

# Bench press competition slated for November

On Sunday, November 15, 2009 lifting enthusiasts will have an opportunity to test themselves and win great prizes at the 2nd Annual Greater Dufferin Open Bench Press Competition – to be held at ACTS “Headwaters” Family Fitness & Athletics” (located at Hwy 9 & Heart Lake Road).

In this competition, participants will be required to lie on a bench while holding a weighted barbell at arms length. Upon the judge’s signal, the lifter must lower the barbell so that it touches the chest and then ‘press’ it back up to arms length. For a lift to be considered a “good” lift, the lifter must obey the judges’ commands and complete the lift without moving the feet or lifting the backside off the bench.

The 2008 event was a great success drawing competitors from throughout the Greater Dufferin Area and beyond. This year, the event will include two components: a Maximum Lift event and a Maximum Repetitions event. For the Maximum Lift component (a test of limit strength), all competitors will have three (3) attempts to register his/her best lift. Competitors will be ranked by multiplying their heaviest successful lift by a formula that takes his/her body-weight into consideration.

This will be followed by the Maximum Repetitions event (a test of strength endurance), which will allow competitors one (1) opportunity to register as many repetitive lifts as possible with a weight equivalent to their bodyweight (for men) – or 60% of their body-weight for women. For this event lifters will be ranked by who completes the highest number of repetitions in each division.

Competitors may enter as individuals and/or as part of a team of three (3) people. Prizes and bragging rights will be awarded for the best men’s and women’s individual performances and for the top team in EACH event.

The entry fee is \$30

per individual or \$75 per team, and must be submitted with a registration form no later than Monday, November 2nd at ACTS “Headwaters” Family Fitness & Athletics”, at Popeye’s Supplements Orangeville or Popeye’s Supplements Newmarket. (All locations also have registration forms on site.)

Final registration and weigh-in will take place on November 15th between 11:30am and 12:30pm, and the competition will begin at 1:00pm.

There is no admission fee to watch the competition and the public is encouraged to attend and cheer on the competitors.

To inquire about this competition, please contact Charles Banfield at charles.banfield@sympatico.ca or James Newton at jnewton19@hotmail.com



EQUUS 3-D Farms was the gathering place for equestrian enthusiasts this past Sunday as competitors from across Ontario converged on the grounds of the Amaranth facility to compete in this, the last competitive event on the Equus 3-D calendar for 2009. Photo/MIKE MALONEY

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**COMMUNITY LIVING Dufferin** Supporting People With Disabilities

**Hi, I'm Ken Page**

I was born in Brampton. My mom's name was Hilda and my dad's name was Albert. I have a brother, a sister-in-law and I have three half-sisters and four other brothers and sisters. I came to live in a home with people from Community Living Dufferin in 1984. I now live with David, Kelly and Leanne. I like living with them. We are going on a picnic tomorrow. We are going to a pool in Alliston and many other people from other CLD homes are coming too. I think I will go swimming. I sometimes go swimming with the people from Options. We will also play some games. I go bowling with the people from Options. I like sports, all sports. My favourite team is the Toronto Maple Leafs. I went to the Calgary Stampede with Mitze, Colleen and my best friend, Ken Black. I'm going to see my brother next Monday and am going to take my pictures of my trip to Calgary to show him. At the Stampede there were horses and barrel racing. We went in all the barns. The evening show was fun. There was a bunch of dancers, trapeze guys and motor cross jumping. I loved watching them jump. There was also a group who did scrap metal drumming. We went for three days and did a lot. Liza (staff) helped me save for my trip. I wanted to go to the stampede for a long time. I'm happy I got to go. I really enjoyed it. I am going to Disney World in Florida for 1 week. I have been there before and went on lots of rides. I don't like roller coasters but I like the bumper cars. Athena, Liza and Radana (staff) are taking a group of people from CLD. We are going in September. I have a passion for trains. I have a train set and have collected many trains. My friend, Peter, from the Train Club builds the sets and helps me collect trains. Holly, a student, also gave me some trains for me. I like the caboose the best. My favourite restaurant to go to is Montana's. I like going there for my birthday because of all the cowboy things there. I like the meatloaf, mashed potatoes, BBQ sauce and gravy. Audrey and other staff help make my lunch. They also take me places. Brenda (staff) takes me to the bank and helps me with my banking. I like the people who help me at CLD and they like me too!

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Division standings with a 4-2 record, the schedule picks up again Wednesday night when they travel to the Pickering Recreation Centre for their first game of the season against the Panthers. (results unavailable at press time).

Friday night, it's back home to the Alder Street Community Centre where the Crushers will host the visiting Dixie Beehives. It's back on the road Sunday night for a date with Upper Canada at the

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