

For Immediate Release

Media Contact: Lisa Desatnik, 513-984-5474

lisadesatnik@fuse.net

Public Contact: Clippard Family YMCA, 513-923-4477

World's Greatest Strongman Bill "Kaz" Kazmaier Will Inspire At Clippard Family YMCA April 25

Three-time World's Strongest Man title-holder and Star Trac spokesman Bill "Kaz" Kazmaier will be appearing at the Clippard Family YMCA April 25 to share his message of spirit, wellness, being physically fit with youth and community members in a free program by Star Trac. (The Clippard Family YMCA is located at 8920 Cheviot Rd; 45247).

Kazmaier, a passionate and active supporter of health and fitness initiatives, travels to fitness facilities nationwide on behalf of Star Trac, educating both children and adults about active lifestyles and motivating them to overcome challenges in order to achieve their full potential in life and fitness. He will be giving a motivational speech during the event, demonstrating his extraordinary strength abilities, signing autographs, and taking photographs with attendees.

With more than 83,000 members across the Tri-State, the YMCA of Greater Cincinnati has grown to operate 111 program child care, CincyAfterSchool, and 21st Century Community Learning sites in addition to its 17 branches and summer camp locations. The Association is the largest non-governmental, non-profit community services organization in this area that is committed to helping everyone reach their God-given potential in spirit, mind, and body – regardless of their ability to pay. Each year tens of thousands of people from children to seniors are able to participate in YMCA programs and services because of financial assistance, including health and wellness, active older adult programs, youth and teen camp, swimming and water safety lessons, teen achievers, college readiness, and job preparedness. In 2007, nearly 10,000 kids participated with YMCA scholarships.

###

Event details:

Date: Friday, April 25, 2008

Time: 4:15 p.m.

Cost: FREE

For information: Call the Clippard Family YMCA, 513-923-4466

Where: Clippard Family YMCA (8920 Cheviot Rd in Colerain Township; 45251)

About: Bill Kazmaier
World's Greatest Strongman

Bill Kazmaier, born December 30, 1953 in Burlington, Wis., is a powerlifter and strongman who held the title of World's Strongest Man three years in a row.

Kaz, as he is more affectionately known, decided to pursue his dream of becoming the top powerlifter in the world. In 1979, at the young age of 25, he did so by winning the American Powerlifting Championships and the IPF World Championships in the superheavyweight class. Standing at 6' 3", Kaz's competition weight has ranged from 321-340 lbs. Some of Kaz's other notable accomplishments include:

- The first person to bench press over 660 lbs; he held the world record at 661 lbs for many years.
- The first man to lift all five McGlashen Stones in competition.
- The first man to lift the Thomas Inch Dumbbell overhead.
- He can cheat curl 400 lbs for 1 rep.
- Current IPF and USPF Senior American record total in powerlifting (2425 lbs), set in 1981 in Columbus, Ga.
- IPF champion in 1979 and 1983.
- He squatted 865 lbs, benched 622 lbs, and deadlifted 804 lbs, amassing a total of 2292 lbs in the 1978 National Championships in the 125+ kg class in Dayton, Ohio.

Kaz has competed in six World's Strongest Man (WSM) contests, and from 1980-1982 won the competitions handsomely. After dominating the events, he became the first man to win the WSM title three times in a row. Although he is no longer competing, he is still active in the sport and has appeared on ESPN for the past 10 years as a commentator for the WSM broadcasts.

Passionate about his partnerships with the YMCA and Star Trac, Kaz is heavily involved with the YMCA's "Secrets to Success" and "Active America" programs. He travels the country promoting a platform that encourages the youth of America to stay active with their local YMCA. As a spokesperson for Star Trac, a global leader in the commercial fitness industry, he helps promote the importance of making health and fitness a lifelong commitment.

Kazmaier will notably be honored Sept. 9, 2008 at the 27th Annual National Fitness Trade Show in Las Vegas with a Lifetime Achievement Award.