

Kentucky FitMan Competition comes to Berea this Saturday

Regional athletes vie to win \$1,000 in prizes at Kentucky's first annual Fit Man Competition held at 24/7 Fitness, Friends and Fun, a locally owned gym in Berea. The contest will take place October 5th at the Fitness Center along with vendors, food and a FREE Rock Concert featuring Joker's Wild with rock music from the 70s 80s and 90s.

Vendor booths will be set up throughout the day and Anthony's Ribs will be there to serve up his infamous bar-be-cue while athletes compete for the coveted prize money! Winners will be announced during the FREE Rock Concert held from 6-

7:30 at the gym. All communities are invited to enjoy the event and free concert.

What is Fit Man, you ask?

There are 7 competition events: Tire Flip, Sled Push, Monkey Bar Travers, Pull Ups, One-Arm Dumbbell Snatch, Toes to Bar, Box Jumps and the tie-breaker....Rope Climb. There will only be 25 female athletes and 25 male athletes competing...so the odds of winning are pretty good.

Each competition event is 1 minute with 1 minute of rest in-between each competition. Contestants are given one point for each completed rep. The point leader at the end of the day wins.

In the event of a tie, the tie-breaking competition event will be a rope climb. There will be a first, second and third place winner for both men and women.

First place prize for both men and women is \$250, 2nd place is \$150, and 3rd place is \$100. The winning gym represented gets to take home the coveted trophy. And the trophy will travel from location to location each year as the athletes come back to defend their title.

Athletes are traveling from as far north as Louisville, from Crossfit in the Ville to as far south as Williamsburg representing Baptist Family Fitness in Corbin. Also represented are athletes from Power House Gym in London, 24/7 Fitness, Friends and Fun in Berea and Anytime Fitness in Richmond Athletes who want to compete need to register online at www.fitmancompetition.com or stop in the gym at 501 Mount Vernon Road in Berea. The cost to compete is \$25 and each athlete will receive a t-shirt commemorating their participation.

Vendors/Exhibitors wishing to participate can download a vendor application at www.fitmancompetition.com or call the gym at 859-985-2584 or email veronica@fitnessfriendsandfun.com

“Rockets”

(Cont. from A6)

Other Rockets making tackles and assists were McClure with 7, Hughes with 6, Ansardi and Jones with 5, freshman Lucas Jones with 4, senior R.C. Kirby with 3 and freshman Logan Coffey, senior Kyle Denney, Robinson and Rowe all had 2 each. Junior Austin Emery and freshman Austin Saylor were both credited with one tackle

each.

Head Coach Scott Parkey said he thought the team played well despite missing several players in the game due to injury.

“Isaiah Adams and Koty Bengé were out the entire game because of injuries and Austin Embry and Austin Collins were out part of the game,” Parkey said. “Their absences caused us problems on offense with Perry Central’s blitz pickup which forced McPhetridge out of the pocket and out of rhythm on some of his throws.”

Parkey said that he believed the offense was getting better overall in both the running game and passing game.

“Chayse McClure did a good job running behind Ansardi,” Parkey said. “Our running game is continuing to get better and our ability to hit quick passes kept us moving the chains for first downs.”

However, Parkey said missed tackles on defense hurt them in the game and that it was unacceptable as he believed the players were in position to make plays.

“Our guys were in the right position defensively to make plays and stops. But several missed tackles hurt us,” Parkey said. “Jared Lake had another outstanding game on defense. He is playing on a higher level right now and is becoming a leader in the locker room as well.”

Parkey went on to say that penalties and injuries were what really hurt them in the game and that those two things should improve during the bye week.

“The penalties really hurt us especially when the game was close,” Parkey said. “The off week will allow us to get 100% healthy again and address the penalty issues. We should be full strength heading into our first district game

against Russell County.”

The Rockets next game will be Friday, October 11th

when they host Russell County at home. Kick-off is at 7:30 p.m.

Kentucky Afield Outdoors

Elk season underway; positive outlook this year

Kentucky's elk seasons opened Sept. 21st with bull elk archery season. Biologists with the Kentucky Department of Fish and Wildlife Resources hold a positive outlook for the upcoming elk seasons.

"We think it will be a productive elk hunting season," said Tina Brunjes, deer and elk coordinator for Kentucky Fish and Wildlife. "Our elk hunters have excellent success rates."

Last season, elk hunters in Kentucky took 595 elk comprised of 39.5 percent male and 60.5 percent female. There were 900 permits awarded for the elk quota hunts in 2012.

The number of elk hunting permits increased to 1,000 for the 2013-2014 elk season. The first Kentucky elk hunts began in 2001 when Kentucky Fish and Wildlife issued 12 permits. The herd goal is 10,000 elk.

"We have the new system in place that we think hunters will find better distributes hunting pressure and maximizes hunter opportunity," Brunjes said. "A hunter with an At-Large tag now has eight counties to search for a place to hunt. Although we have a lot of public access where our elk herds are most numerous, we are excited to see the number of elk harvested from private lands continues to increase."

Hunters may now choose between the At-Large North and At-Large South hunting areas or three limited entry areas (LEAs). Kentucky's elk restoration area encompasses 16 counties and roughly 4.2 million acres.

The key to a healthy herd

is the harvest of cow elk, the reason Kentucky Fish and Wildlife issues 750 cow elk tags and 250 bull elk tags.

Bull elk, however, are the draw for most hunters.

"Kentucky bull elk hunters have a success rate of about 90 percent for harvesting bull elk with a firearm," Brunjes said. "Most of our hunters are taking mature bulls."

The typical bulls taken are 3 1/2 years to 5 1/2 years old. A 3 - year-old bull has already grown a 4 x 4 antler rack and a 5 1/2 year-old bull usually has 6 x 6 antler rack that scores about 280 inches in the Boone and Crockett scoring system.

Minimum entry into the Boone and Crockett record for an elk with typical antlers is 360 inches. So far, three bull elk with typical antlers harvested in Kentucky qualified for entry into the Boone and Crockett record books.

Terrell Royalty set the record with a typical bull elk taken in Knott County in 2007 with a modern gun that scored 371 inches on the Boone and Crockett system.

The bull elk archery season debuted in 2011. Hunters enjoy an extraordinarily high success rate for these hunts since, averaging about 60 percent.

Brunjes explained the reason bull elk archery hunters are so successful is partly based on the timing of the season. "The bull elk archery season opens at the beginning of the bull elk rut and runs throughout the rut," she said. She also said the limited number of bull ar-

(Cont. to A8)



Senior Jourdan Blanton makes a pass during Tuesday night's loss to Wayne County. The Varsity Rockets will travel to Burgin Thursday night as they take on the Burgin Bulldogs at 7:30 p.m. (Photo by John Hughes)



Sara Clark hits the ball over the net against the Junior Varsity Rockets loss against Wayne County Tuesday night. (Photo by John Hughes)



Ileana Miller serves the ball during Tuesday night's loss in the freshman game against Wayne County. The Freshman Rockets will travel to Burgin to take on the Burgin Bulldogs next Thursday night at 5 p.m. (Photo by John Hughes)

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