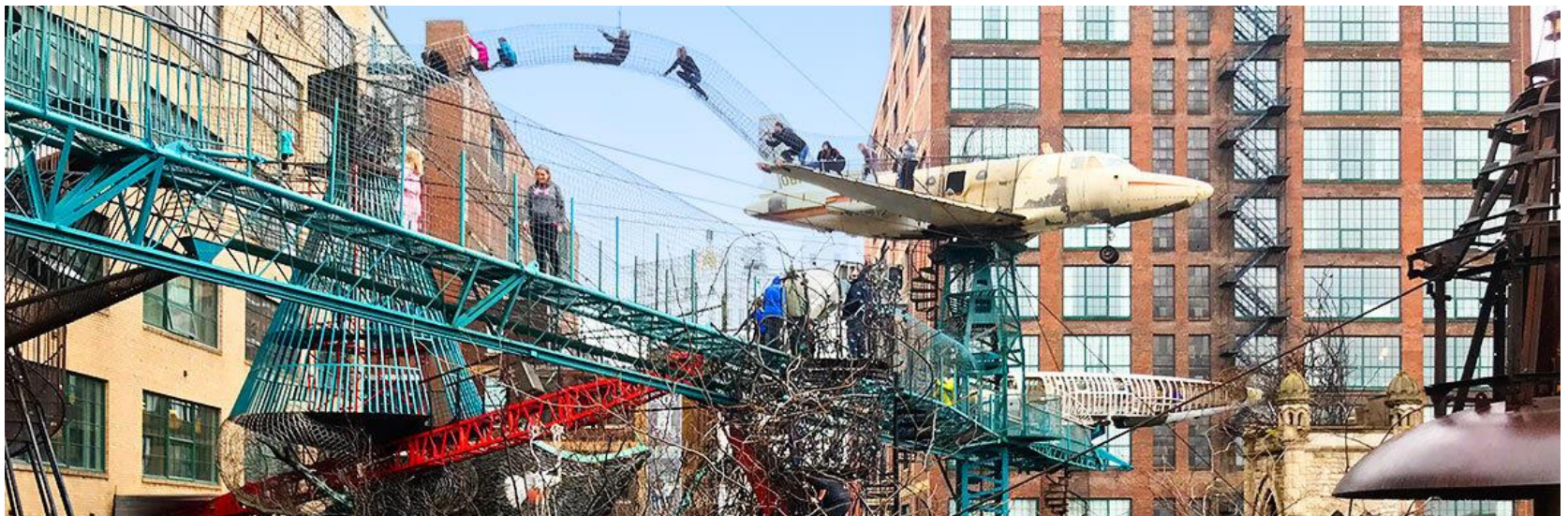


# **USSF POWERLIFTING AND STRENGTHLIFTING CHAMPIONSHIPS IN ST. LOUIS, MISSOURI**





# THE GYM - WELCOME TO THE STRENGTH PARLOR

The Strength Parlor is excited to welcome competitors from around the world as they compete for the title of CHAMPION. It is an honor to host the 2021 United States Strengthlifting Championships!



108 Crafton Drive - O'Fallon, MO 63366 - [strengthparlor@gmail.com](mailto:strengthparlor@gmail.com) – strengthparlor.com

# ACCOMMODATIONS

There are many great places to stay in the greater St. Louis region. The hotels below are in close proximity to the gym but feel free to stay more central to St. Louis if you wish to explore.

## Hotels

### **Hampton Inn St.Louis/Wentzville**

2 Star Hotel

150 Wentzville Bluffs Drive – Wentzville MO – 63385

636-445-3780

### **Holiday Inn Express & Suites/St. Peters**

2 Star Hotel

50 Richmond Center Blvd- St. Peters MO- 63376

636-387-7611

### **Hilton Garden Inn St. Louis/O’Fallon**

3 Star Hotel

2310 Technology Drive- O’Fallon MO- 63368

636-625-2700

### **Sleep Inn & Suites O’Fallon**

2 Star Hotel

1147 Technology Drive- O’Fallon MO- 63368

636-329-1000

### **Drury Inn & Suites St. Louis/St. Peters**

3 Star Hotel

170 Mid Rivers Mall Circle-St. Peters MO- 63376

636-397-9700

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3 Star Hotel

170 Mid Rivers Mall Circle-St. Peters MO- 63376

636-397-9700

### **Holiday Inn Express & Suites Wentzville**

3 Star Hotel

1100 Lodora Drive- Wentzville MO- 63385

636-887-2700

### **Fairfield Inn & Suites by Marriot**

2 Star Hotel

130 Crossroads S Drive- Wentzville MO- 63385

636-332-5000

### **Staybridge Suites**

3 Star Hotel

1155 Technology Drive- O’Fallon MO- 63368

636-300-0999

### **Residence Inn by Marriot**

3 Star Hotel

101 Progress Point Ct- O’Fallon MO- 63368

636-300-3535

\*Plenty of good Airbnb options in the area

# RESTAURANTS

St. Louis is a “foodie” haven with nearly limitless options from just about any culture/style imagined.

