



Sophomore Alex Connor prepares to take his first bite of the burgers. The timer is set for 45 minutes to eat two 2 pound burgers and a pound of fries. Max Flowers photo



Connor completes half of the first burger. He started to feel full after this point. Max Flowers photo



Connor takes his final bites of fries. After completing a burger and a half, Connor ate a couple fries. He failed the challenge. Max Flowers photo

Sophomore attempts Knuckle Sandwich 57' Chevy Challenge



By Alex Connor
sports editor

When people think of a knuckle sandwich, the first thing to come to mind is an old dad joke, not a restaurant with a food challenge.

The Knuckle Sandwich is a family-owned diner on SR-135 in Bargersville. It is known for its 1950-1960 themed interior and infamous '57 Chevy challenge. The Knuckle Sandwich Challenge consists of two 1-pound burgers fully dressed and two pounds of seasoned fries with a 45-minute time limit. The person doing the challenge must do it alone in a booth made from a real '57 Chevy, giving the challenge its name. People who complete the challenge get the meal for free, t-shirts, trophies, and their names and pictures on the Wall of Fame.

The challenge has only been completed 10 times out of the 50 attempts. My goal was to become the eleventh person to complete the challenge. I spent lots of time watching videos and researching different competitive eaters for the best tips and tricks. After watching two videos of people finishing the challenge in 20 minutes or less, I was sure I would finish the challenge, but it was much more difficult than I had anticipated.

Going into the challenge, I had a plan. My plan was a mix of research from other competitors as well as information from the videos I watched of people doing the challenge. I got to the Knuckle Sandwich with my plan, ready to conquer the challenge, but when the challenge got to me, everything went downhill.

My strategy was to eat one burger, eat some fries, finish the second burger, then



Sophomore Alex Connor sits in the '57 Chevy inside the Knuckle Sandwich restaurant. Many have attempted the challenge, but only 10 have succeeded. Max Flowers photo

finish the fries. I started strong, finishing one burger in six minutes, and began working on the fries. I finished a few fries before I went to start the second burger. I ate about half of the second burger before I started feeling full. I tried to wait a little before I began eating again, but I could not eat anymore. I had to tap out.

If I did the challenge again, I would try and eat both burgers first at a quicker pace, then work on the fries. I think my first strategy is what had me fail the challenge. I think my first strategy is what failed me because I never set a good pace because I never considered something like that. If anyone plans on doing the challenge, remember to set a good pace and stay at the pace you set as best as possible.

Despite the difficulty of the challenge, the food was fantastic.

The burgers were cooked to near perfection, and the fries were well seasoned. The staff took great care of me and the others in the restaurant. The restaurant was well kept and the interior was cool. Sitting in the real '57 Chevy to do the challenge was a joy in itself. I enjoyed my time there.

I had to tap out because I could not go any longer. After I tapped, half a burger and nearly all the fries were left. I am challenging everyone at GHS to attempt the Knuckle Sandwich challenge and do better than I did. Always remember to have a plan. It is difficult, so good luck.

A large graphic for Mito Provolone's Italian Restaurant. The word 'Mito' is written in a large, stylized green font. To the left of the 'M' is a green silhouette of a bunch of grapes with leaves. Below 'Mito' is a green horizontal bar with the words 'PROVOLONE'S' in white, serif, all-caps font. Below that bar is the words 'ITALIAN RESTAURANT' in a green, serif, all-caps font.