

The Dallas Post SportsWeek

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Powerlifting his way to one of the world's best

By Len Kryeski
Sports Writer

The next stop on the Josh Butler express is Sussex, England.

The teenage son of Richard and Connie Butler of Dallas is a powerlifter competing in events sanctioned by the American Drug Free Powerlifting Association.

Josh was crowned champion of the 242-lb. lifters in the 14-15 year-old age bracket at the United States Teenage Powerlifting Championship on July 9th and set a couple of national records in the process. On August 20th he'll be in Sussex, competing in the drug-free World Teenage Powerlifting Championships. He's coached by Jim Dundon, director of the One-to-One Fitness Center in Dallas.

During the national competition held in Sharon, PA, Butler set a new overall record of 1,296.25 lbs in the combined events of the bench press, squat, and deadlift.

His lift of 321.25 lbs in the bench press also established a new national record for his age bracket. Butler squatted 512 lbs and deadlifted 462 lbs to earn the trip to England.

Butler and his parents will make a pit stop before embarking on the trip to jolly old England - moving to the Lewisburg area in early August. Josh will also celebrate his 16th birthday this week. If he's destined to sit on top of the world, he'll have to win the 16-17 year-old age bracket.

"I think he's going to do well," said Dundon. "I think he's going to hold his own over there, but I'm not silly enough to say that I know he's going to win the whole thing."

Dundon is also smart enough to know that many of the top powerlifters are natives of Europe. Weightlifters over there, especially in Western Europe, are treated as celebrities, and Josh will have to go up against teenagers who are well-sponsored and funded from outside sources. He'll compete with anywhere from 60 to 125 powerlifters in his age

group. If there's a teenager in the United States who can overcome the competition, it's Josh Butler.

"He has a mentality of a 29 or a 30 year old," explained Dundon. "He's serious about his training, he's focused and has a good competitive spirit."

Josh took an interest in powerlifting about two and a half years ago. He started working out at One-to-One Fitness Center with Dundon, but became obsessed with this sport after witnessing other lifters in action, particularly those in his own age group.

"Jim got me started by taking me to a couple of meets," said Butler. "I found my interest in that."

Josh's regular routine calls for him to work on squats and legs every Monday. On Tuesdays and Thursdays he works the biceps, triceps, back and shoulders. Wednesdays, it's a bench and chest workout while Fridays are reserved for the deadlift. Each workout runs about 60 to 90 minutes.

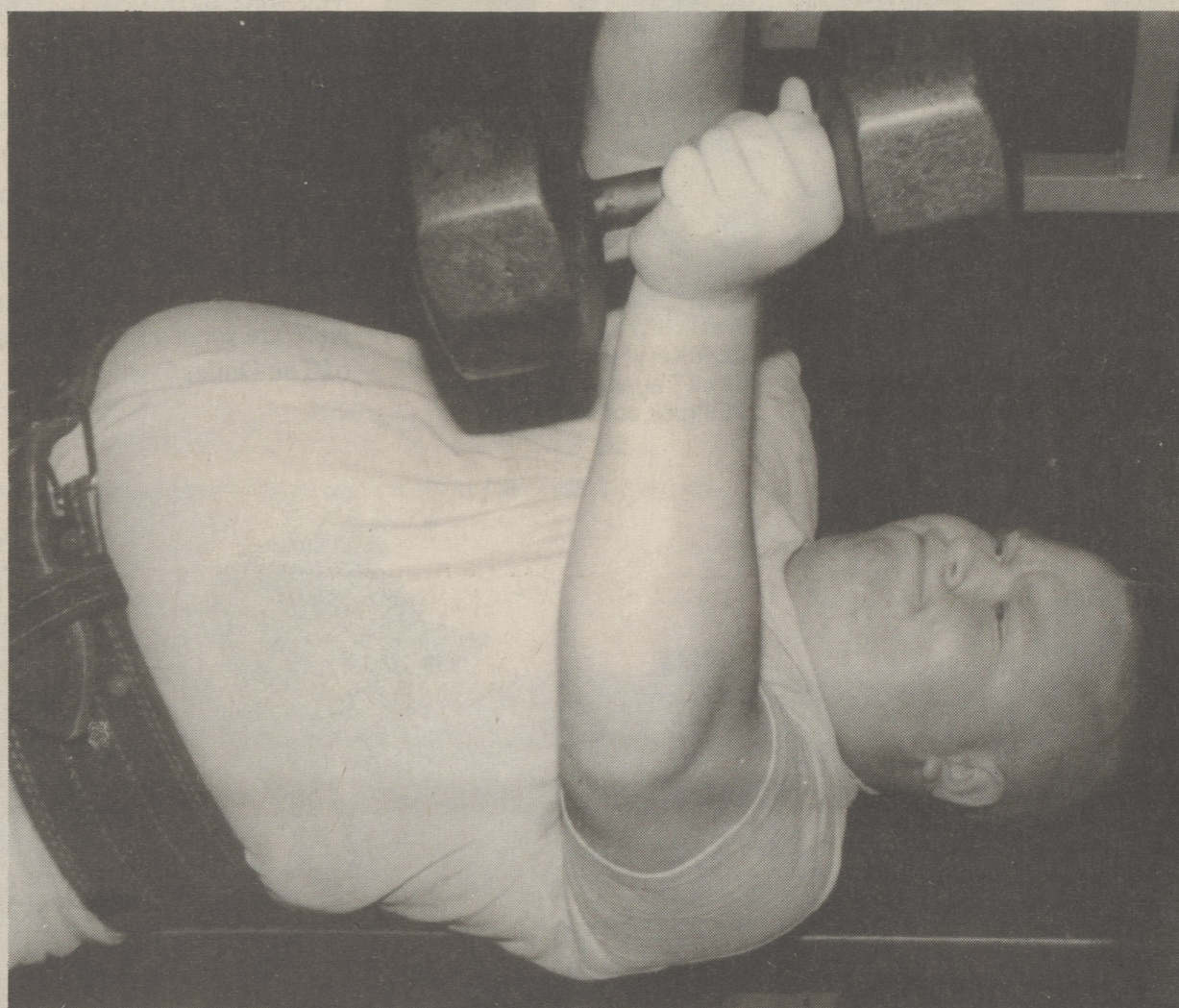
His favorite lift is the squat. "It demands a lot more strength and it's more of a mental lift," said Butler. "You have to concentrate on your form. It's the most demanding lift and I like that."

