

GOG Blog

CHAT WITH THE GOING OUT GURUS

1 P.M.

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ABOUT



The experts behind the Going Out Guide post daily on news and trends in D.C.'s arts and entertainment scene, including upcoming events and restaurant and bar openings.

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Nightlife Agenda

Saturday, July 25

Feats of strength aren't just for Festivus anymore. The [Battle of the Biceps](#) at [the Bullpen](#) this afternoon has a triple crown of strongman (and strongwoman) competitions: arm wrestling, fastest-pitch and keg tossing contests. (Only men can enter the keg-tossing, however; "We just thought the ladies would prefer to arm wrestle," said organizer Maggie Pitts.) The contestants who have the best scores in multiple categories will receive trophies and bragging rights. There are still places available for anyone who'd like to participate -- send an email to battleofthebiceps@gmail.com with a three-to-four sentence bio, your weight and hometown, plus a photo for the Web site. The afternoon features classic rock, '80s hits and Top-40 covers from local band Sick Feed, plenty of drink specials, including \$5 frozen margaritas, flip cup tables and corn hole beanbag games. Whether you're showing your guns or not, you're still making a difference: the \$10 cover charge benefits Community Lodgings, an Alexandria charity that provides housing to homeless families.

- Fritz Hahn, David Malitz and Rhome Anderson

By Fritz Hahn | July 21, 2009; 11:30 PM ET