



PRESS RELEASE

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Powerlifting National Championship at LCC on Saturday

LANSING, MI – More than 100 powerlifters – ranging in age from 14 to the north side of 70 – are expected to grunt and sweat their way through the rigors of the American Drug Free Powerlifting Federation’s national championships being held Saturday at Lansing Community College. It marks the first time that LCC will host the prestigious national competition after its bid bested those made by educational institutions in Indiana, Ohio, Kentucky and Missouri.

“We’re expecting a few hundred spectators to come out and enjoy the competition as well,” said Jeff Buchin, the meet director and veteran weight lifter who will also participate in the three segments –squat, bench press and deadlift. Buchin has been on LCC’s staff for 33 years, the last 28 as a weight training instructor.

Buchin, 62, will be joining weight lifters a quarter his age. But at an imposing 6-foot-3, 280 pounds, few would consider referring to Buchin as ‘Pops’ – especially those who know him as a 2007 inductee into the Michigan Power Lifting Hall of Fame and a world record holder – set in 2009 when he bench pressed more than 446 pounds.

Die-hard fans and those just curious are welcome at the event being held on the 3rd floor of the Gannon Building. General admission to the family-friendly competition is \$5-a-head. The weigh-in starts at 8 a.m. and the actual competition begins at 10:30 a.m. Concessions will be available as will \$12 souvenir meet T-shirts. Fans are welcome to bring their cameras – the facial expressions on weight lifters are priceless.

The participants in Saturday’s meet are vying for a spot on the U.S. team and for national records in a number of weight categories to make the competition fair. The U.S. team will compete against lifters from Europe and Canada at the World Single Lift Championship being held in Muskegon in June. It will be the first-time ever for the U.S. to host the competition, which generally takes part in Europe.

“While the popularity of the sport is growing in the United States it’s even bigger in Europe where they treat weight lifters like celebrities, even regularly putting them on TV talk shows,” said Buchin.

Competitors don’t have to be muscle-bound – and they don’t have to be male.

Taking part in her first competition is Cynthia Rooker, a married, 50-year-old mother of two who stands 5-foot-2 and tips the scales at less than 120 pounds. “It’s a great stress reliever for me,” said Rooker, a LCC administrator who oversees mail, shipping, printing and other campus services. She is working on an MBA degree.

“My son thinks it’s great and my daughter just kind of laughs – but she thinks it’s pretty cool to have muscles rather than flab,” adds Rooker, a one-time high school cheerleader who doesn’t expect to lug home any records and will be content to top her personal best of 75 pounds in the bench press competition. “It’s something I’ll probably never do again, but it’s also something I can tell my grandkids about.”

As part of the federation’s commitment to keeping athletes drug-free all are subject to random drug testing – and about 10 percent actually will be tested. A competitor also must sign a statement saying he or she has not taken any strength-inducing drug (such as anabolic steroids, natural hormones or synthetic growth hormones) during the preceding five years. They also must avoid prescription diuretics or psychomotor stimulants during the seven days before the competition. Violators face consequences, including suspension from the sport.

About Lansing Community College

Lansing Community College is Michigan’s third largest community college with more than 30,000 students attending each year. LCC offers courses in general education for those interested in transferring to a four-year institution, career and workforce development, developmental education and personal enrichment. To meet the professional development and training needs of regional employees, the college offers customized programs for credit, non-credit and continuing education. The University Center at LCC offers students the opportunity to earn bachelors and master’s degrees from six partner universities on the downtown LCC campus. For more information, visit lcc.edu.