On the road to winning the national title, Josh won a couple of closed basement meets. He also topped the competition at the New England State Championships, a high school meet in Massachusetts. He also captured the Pennsylvania State Championships this past April with a total lift of 1,267.25 pounds.

"I feel I've reached all of the goals I've wanted up to this point," said Butler. "Hopefully I'll win the world."

He would have headed to the Keystone State Competition in Harrisburg this weekend, but all his concentration and devotion are presently dedicated to the World Championships.

Down the line, Josh plans to attend college, possibly a Big 10 University. Most Big 10 schools



Workouts five days a week keep Josh Butler in shape for his trip to the national meet. Here, he does "flys" while lying on a bench to strengthen his chest muscles.

recognize powerlifting as a NCAA sport.

The thought of representing the United States in the Olympics has also crossed his mind, but therein lies a problem. Olympic competition consists of just two methods of lifting - the snatch and the clean and jerk.

"He would have to take strides to learn those techniques," said Dundon on Butler's future Olympic possibilities.

Dundon has worked with Butler on the snatch and clean and jerk on occasion and doubts the squat, bench press and deadlift will ever make the Olympic level.

While the western half of the United States works on the Olympic lifts, the East Coast concentrates on the drug-free powerlifting events. Much of the division is a result of the steroids scandals of the 1980s.

Butler went out for football at Dallas last year, but plans to



Jim Dundon, One-to-One's fitness director and Josh Butler's coach, helps the young lifter while doing bench presses.

Nearly 200 pedal for Hospice

By Len Kryeski
Sports Writer

DALLAS TOWNSHIP - The Back Mountain countryside echoed Sunday afternoon the sounds of bicycles whizzing downhill at full speed and the grunts and groans of cyclists pedaling vigorously. The riders of the second annual Hospice Hundred Ride For Dignity, a noncompetitive bicycle pledge tour that starts and ends at the Dallas Senior High School, whirled through the countryside of Luzerne and Wyoming counties.

The Hospice Hundred bicycle ride, which helps raise funds for patients and families cared for by Hospice Saint John, attracted close to 200 riders. Bicyclists of all abilities pedaled at their own pace on their choice of routes - 100km (62 miles), 50km (31 miles) or 20km (12 miles). In this non-competitive event each rider is cheered as he or she crosses the finish line and the amount of time it took to ride the course doesn't matter one iota.

The only race the cyclists had to worry about was the quest to raise money from sponsors. Each rider was given a challenge to raise a minimum of \$250 in pre-collected pledges. The majority of participants registered as individuals, while some combined their efforts by forming teams of riders.

As was the inaugural ride, the '95 event was a total success, according to Bob Kelly, chairman of the Ride For Dignity and a resident of Dallas. No riders were seriously injured or suffered from heat stroke. More than 126 "walk-in" riders came out for the ride at the last minute.

