

FOR IMMEDIATE RELEASE

**Headline: Lizzie Borden Axe-Throwing Contest at the Falls Church American Legion Post 130**

Date of release: July 17, 2013.

Time and date of event: 11:30 a.m. to 5 p.m., Saturday, August 3, 2013.

Location: Falls Church American Legion Post 130, 400 N. Oak Street, Falls Church, VA 22046, next to the Washington & Old Dominion Trail.

Description:

Hand-eye coordination with good technique is what you'll need to be the winner at the American Legion's Third Annual Lizzie Borden Axe-Throwing contest. The event will be hosted by Legion Post 130 at 400 N. Oak Street in Falls Church from 11:30 a.m. to 5 p.m. on Saturday, August 3, 2013. Whether you fancy yourself a frontier explorer or you like a little competition, this event is your chance to hone your hatchet-throwing skills. "Last year it was about 90 degrees but a lot of people came out and had a good time," said Mike Strickler, the Second Vice-Commander.

Veterans understand the importance of safety and Legion organizers will provide instruction and practice on proper throwing technique and, of course, safety, from 11:30 a.m. to 1 p.m. At 1 p.m. the competition starts whereby participants compete for points. The participant with the most points will be awarded the coveted Silver Hatchet, recognizing his or her skill in axe-throwing.

The Legion wants to take this opportunity to show its support for America's veterans. Post 130 will sell official Post 130 Lizzie Borden Axe-Throwing Contest T-shirts, with 100% of the proceeds going to the Wounded Warrior Foundation. Veterans will also be able to sign up on the spot for membership to the American Legion with a discounted price of \$20 for a one-year membership, discounted from the regular fee of \$30 when the veteran presents a copy of his or her DD-214 or current military identification.

The cost of competition is \$10 and free for spectators. The Legion will offer food and beverage for sale at the event. Rules and other information are posted on the Legion's website, <http://post130.org>. The competition is open to individuals 16 years of age and older. Minors must be accompanied by a parent or guardian.

Contact information:

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