



Battle of the Biceps 2009

**Ashley vs. Krista (from "Blonde Charity Mafia") in the semi-finals.
Ashley wins!**

July 25, 2009



On Saturday afternoon, DC's roughest and toughest braved the heat to compete in this year's annual Battle of the Biceps. The event took place at The Bullpen (directly across from the Nats stadium) and consisted of three competitions: The Keg Toss, Fast Pitch and the main event, the Arm Wrestling competition. For \$10 (all donations went to the

Community Lodgings charity), attendees got to participate in the events or simply be spectators. Titles were defended, egos were bruised and champions were made. All in all, a great summer afternoon in DC.

Credit:Sara Brown, Special to Metromix

(http://dc.metromix.com/events/essay_photo_gallery/battle-of-the-biceps/1349346/content)