## Options Close To Gym

### **Stefanina’s Pizzeria**

Chicago-style? NY-style? Nope. ST. LOUIS-style. Thin crust pizza layered in gooey, bubbly provol cheese. It’s unlike any pizza you have ever had before. This is the spot for STL pizza and thankfully it is a short drive from the gym. 8645 Veteran’s Memorial Parkway- O’Fallon MO 63366

### **SugarFire Smokehouse**

Our barbecue city has been monopolized by this popular STL chain (and for good reason). Great smoked brisket, pulled pork, ribs, sausage and even turkey. The constantly varied daily special barbecue sandwiches and sides are the star attractions. Amazing burgers too. 9955 Winghaven Blvd- O’Fallon MO 63368

### **The Scrambler House**

Classic American-style breakfast diner that serves the infamous STL “Slinger”. Crispy home fries stacked w/ hamburger, chili, eggs and cheese. Save this one for AFTER the competition.. 1322 Sunburst Drive- O’Fallon, MO 63366

### **El Tio Pepe**

Although the most authentic mexican food is downtown off Cherokee street, this place is tough to beat. Great chips and salsa, unique fajitas and all the traditional favorites. Be sure to grab a “Cadillac” Margarita. It will likely be your new favorite. This is a favorite stop for Barbell Logic’s owner Matt Reynolds. 315 West Terra Lane- O’Fallon MO 63366

### **Crazy Bowls and Wraps**

This is a favorite “healthy” option in the area. You can drive through or dine-in. Bowls and wraps individualized to you with ingredients ranging from chicken, steak and rice to tofu, cauliflower rice and countless veggie options. The Chicken Fajita bowl is top-notch. The steak is surprisingly flavorful. 2199 State Highway K- O’Fallon MO 63366

### **Soulard Gyro**

This is another “grab n’ go” option that still delivers on flavor and uniqueness. Greek food heaven. In our experience, 1-2 additional servings of meat are necessary for most on a high-protein diet but we love the flavors here. The homemade bread is unreal with the doner kebabs.

## **Lion’s Choice**

This is actually a local fast-food chain that is known for having the BEST roast beef sandwiches. Compared to most fast-food, it’s quite healthy and lower calorie. Be sure to include some horseradish and/or au jus with that sammy. 8710 Veteran’s Memorial Parkway- O’Fallon MO 63366  
\*Qdoba, Chipotle, Subway etc are also close-by

## **Stone Summit Steak & Seafood**

Arguably the best local steakhouse. This is a bit nicer but no need to dress up fancy. Casual is fine. 17 Cliff View Drive- Wentzville, MO 63385

## **The Brass Rail Steakhouse**

Again, great steaks. Not quite as “fancy” as Stone Summit but every bit as tasty. The Cajun Chicken Pasta and Meatloaf is a must. 4601 State Highway K- O’Fallon, MO 63366

## Options Worth a Short Drive

### **Prasino**

This is the place to go for creative spins on classic American food along with unique cocktails. Start out w/ the “farm” flatbread and/or grilled wings and finish up with a classic STL pork steak. It falls off the bone.. This is also THE spot for Sunday brunch. It’s pretty amazing. 1520 S 5th Street #110- St. Charles, MO 63303

### **Salt and Smoke**

Although there are many top-notch barbecue establishments in the city, this is the best. Consistently amazing smoked meat with unique sides in a vibey atmosphere. Great selection of whiskey and cocktails along with a large, cozy outdoor patio. 501 South Main Street- St. Charles, MO 63301

## Favorite Spots Despite Distance

### **Hodak’s**

The very best fried chicken you have ever had. Grab either the half golden fried chicken or whole wing dinner. You will thank us later. Simplicity at it’s finest. A STL staple. 2100 Gravois Avenue- St. Louis, MO 63104

### **Pi’s Pizza**

Unique twist on Chicago-style pizza. The cornmeal based crust is something special. Come hungry!





Stefanina's "Stef's Special"



Lion's Choice Roast Beef Sandwich & Fries



Crazy Bowls & Wraps "Fajita Bowl"



El Tio Pepe spread - so many good options

# ALCOHOL

St. Louis is consistently voted one of the best beer cities in the nation. Home to the famous Anheuser-Busch brewery. Be sure to also venture into some of the world's most accomplished microbreweries!

## Breweries

### **Anheuser-Busch**

The historic brewery provides free tours (highly recommended if you can find time) and then you can enjoy their beer in their biergarten.

1200 Lynch St - St. Louis, MO 63118

### **Side Project**

Recently voted 2nd best brewery in the WORLD by ratebeer.com! Their beers are consistently delicious whether it's a funky flavored sour or a deep rich bodied stout. Highly recommend checking them out!

