



Barbells® For Bullies

For Immediate Release

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FOR IMMEDIATE RELEASE

Barbells For Bullies Releases Details on 3 Satellite Events, More to Follow

ATLANTA (April 2, 2019) – Barbells For Bullies has released the first few locations and details on their newly forged initiative, Satellite Events.

They have announced events in Detroit and Raleigh to occur on the same day—June 22, 2019; as well as Buffalo on August 17, 2019.

“The idea behind ‘satellite events’, as we call them, is to empower local gyms and create stakeholders in fitness and in rescue,” Alexander Castiglione, Founder and Director commented. “Both my wife and I, the founders of this organization, work full time jobs, and cannot be in all places at once. In fact, I burned *all* of my vacation days last year traveling and running 12 events in 10 cities. This will allow us to take our formula, so to speak, and utilize it all around the country from remote, maximizing our impact and doing what we set out to do: creating a community rallied around fitness and animal advocacy,” Castiglione continued.



Any gym in the world is welcome to reach out to inquire about a satellite event—the organization has been in contact with gyms from Alabama to Australia. While not every location is conducive to an event, Barbells For Bullies will work with gym owners—be they CrossFit, Powerlifting, Strongman, or Weightlifting gyms—to create the best possible event and maximize donations to deserving rescues and advocacy groups.



“My goal this year is 30 competitions total—including the ones we run personally like Denver and New Jersey. I know, it’s a lot; especially considering we’re volunteer run and my staff and I all work full time, but nothing worth doing is ever easy. As much as this is about raising money, it’s also about changing minds surrounding the bully breeds, and frankly, getting people to realize they can help—no matter your skillset, you can help,” Castiglione remarked when asked about his goals for these events.



Registration is open for Raleigh, Detroit, and Buffalo, and these events are sponsored in part by Kill Cliff, Crossover Symmetry, RPM Jump Ropes, and others.

Several other events are in the works but yet to be confirmed, and Barbells for Bullies urges gyms to reach out, and they pride themselves on getting back to everyone that wants to be involved.

For more information on these events go to BarbellsForBullies.org.

Barbells For Bullies® is a 100% volunteer run 501(c)3 non-profit that hosts CrossFit, weightlifting, strongman, and powerlifting events all over the US, and donates all net proceeds from these events to help local animal rescues and advocacy groups. Founded by a husband and wife with a bunch of rescue pups, Barbells for Bullies is on a mission to help As Many Rescues As Possible this year, and every year after that.

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