Among the 175 volunteers working at the race was a full support team available along the route, along with three aid stations, emergency medical staff, and advanced communications



Back Mountain wins Section title

The Back Mountain Little League girls all-star softball team captured the Section 4 championship July 26 with a thrilling 8-7 win over Center Line of Bethlehem.

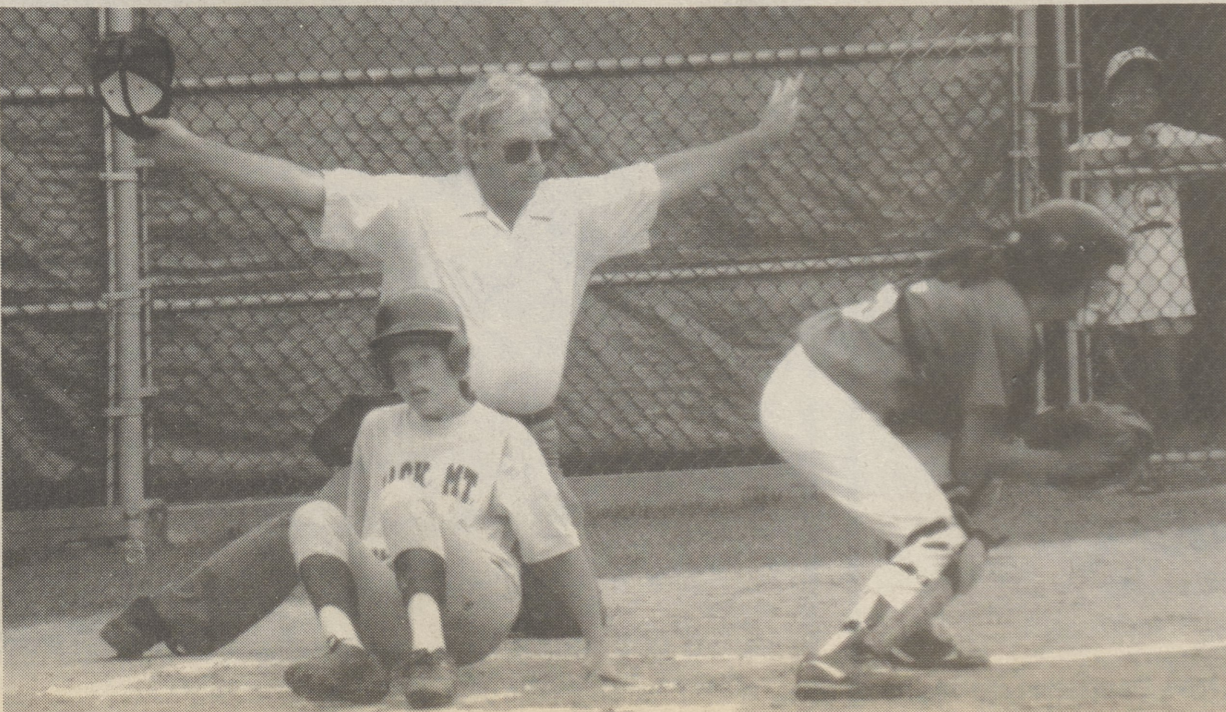
Back Mountain took the lead in the third inning and appeared to have the game won, but in the sixth inning City Line scored two runs with two outs to tie the score. In a gutsy play, Kate Karker stole home to force Back Mountain to bat again.

In the bottom of the sixth, with the score tied 7-7, Stephanie Simonitis led off with a double. With one out Amanda Stolarick lined a double to the left center field fence to drive in the winning run.

As in previous games, good hitting and great defense were the keys to the victory. The team has averaged 10 hits in the eight All-Star games. Christy Hiller, Amanda Stolarick and Jesse Tarity had two hits each while Stephanie Simonitis doubled and Megan Harleman laced a triple to right field.

The defense has averaged less than one error per game in tournament play. In the championship game, the defense was led by Stephanie Simonitis who had five putouts at second base while Katie Guntli had two putouts in center field and threw out a runner trying to advance to third.

Number one pitcher April Naugle had pitched the night before, so pitching duties were shared by Stephanie Simonitis,



Championship action

There were thrills aplenty in Back Mountain's 8-7 win over City Line to take the Section 4 title July 26. In photo above, the team members and Back Mountain Baseball officials enjoy the limelight after the game. At left, Stacy Amann slid in for one of the Back Mountain runs. At far right, April Naugle stretched to stab a line shot down the first base line.