

**Interim Designation of Agent to Receive Notification
of Claimed Infringement**

Full Legal Name of Service Provider: The Aasgaard Company

Alternative Name(s) of Service Provider (including all names under which the service provider is doing business): startingstrength.com, startingstrength.org,
blackirongym.net, blackirongym.org, blackirongym.com
aasgaardco.com, aasgaardcompany.com

Address of Service Provider: 3118 Buchanan St Wichita Falls TX 76308 USA

**Name of Agent Designated to Receive
Notification of Claimed Infringement:** Stef Bradford

Full Address of Designated Agent to which Notification Should be Sent (a P.O. Box or similar designation is not acceptable except where it is the only address that can be used in the geographic location):
The Aasgaard Company, 3118 Buchanan St, Wichita Falls, TX 76308 USA

Telephone Number of Designated Agent: 940-696-0829

Facsimile Number of Designated Agent: n/a

Email Address of Designated Agent: stef@startingstrength.com

Signature of Officer or Representative of the Designating Service Provider:
 Date: 10/20/2010

Typed or Printed Name and Title: Stef Bradford, Ops Director

**Note: This Interim Designation Must be Accompanied by a Filing Fee*
Made Payable to the Register of Copyrights.**

***Note: Current and adjusted fees are available on the Copyright website at
www.copyright.gov/docs/fees.html**

Mail the form to:
Copyright RRP
P.O. Box 71537
Washington, DC 20024



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