



NEWS

MONTGOMERY COUNTY OFFICE OF COMMUNICATIONS
COURT HOUSE, NORRISTOWN, PA., BOX 311, 19404-0311

Frank X. Custer, Communications Director

Jessica Willingham, Communications Assistant

PHONE (610) 278-3061 FAX (610) 278-5943

COMMISSIONERS: JOSH SHAPIRO, *Chair*

LESLIE S. RICHARDS, *Vice Chair*, BRUCE L. CASTOR, JR., *Commissioner*



FOR IMMEDIATE RELEASE: September 24, 2013

Montco Prison Employee Wins Pennsylvania's Strongest Man Competition

Norristown, PA (September 24, 2013) – Officer Ed “Bam Bam” Bamberger of the Montgomery County Correctional Facility recently won the title of Pennsylvania’s Strongest Man in a competition at the York County Fair. Officer Bamberger beat out over 100 other contestants winning the 300+ pound division and the overall title of Pennsylvania’s strongest man.

In winning the contest, Officer Bamberger did the following:

- Lifted a 240-pound keg over his head seven times
- Lifted a 330-pound atlas stone to chest level and put it over a bar
- Held what is called a “Hercules Hold” for 37 seconds
- Pulled a truck 75 feet from a dead stop
- Dead lifted a car 10 times.

Below are links to some pictures of Officer Bamberger competing.

https://scontent-b-lga.xx.fbcdn.net/hphotos-ash3/551163_685536618141992_1756604428_n.jpg

https://scontent-b-lga.xx.fbcdn.net/hphotos-prn2/1186771_10105112514925994_883724833_n.jpg

https://scontent-b-lga.xx.fbcdn.net/hphotos-ash4/1208951_10105110967981084_1290308688_n.jpg

https://scontent-a-lga.xx.fbcdn.net/hphotos-ash3/1231541_10105110971558914_2009715628_n.jpg

<https://scontent-a-lga.xx.fbcdn.net/hphotos-ash3/1231584_10105110974288444_1572130407_n.jpg>

Note to media: Officer Bamberger is available by phone, if you would like to speak with him. His number is 484-300-9904.