

# INTERVIEW

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

**PL USA:** Tell us about yourself

**Harris:** My name is Jamie Harris. I'm 30 years old and I'm from Elizabeth, PA. I work at Shuman Center in Pittsburgh, PA. I recently bench pressed 771 1/2 at the Mountaineer Cup III in Chester, WV. I also took a shot at 800 and narrowly missed it. I have returned to claim my rightful place as "King of the Bench Press".

**PL USA:** Why the return to Powerlifting?

**Harris:** Well, to be quite honest, I feel 800 was unfinished business. I did 760 in October of 1996 and soon after got involved with business ventures. Money was my focus, so I just worried about that, lifting unintensely and sporadically. In September of 1999, I started contemplating a return. I got tired of hearing how washed up I was and none of my lifts were legit from the past. I just felt I had a lot more to prove in this game.

## JAMIE HARRIS

I will say this, "A lot of people talked a lot of smack on me and left me for dead, all of you can ask yourself if you have the heart to come back and face the same adversity I did!" I would have to believe that none of you mudslingers do. Success is the best revenge. I will keep pushing big numbers and make the haters sick. I will walk over any man who tries to get in my way of bench press supremacy!!

**PL USA:** Was there anything different you did in preparation for the Mountaineer as far as training, etc?

**Harris:** Conditioning was the key this time, period. I went back to the roots of my past training, with new twists that covered stabilization, psychological conditioning and equipment adjustments. My whole training regimen

is now available on my new training video "Harris Quest 800". No stone is left unturned. Every aspect of my training is covered in this tape. 15 years of trial and error have been laid out for you to become the bench presser you never thought possible. Let me say that mental preparation was the biggest item, though. Your mindset is so important. You can accomplish anything if you really believe it. That is what sets good lifters apart from great lifters.

**PL USA:** Outside of lifting, what are some of your hobbies?

**Harris:** Well, I enjoy practicing my Elvis karaoke. I recently have just started picking up my practice time. I am a really big Elvis fan. Last year I got to visit Graceland. I'm going to start doing local karaoke gigs again. I

really enjoy it. Also, spending time playing with my dogs, Otis and Jezebel (my Labs) is high up on the list.

**PL USA:** What's the future hold for the "Bad Boy of Bench?"

**Harris:** The Arnold Classic is priority number 1. I'm not going to talk crap about it - I'm going to do this, I'm going to do that. I'm going to train my ass off and let the chips fall where they may. I also want to start running meets again. Pittsburgh needs some good quality meets. I'm also working on sales of my video and my other products.

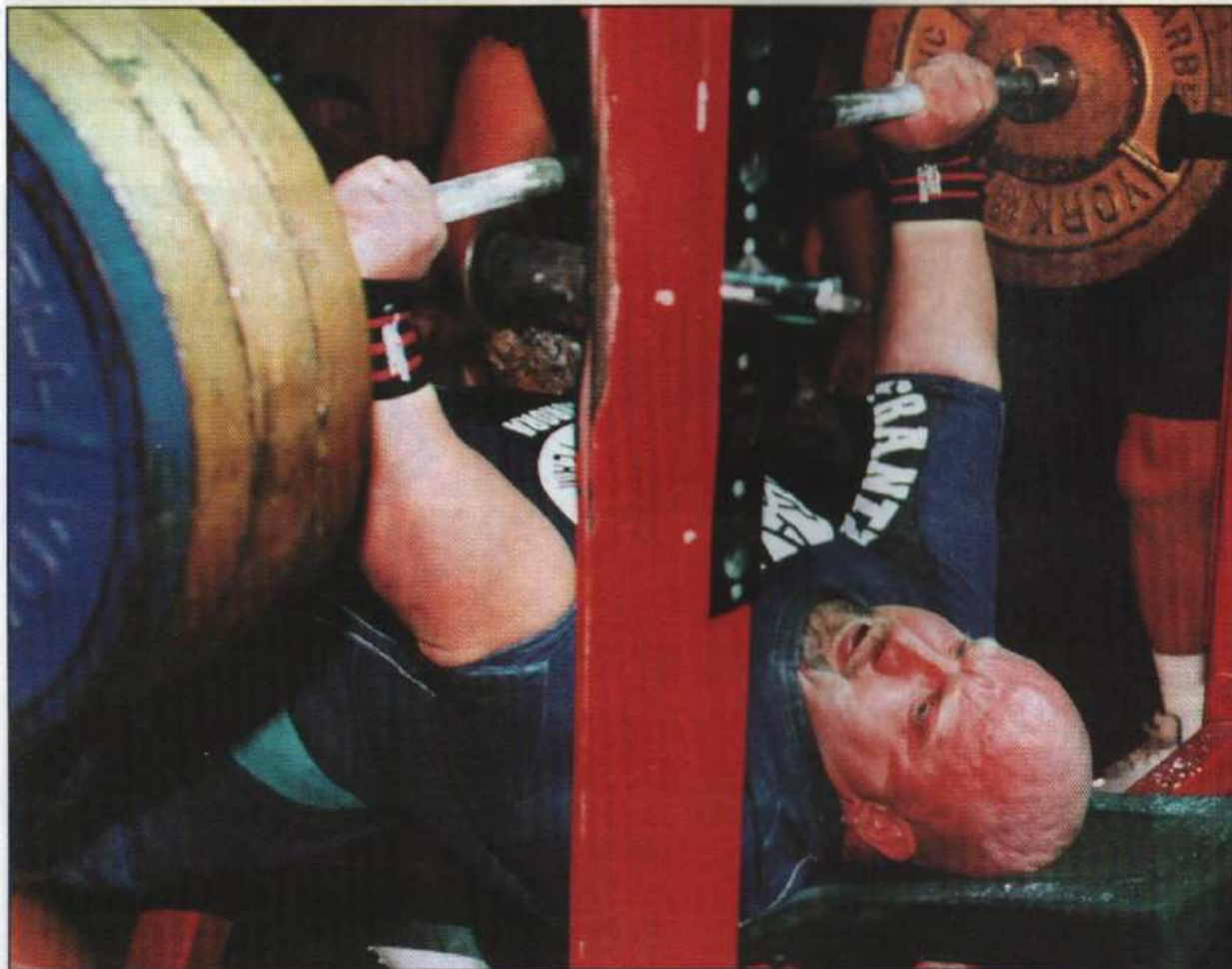
**PL USA:** Anything you would like to tell your critics out there?

**Harris:** Take a good long hard look at yourself before you throw stones!!! Adversity is the measure of a man! When you're down, everyone doesn't know you. When you're on top, everyone loves you. I've been getting e-mails from well wishers who once bashed me

up on GoHeavy Forums. On the other hand, I would like to take the time to publicly thank members of "Team Harris". Bob Olinger, Ray Neff, Keith Batykefer, Tim Bentley, Tim Bruner, Jeff Rusclitto, Aldo Pucci, Dean Romano and "The Giant of Powerlifting" Tom Sevcik. Tom is 6'7", 350 lbs. and you're going to be seeing a lot of big things from him in the future. Everyone of these men have helped me believe in myself again. Thanks guys! Also, as always, my wife Michelle helps me out with all the little things and is always encouraging me to do the best I can. Also, thanks to Rick Brewer of House of Pain. Rick has stuck with me through thick and thin. I'm proud to endorse his gear.

**PL USA:** Is there anything you would like to say in closing?

**Harris:** Believe to Achieve! Buy my video and get a front row ticket at the Arnold.



At the Mountaineer Meet, Jamie Harris locked out this 800 pound bench press, but the effort was not accepted.