

# INTERVIEW

Personal dialogue between  
PL USA Magazine and the  
Sport's Greatest Names.

**BOB:** Doan, give us some personal information on yourself?

**DOAN:** My name is Doan Nguyen. I was born in Vientiane, Laos on June 10, 1964. I moved to Aberdeen, Washington in 1976. I have been married for 3 years and have a beautiful daughter who was born last December 26th.

**BOB:** What is your occupation?

**DOAN:** I work for Price Plus Grocery Store as a receiving clerk.

**BOB:** How did you get started in weight training?

**DOAN:** I started lifting my sophomore year in high school. A friend of mine asked me to compete with him at a meet in Tumwater, Washington. I placed 2nd with a total of 655 pounds. From there I went on to win two State High School titles in the 114 lb. weight class. In 1983 I won the USPF Teenage National title. Since graduating from high school I earned the title in 1986 as ADFPA Mens National champion, 2nd 1987 USPF Junior Nationals, 1st 1987 USPF Mens Nationals, 3rd 1987 Junior World, 3rd 1988 ADFPA Mens Nationals, and 1st 1991 & 1992 ADFPA Mens Nationals.

**BOB:** Doan, what are your best competitive lifts?

**DOAN:** To date my best competitive lifts are: Squat 418, Bench 251, Deadlift 468.

**BOB:** What are your future goals?

**DOAN:** My goal in powerlifting is to stay healthy and encourage young lifters to stay drug free, and work hard for what they want instead of taking an easy way out.

**BOB:** What are your thoughts on steroids and drug testing?

**DOAN:** I feel that there are too many organizations that claim to be drug free, but don't do a good enough job on drug testing. They

## DOAN NGUYEN

as interviewed for PL USA by BOB GAYNOR



Doan Nguyen pulling the PR 468 deadlift he needed to win this year's ADFPA 114 title

should test the top three lifters in each weight class. I have nothing against people who take steroids as long as they don't compete in drug free meets. They prove nothing to themselves or anyone else by winning a drug free title with the aid of steroids.

**BOB:** Do you follow any special diet?

**DOAN:** I have no special diet. I just eat natural healthy foods. I do take amino acids while in training.

**BOB:** Doan, tell us how you train?

**DOAN:** To be honest I have no off season or in season training routine. If I plan to compete I start out with cardio-vascular conditioning until 8 weeks before the meet when I begin a cycle. Each cycle is

different depending on how my body feels and how each lift progresses.

**BOB:** What advice would you give beginners?

**DOAN:** My advice to beginners is to take their time and allow their body to grow into it slowly instead of rushing. Work hard and don't give up. That is the best way to avoid injury and insure a long lifting career.

**BOB:** Do you have any heroes?

**DOAN:** My dad is my hero. He has made many sacrifices for me and the rest of our family. If it weren't for his courage and loving care I wouldn't be the person I am today. The person I most admire in powerlifting is Hideaki Inaba, a 17 time IPF World Champion from Japan. He is an amazing lifter, especially when you consider his age and how long he has competed in the same weight class. I would like to meet him some day.

**BOB:** Do you have any hobbies beside powerlifting?

**DOAN:** In my spare time I love to fish as much as I love to lift weights. Between trips to the gym and trips to the river my wife wonders if I will ever come home.

**BOB:** Doan, are there any other comments you would like to make?

**DOAN:** I would like to thank my wonderful wife for helping me train from 1986 until last year when our daughter was born. I

also want to thank everyone in Grays Harbor for their support, especially Dave Westby for organizing fund raisers for the last two Nationals and the next World Meet. Best wishes to all lifters, stay healthy and train hard. A special thanks to Bob Gaynor and Mike Lambert for this opportunity.