

Strong Over 50 Attempts GUINNESS WORLD RECORDS™ Title at Armature Works with Mayors Jane Castor and Andy Ross

Award-winning nonprofit hosts a free Nov. 15 event in Tampa, aiming to set a new GUINNESS WORLD RECORDS™ title for Largest Strength Training Lesson.

TAMPA, FL, UNITED STATES, October 13, 2026 /EINPresswire.com/ -- [Strong Over 50](#)

will bring strength, wellness

and local pride to Armature Works on

Sunday, November 15, 2026, from 1–4 p.m., as the nonprofit attempts to set a new GUINNESS

WORLD RECORDS™ title for the Largest Strength Training Lesson.



“

We're bringing our community together to make history in Tampa and show that building strength, confidence and independence has no age limit.”

*Micah Morgan, Founder of
Strong Over 50*

Taking place inside The Gathering at Armature Works, the event will feature Tampa Mayor Jane Castor and Temple Terrace Mayor Andy Ross, bringing together leaders from both cities in

support of healthier, stronger communities.

Founded by local fitness professional Micah Morgan, Strong Over 50 helps adults age 50 and older access strength training and wellness opportunities that build independence, confidence and connection. The organization was recently named Best New Non-Profit by the Temple Terrace Uptown Chamber of Commerce, recognizing its work with older adults.



Over 350 participants exercise together at a previous Strong Over 50 event at Busch Gardens Tampa Bay.

The [November 15 event](#) will give participants an opportunity to be part of a world record attempt while drawing attention to the value of strength training throughout life. Resistance training can help older adults build the strength needed for everyday activities, from carrying groceries to getting up from a chair.

Alongside the record attempt, attendees can connect with local wellness organizations, explore vendor offerings and hear from community leaders and featured speakers. Businesses and guests can also learn how Strong Over 50 is helping more older adults get involved in strength training across Tampa Bay.

For Morgan, the goal extends beyond a single afternoon. Strong Over 50 invites sponsors, vendors and partners to help make history in Tampa and fund ongoing opportunities for older adults to stay stronger and more independent. [View sponsorship and vendor opportunities.](#)

Event Details

Date: Sunday, November 15, 2026

Time: 1–4 p.m.

Location: The Gathering at Armature Works

Address: 1910 N. Ola Ave., Tampa, FL 33602

Admission: Free; registration required

Registration: <https://events.strongoverfifty.com/armatureworks>

About Strong Over 50

Strong Over 50 is a 501(c)(3) nonprofit organization operating under Temple Terrace Health & Wellness Corp. Its mission is to expand access to strength training and wellness opportunities for adults age 50 and older, helping participants become stronger, maintain independence and build meaningful community connections. Learn more at <https://strongoverfifty.com>.

Micah Morgan

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