

# INTERVIEW

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

## LEE RORIE as interviewed for Powerlifting USA by Brian Blum

The USPF Bench Press National meet and all of Lee's meets for the rest of his lifting career are dedicated to his mother, Katie Lee English, who passed away three days before the National Championships. Lee's mother was very proud of her son's accomplishments. She was always shipping newspapers and magazine articles and magazine articles about Lee to all her friends and visitors. She will be missed by many.

**BB:** Could you give us some personal information about yourself?  
**LR:** I'm married to my wife Sharon. We've been married for thirteen years. We have two daughters: Leanne, age twelve, and Gail, age nine. We live in Rockingham, North Carolina. I was born there and raised there most of my life.

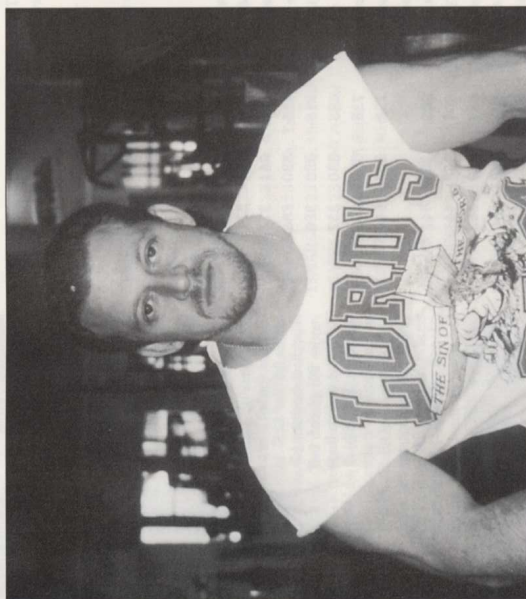
**BB:** How did you get started in powerlifting?  
**LR:** I started weightlifting because I've always been short. I said I might get any taller in high school so I'll get bigger and I started lifting.

**BB:** The gym I was working out in at the time, Carolina Fitness in Monroe, was owned by Danny Pfler. Danny was a 220, he was a bad 220. He started me into powerlifting.

**BB:** How long have you been lifting and competing?  
**LR:** I've been lifting for eleven years. I've been competing for eight years.

**BB:** How did you get involved with the USPF?  
**LR:** Through Danny Pfler of Carolina Fitness. When he put on them through, I'm the type of guy who is loyal to one certain thing. I like the USPF. I like putting on meets, we put on meets through the USPF, and I've only lifted in the USPF. It's like with bench shirts, I only wear one certain kind. If you've got a good thing, why change?

**BB:** What are your views on drug



LEE RORIE... after his repeat victory at the U.S.P.F. National Bench Press Championships.

usage and testing?  
**LR:** Drug usage, that's like - I when he could be trying to break even on the meet. I have actually lost money on meets just because I love the sport so much.

**BB:** Do you use any special supplements or follow a special diet?  
**LR:** I love creatine, OKG, not really the Met-RX, but its like a cheaper version of it called Met-Max. I love it. It has put on about thirteen pounds on me in about two weeks. Creatine, OKG, Met-Max, and any kind of good protein powder. I don't really like the capsules so much as I do the powder, your body absorbs it better.

**BB:** What are your future goals in powerlifting?  
**LR:** I want to be ten time World Bench Press Champion.

**BB:** What do you see as the future of powerlifting?  
**LR:** I don't see the meet director pay-

ing for it and losing all that money when he could be trying to break even on the meet. I have actually lost money on meets just because I love the sport so much.

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**BB:** What is it about the GBA that brings out your best performance?  
**LR:** It has got to be knowing that the best lifters in the United States, not just the USPF, will be there. John has gotten together the best Benchers in America out of any organization. You do so good because you know them other guys is tough, they are training hard too.

**BB:** Have you had any major injuries while lifting?  
**LR:** Other than pinching a nerve in my lower back, a little sore shoulders here and there, nothing major. The main thing right now is my back, I'm trying to baby it. Recently started at 135 squatting and deadlifting. 135 this week, next week 185, next week 225, next week 275 and so on. I'm up to 500 now and it feels good once again to get up to the heavy weight, where the bar is actually being bent when I'm lifting.

**BB:** Could you tell us a little about your gym and your training partners and who has helped you in your lifting career?  
**LR:** Who has helped me first in my lifting career has got to be God. God has really given me the strength to lift. And second of all has got to be my wife Sharon. She stands behind me in everything. All the meets I go to, any decision I make, as far as going to compete in this meet or not compete - she stands behind me one hundred percent. Our gym is a small gym about 6000 square feet, but we really pride ourselves on equipment. We have a full line of Nautilus. We don't just cater to power-

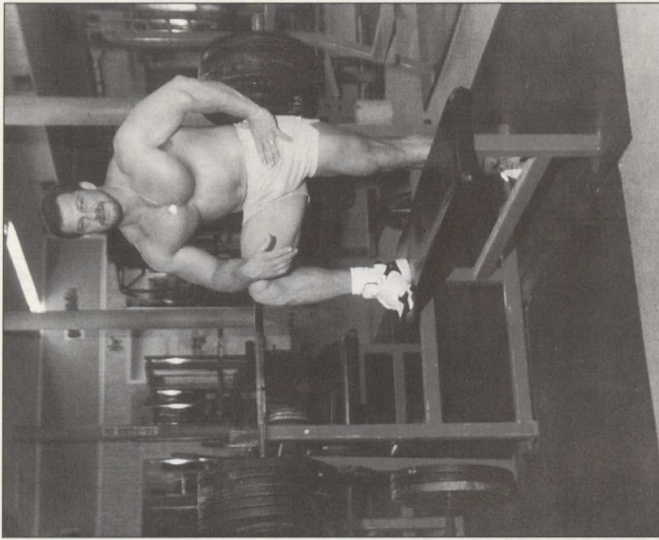
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**BB:** Can you give us a breakdown of your training system?  
**LR:** I usually train four days a week. Monday I hit chest and triceps. Tuesday I hit my back, lats, traps and biceps. Wednesday I take off to recuperate. Thursday I go back to my chest and triceps again. Friday I hit my legs, lats, traps and biceps again.

**BB:** What advice do you have for beginners?  
**LR:** Train hard, don't look to drugs as an alternative. The only thing that is going to get you strong is putting in the time to do it and determination, not a drug. No drug is going to give you the strength that you are looking for. It's going to take time and determination.

**BB:** What are some of the titles you have won and the records you hold?  
**LR:** As of today, I've won National Champion, 1995 IFF World Champion. I hold the official IFF World Record in the bench press, 1992 '93 '94 '95 '96 National Bench Press Champion. I think I hold three North Carolina state records in the bench press.

**BB:** Are there any other comments you would like to make?  
**LR:** I thank God for giving me the strength to lift.



In the gym where he makes his living, and the bench where he makes his fame.

reach their goal whether it be an 800 pound bench or a 200 pound squat. I love to see people reach their goal. I just like working with people. I love weights.

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