

weekly emerald sports

Wednesday, May 13, 1981

George Pessell knows that in bodybuilding it's

Tough to stay strong

"One more! One more!"
"Push it back! Push it back!"

George Pessell's facial muscles pull taut as the bar hovers over his chest. Massive metal plates push the bar down as Pessell's equally massive arms struggle to push it up.

With his spotter and a couple friends cheering him on, Pessell lets loose a loud cry and shoves the bar upward, his body shaking as his elbows lock into place.

Pessell repeats this bench press routine, along with many others, five days a week at the Autzen Stadium weight room. It's a muscle-tearing pace, but that's just the idea. Pessell wasn't named Mr. Oregon last year for playing tiddly-winks.

Pessell stands 5-8½ and weighs 195 pounds. His chest measures 49 inches and his biceps are 18¼ inches. He is, basically, a pretty big guy.

He is also a University senior who will graduate in June with a business degree in quantitative methods. Just

Continued on Page 4B

Pessell strikes a pose at the recent Collegiate Mr. America competition (right), where he placed third in his weight class. Back in Eugene (below), he works out five days a week at the Autzen Stadium weight room.

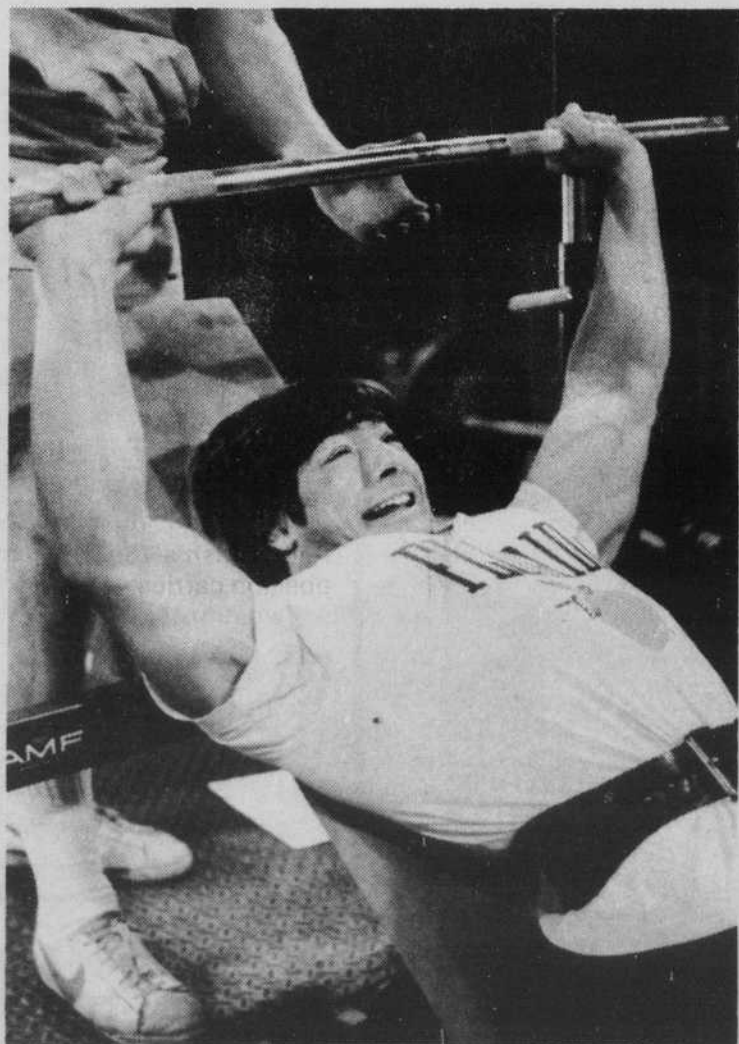


Photo by Jody Murray

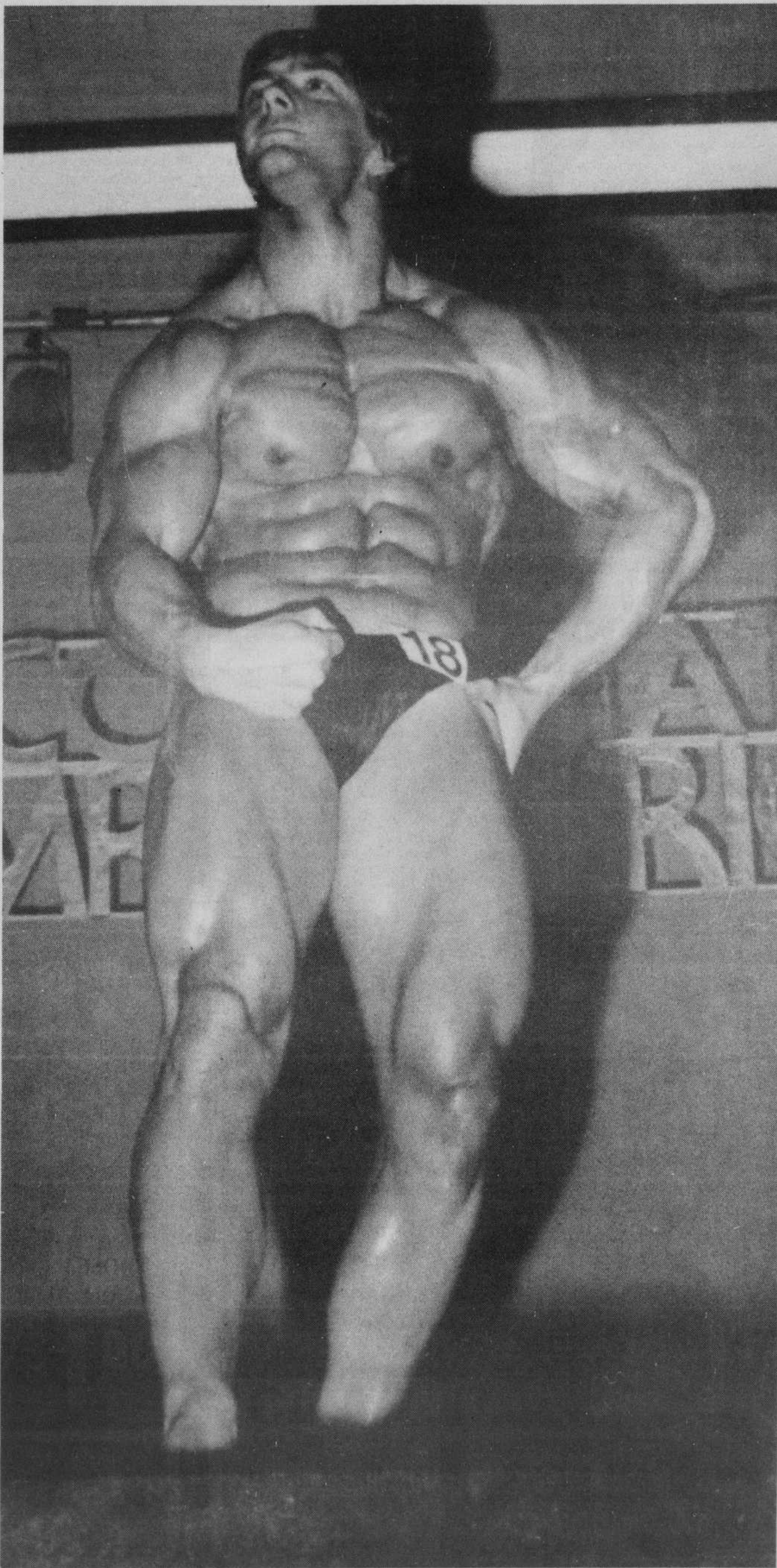


Photo courtesy of George Pessell