7458 Manchester Rd - Maplewood, MO 63143

### **Perennial Artisan Ales**

Small batch brewery with outstanding flavor profiles. 10/10 would recommend it to a friend! :)

8125 Michigan Ave - St. Louis, MO 63111

### **Petrichor Brewing**

A great spot close to the gym! Neighborhood brewery that specializes in American Style Ales. They also have great smash burgers, along with other great menu items.

7434 Village Center Dr - O'Fallon, MO 63368

### **Good News Brewing Company**

Another close spot to the gym. Limited indoor seating, but a great outdoor area if weather permitting. Good beer and a fun atmosphere, along with some pizza on their menu as well!

330 Sonderen St - O'Fallon, MO 63366

## Wineries

There are many wineries within a 30 minute drive from the gym. Some of our recommendations include:

Chandler Hill Vineyards, Cedar Lake Cellars, Montelle Winery, Defiance Ridge Vineyards, Sunflower Hill Farm, Mount Pleasant Estates & The Quarry Wine Garden

## Bars/Cocktails

### **Blue Sky Cafe & Bar**

Casual bar & grill known for their extensive list of martini options. They also serve delicious food.

9999 Winghaven Blvd - O'Fallon, MO 63368

### **Town Square Pub N Grub**

Sports bar with yummy bar food & a great selection of draft beer. Their patio is nice too if weather permits.

7843 Hwy N - O'Fallon, MO 63368

### **The Blue House Downtown**

Despite the name, it's not actually located in downtown STL, but downtown Wentzville - only 12 minutes from the gym. They are known for their craft whiskey cocktails and mixology in a cozy lounge atmosphere.

302 S Whitehead St - Wentzville, MO 63385

### **Prasino**

Mentioned above for food recommendations, but they deserve a place here as well for their cocktail and drink selections. This is the place to go if you're looking for a GOOD cocktail.

1520 S 5th Street #110- St. Charles, MO 63303

### **Narwhal's Crafted**

A trendy, fun spot for unique frozen cocktails. Try the flight so you can taste more than one of their creations!

1450 Beale St #125 - St. Charles, MO 63303

### **Planter's House**

If you're up for a bit of an adventure, head into downtown St. Louis for one of the top rated cocktail spots in the city. Their retro atmosphere and delicious drinks can't be beat.

1000 Mississippi Ave - St. Louis, MO 63104



A "flight" at Narwhal's Crafted



Martini's at Blue Sky Cafe



Beer at Perennial



The bar at Planter's House



# THINGS TO DO

The historic Mississippi River, Ozarks, Arch, Busch Stadium, and City Museum are all within close proximity. Not to mention, one of the country's top zoos, botanical garden, art museum, history museum and more!

## **Attractions**

### **City Museum**

Amazing museum that doubles as a playground for all ages. The place is entirely made from recycled and found objects. So much fun and a definite must see!

750 N 16th St - St. Louis, MO 63103

### **Historic Main Street of St. Charles**

Founded in 1796, this beautiful street is full of restaurants, shopping & right on the river. This is a fun spot to enjoy when the weather is nice for a day spent mostly outside.

St. Charles Historic District - St. Charles, MO 63301

### **St. Louis Art Museum**

Providing a wide range of art exhibits and this museum offers free admission. Be sure to check out Art Hill out front.

1 Fine Arts Dr - St. Louis, MO 63110

### **Forest Park**

With 1,371 acres, Forest Park offers beautiful walking/bike trails, several museums, the St. Louis Zoo and loads of history.

5595 Grand Dr - St. Louis, MO 63112

### **The Arch**

The iconic monument that St. Louis is known for. If you have time to see the museum and take the ride to the top - it's worth it. Even if you don't have time to go up, it's still stunning to see in person!

Ride to the top - \$12-\$14 per person

The Arch - St. Louis, MO 63102

### **St. Louis Zoo**

Located in Forest Park, this beautiful zoo is home to over 16,000 wild animals and even offers FREE admission.

4015 SW Canyon Rd – Portland OR 97221

### **Busch Stadium**

Ballpark for the St. Louis Cardinals. This red brick stadium offers wonderful tours if you want to check it out, but can't make it to a game - or do both!

700 Clark Ave - St. Louis, MO 63102

### **History Museum**

Free historical museum focusing on the history of Missouri along with general American & Western themes.

5700 Lindell Blvd - St. Louis, MO 63112

### **Botanical Garden**

79 acres of plants! Beautiful gardens, a greenhouse, old Victorian homes you can walk through and a butterfly house. General admission - \$14.

4344 Shaw Blvd - St. Louis, MO 63110

### **Laumeier Sculpture Park**

A 105 acre park skilled with pieces of large-scale sculpture art. You'll want to see the giant eyeball!

12580 Rott Rd - Sappington, MO 63127



