

# Powerlifting event a hit in Sisters

By Jim Cornelius  
News Editor

Strength athletes from five states converged on Sisters High School last weekend for what turned out to be the largest sanctioned powerlifting meet ever in Central Oregon.

Some 105 athletes competed in the USPA Oregon Outlaw Open. High Desert Power Team from Redmond

and Prineville took top honors in the two-day meet, with Sisters' own Level 5 Barbell Club taking second place.

Coach Ryan Hudson of Level 5 reported that Sisters' 20 lifters set 26 new state records and made 34 personal bests on their way to 18 gold medals, one silver, and one bronze.

In powerlifting, athletes squat, bench-press and

deadlift. They get three tries at each lift, with their top score taken for each event. The combined top scores of all three events make up the lifter's total, which determines placement in the competition. Team scores are an aggregate of individual scores.

(Totals for the Sisters lifters are available with the online version of this story at [www.nuggetnews.com](http://www.nuggetnews.com).)

"The highlight of the event was Conrad Kiefer's 600-pound deadlift," Hudson said. "There may have been others that I don't know about, but the first ever from someone out of Level 5 Barbell Club or Sisters High School."

Hudson noted that,



PHOTO BY JERRY BALDOCK

Cenobia Gonzalez of Sisters sets Oregon State record in squat competition with 243.6-pound lift.

with runners from the Peterson Ridge Rumble and lifters from the Oregon Outlaw Open hitting town, there was a significant athletic shot in the arm for the local economy.

This was the first time Hudson hosted an event at Sisters High School — a necessary move to accommodate the number of registered lifters.

"That was a bit of an experiment," he said. "And it was a huge success."

The coach said he heard many compliments for the venue, from the weight room to the commons area where the event was held, and which offered plenty of space for competitors and spectators.

"It was just a great vibe and atmosphere for that kind of event," he said.

Athletes were eager to sign on for more, and Hudson says he definitely plans to make the tourney an annual event.



PHOTO BY JULIE TADLOCK

Conrad Kiefer's 600-pound deadlift impressed Level 5 owner Ryan Hudson and Tony Gonzalez who looked on.

## HEALTH BILLS:

Rules would protect pot customers

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abortions, birth control and other reproductive services at no extra cost to the enrollee. A first hearing and possible vote is also in store for Republican Rep. Julie Parrish's week-old proposal, House Bill 3428, which would fold government employee health plans into the state's Coordinated Care Organizations, potentially solving the bulk of the state's upcoming budget shortfall.

Senate Bill 863, which would ban legal pot shops from keeping logs of their recreational marijuana customers' personal information in their internal databases, is set to make its way to Gov. Kate Brown following an expected vote by the House chamber on Monday. Should Brown sign it into law as is expected, pot retailers will have 30 days to destroy any paper trail they've been keeping of their customers' names, birthdates, addresses, driver's license numbers or even the recreational pot products they've purchased on certain dates. Businesses would also be banned from such record-keeping in the future. SB 863 is designed to shield pot users from risks of being exposed should federal drug agents step up enforcement of the marijuana prohibition.

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