growth here in central Minnesota," he said.

Grove aims to drive that growth by organizing a free public event scheduled for Dec. 4, demonstrating common Strongman lifts at Beyond Sport.

In the event, Grove and his team of seasoned Strongmen and women will demonstrate proper form in the super yoke, log press, farmer's carry, axle press and Atlas Stones while offering the opportunity for those who attend the chance to try some of the lifts at a lighter weight.

Among the team of demonstrators will be several notable athletes from the sport including American's Strongest Man 1998 and World's Strongest Man competitor Karl Gillingham.

Gillingham, who has been a part of the sport for a few decades, appre-

ciates what Grove is attempting to do for Strongman competitions. "I think it is great to get people more interested. The more that are interested, the better athletes that will come out of it. I think it is a great deal," said Gillingham.

Joining along with Gillingham will be Minnesota's Strongest Man 2020 Brad Anderson, Western Wisconsin's Strongest Woman 2020 Tiffany Schommel, along with local winners Justin Zahner and Bobbi Snow. Grove will also demonstrate.

Organizing the event

Aiming to build the support of the Strongman competition in his neck of the woods, Grove approached Prince-

Strongman
Cont. on Page 5

The Mini Dazzle Parade is back!

Black Friday/Small Business Saturday

November 26-27, 2021

Shop up and down Hwy 169 from Zimmerman to Princeton to Milaca!

Schedule of Events:

Black Friday: Nov. 26, Milaca

5-7:30 pm in Downtown Milaca

- Sleigh Rides through downtown Milaca
- Enjoy S'Mores around a warm fire
- Tree Lighting Ceremony at Alfred Olson Park
- Hotdish Contest

Small Business Saturday: Nov. 27, Zimmerman

10 am - 2 pm

- Ladies on the Loose, Downtown Zimmerman

Light Up Princeton Information

The line-up to Light Up Princeton in Riverside Park will form on the shoulder of Rum River Drive. Please do NOT stop on the road. No left-hand turns in or out of the park will be allowed. Check out the NEW Tiger display. Stop for a photo (follow signs)! Visit www.cityofprincetonmn.org for more information.

Thank you to our Light Up Princeton sponsors: Princeton Insurance Agency, Princeton Jaycees, American Legion Post #216, Twice New Clothing & Treasures, Princeton Public Utilities, Double S Alpaca LLC



Small Business Saturday: Nov. 27, Princeton

- **All Day:** Shop Local - 12 Days of Christmas -QR Code Scavenger Hunt. Start at Prairie Restorations, find the QR Code and scan it to find out where to stop next! Complete the scavenger for a chance to win a \$25 gift certificate to one of our local businesses!
- **9 am-2 pm:** Drive-thru treat bag distribution by the Civic Betterment Club, located at the little blue/grey building south of Berry Law Office on Rum River Drive
- **11 am - 4 pm:** Vendor Fair at the north mall. Shopping at south mall.
- **12-5pm:** Caroling through downtown Princeton
- **2-5 pm:** Visit Santa and his holiday alpacas at the Great Northern Depot! Meet the Princeton Ambassadors, and purchase hot chocolate from the Princeton Cub Scouts, Pack 116.
- **4-7 pm:** Food trucks and bon fire on 4th Ave. behind the north mall. Purchase a S'mores kit from the Milaca Cub Scouts, Pack 19!
- **5:30 pm:** Mini Dazzle Parade - City Hall down 1st Street to library
- **6 pm:** Lights go on as we Light Up Princeton! Drive through in your car or watch the lights go on from the viewing station on 4th Ave.

Scan QR Codes below for Savings!



Princeton



Milaca



Zimmerman