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Famed Fredonia Strongman Seeks Third National Power Press Title

FREDONIA – Don Reinhoudt, national power lifting champion, is in York, Pa., where he will defend his title in the national meet Saturday and Sunday.

One of the largest entries of power lifting contenders from almost every state in the union will be competing for the title and a spot on the American team for the world championships.

Before his departure, Reinhoudt said he expects the most competition from Paul Wrenn of Chattanooga, Tenn.; Doyle Alexander, Salem, Ore., and Wayne Bouvier, Detroit.

Reinhoudt, incidentally, holds all four world records in power lifting competition. They are 915 pounds squat, 610 bench press, 885 ½ dead lift and 2,420 total.

Reinhoudt, who weighs 370 pounds, has set 17 world records in the past two years. He has also won the national title two years in a row and will shoot for his third crown at York.

Last year he won the title at Fort Worth, Tex., and in 1973 was the winner at Stillwater, Okla. At Stillwater he was named outstanding lifter in the United States.

Big Don has made the world meet team the last three years, winning the world twice. This year the meet will be in Birmingham, England where 27 countries will have teams competing.

Power lifting should not be confused with Olympic weight lifting, which consists of the two-hands snatch, press and two-hand clean and jerk. Power-lifting is comprised of the dead lift, the bench press and the deep knee squat.

Reinhoudt is a public accountant with offices in Fredonia.