

SPORTS

University body-builder wins Mr. Oregon title

By Ashley Conklin
Emerald Sports Editor

University student Stan Efferding began competitive body-building in 1989.

But it hasn't taken long for success to come Efferding's way, and the ultimate success came over spring break when Efferding won not only the Mr. Oregon heavyweight competition but was named the overall Mr. Oregon winner.

"To be the best in the state after three years of training, you get a great deal of satisfaction," Efferding said. "It's a real special feeling."

Efferding, a native of Aloha, first started competing in novice competitions in 1989 after trying his hand at other sports.

Efferding, 23, was a varsity



Stan Efferding

letterman in both wrestling and soccer at Aloha High School and had scholarships offers in both sports from the University of Pennsylvania, but decided to stay close to home and attend the University.

After lifting weights "for strength for college wrestling and soccer," Efferding decided to take up body-building on a full-time basis.

"I like weight lifting and decided to concentrate on body-building," he said. "I just dumped myself in it."

"I've always been confident in myself and body-building just picked up where my weight lifting ... lead into this," Efferding said.

That confidence has served Efferding well ever since.

In 1989, Efferding won the novice heavyweight and the overall novice competition at the Emerald Empire contest. From there, Efferding's career took off.

Efferding captured both the Mr. Oregon Coast heavyweight and overall competitions last year as well as the light heavyweight competition at the Northwest Naturals and the heavyweight Rose Cup competition.

For Efferding, all of the wins are important, but he said that neither win was more significance than another. Because of that, Efferding keeps his Mr. Oregon title in perspective.

"Every show I compete in is a challenge," he said. "We have some really good body-builders right here. We're all pretty close."

"At the Emerald Empire competition, we have the over-35 Mr. Oregon and the Teen and College Mr. Oregon so it's tough competition."

While Efferding has definitely enjoyed the glory and success of body-building, the sport is more physically demanding that most people realize.

Efferding works out six days a week, 2½ hours a day. On top of that, he is working toward acceptance into medical school after getting a psychology degree at the University. In addition to the demands of workouts and school, he also works part-time as a trainer at Southside Fitness in Eugene.

Efferding also follows a very strict diet, eating chicken, fish, pasta, brown rice and "lots of legumes."

"The last week before competition we cut out salts," he



Stan Efferding stands in front of the trophies he's won in body-building competitions.

Photo by Mark Ylen



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